

SWIM TEAM 101:

Practices

Starting on Monday 5/22, afternoon practices will begin for all age groups.
Please note: There will NEVER be practice on Friday afternoon

- 6 and Under 5-5:30 PM
- 7-10 5:30-6:15 PM
- 11 and Over 6:15-7 PM

Starting on Tuesday after Memorial Day, morning practices will begin (for anyone already out of school) and afternoon practices will continue on the same above schedule.

- 7-10 9-10 AM
- 6 and Under 9:45-10:15 AM
- 11 and Over 10-11 AM

Attendance is not taken and it is not necessary for you to notify the coaches of your schedule. However, your swimmer will be encouraged to attend daily practices, either morning or afternoon, as it suits your schedule... or they could choose to do both! On Friday mornings, we will have "Fun Friday" – a day of games, fun and doughnuts!

Coaches will be constantly evaluating your child's needs and will progress them as necessary. They will be placed in practice skill lanes based upon ability in order to both maximize stroke development and for the coaches give individualized attention. This means that your swimmer may be grouped with others of similar ability but not necessarily similar age. Coaches will plan to reach out to both you and your swimmer at some point during the beginning of the season to help them understand their current level of proficiency in each stroke, identify areas of strength and areas for improvement.

*If you have any questions or concerns about your swimmer's stroke, development, please speak with one of our coaches individually.