

SWIM TEAM 101:

Practices

AFTERNOON PRACTICES – Starting on Monday, May 20th, afternoon practices will begin for all age groups, *Monday through Thursday*. We DO NOT practice on Friday afternoons. Age group afternoon practice times as follows:

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

MORNING PRACTICES – Morning practices will begin on Wednesday, June 12th, once WS/FCS release for the summer. Afternoon practices will continue on the same schedule above. Age group morning practice times are as follows:

- 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 every absence. However, your swimmer is 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.