

# SWIM TEAM 101:

## Practices

**AFTERNOON PRACTICES** – Starting on Monday, May 24th, 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 9th, once WS/FCS release for the summer. On Friday mornings, we will have “Fun Friday” – a day of games, fun and doughnuts. Afternoon practices will continue on the same schedule above. Age group morning practice times are as follows:

**\*PLEASE NOTE new time schedule compared to the past:**

- 7-10 @ 8:30- 9:30 AM
- 6 and Under @ 9:15-9:45 AM
- 11 and Over @ 9:30-10:30 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. Since the pool is not open to membership during AM practices, we can spread out and use all 6 lanes. For this reason, we would like all who are ABLE to attend mornings, to choose this option once they begin. Afternoon practices will be reserved for those that have AM conflicts. The pool is more crowded and we have fewer lanes in the afternoon.

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.