

POLAR BEAR SWIM TEAM



Winter 2019

January 14– March 7



PRACTICES / TEAM EVENTS

SWIM PRACTICES (SOUTH/LAP POOL):

| | | |
|------------------|-----------------|---------------|
| Pre-Team | Wednesdays ONLY | 5:15pm-5:45pm |
| Ages 5-8 | Monday-Thursday | 5:45pm-6:30pm |
| Ages 9-12 &13-18 | Monday-Thursday | 6:30pm-7:30pm |

***Coaches expect swimmers to attend at least 2 practices per week.**

What do I need for practice?

- Swimsuit: competitive style
- Goggles
- Swim Cap (required for girls)
- Beach Towel
- Water Bottle
- Positive Attitude

WINTER EVENTS:

| Day / Date | Event | Location | Time |
|-----------------------|----------------------|--------------|---------------------------------|
| Jan. 28th Monday | Kickboard Relay meet | Four Seasons | 5:45 warm-up 6:15 meet start |
| Feb. 14th Thursday | Red Relay Fun Day | Four Seasons | Regular Practice times |
| March 7th Thursday | Inter squad meet | Four Seasons | 5:45 warm-up 6:15 meet start |

Polar Bear Swimmer Responsibilities/Rules/Expectations

Sign Up for Swim Meets: Please sign up for each swim meet. Sign-up sheets are located on the Swim Team bulletin board on the pool deck at Four Seasons. Swimmers that do not sign up for a meet will be assumed not swimming at the meet. If a swimmer needs to cancel their sign-up, he or she must notify the coach at least two days in advance.

Swim Meets: Bring chairs, towels. Don't eat a big meal before a meet. Swimmers are not allowed in the North or Baby Pools during swim meets.

Equipment: All equipment must be behind your lane and within reaching distance at every practice. Equipment needed at each practice: kickboard & pull buoy, which will be provided if you do not bring your own. Coaches will give instructions to swimmers if more equipment is needed that day.

Parent Observation: Parent observation is more than welcome during practice, as long as the parent does not interrupt practice by talking to swimmer or coach during practice.

- Talking to a swimmer or coach during practice distracts either the swimmer or coach from utilizing their full attention and efforts.
- Our Parent Observation Area is located in between the two pools (at the “turn” end of the pool). We ask that parents do not sit at the “starting block” end during practice.

Practice Groups: The age group we put your child in is due to their ability to keep up with that group’s practice. Switching groups for convenience will not be allowed.

- Switching groups to accommodate your schedule, affects the performance of the entire group. In order to move up a group, the swimmer needs to have successfully completed the new group’s test workout and/or have the coach’s approval.

Swimmer Behavior: A swimmer must pay attention and give their best effort during practice. No sitting on the walls.

- Sitting on the wall during practice provides unnecessary distractions for the coach and the rest of the team. A swimmer will be asked 3 times and then asked to get out of practice for the day. Repeated offenses will be brought to the parent’s attention for further action.
- A swimmer may be asked to sit out for disruptive behavior or disciplinary reasons. A parent will be contacted by the Head Coach & Aquatics Manager when these types of offenses occur.

Weather Policy: If lightning and/or thunder exist, the pools and the pool deck will be evacuated. The pool area will re-open after 30 minutes have passed with no observable signs of lightning or thunder. If this should happen during practice, kids will go to the South Gym and do dryland activities. *That being said, please make sure to pack extra workout clothes and tennis shoes for your swimmer!* This only applies to kids who are 9 and up for dryland activities. We will provide other activities for kids who are 5-8 years old.

We’re excited for another fantastic season of Polar Bear Swimming! See you on the pool deck!

CONTACT the COACH:

Marian Schulz, Head Swim Coach
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