



Novice Program Primer

Dear Prospective Novice Parents,

Thanks very much for your interest in our Spring 2010 Novice Program. For those that are new to the program, your child will be challenged, but will really enjoy the program. What's not to like? Sun, water, fun... Our goal for the Novice Program is to introduce kids to the sport of competitive swimming by first getting the kids comfortable in the water and then, introducing the four competitive strokes. The Novice Program is intended to get the swimmer ready to join our team which trains and competes year round.

Before we start, a couple of notes and reminders:

- The Bio & Consent for Emergency Medical Treatment form AND your \$100 payment is due on the first day of practice. Your child will not be allowed to participate unless both are received. Please make checks payable to "Alameda Island Aquatics."
- Practice is at Encinal High School beginning on Tuesday, April 20th to May 7th and resumes May 18th to June 4th. Please be there 10~15 minutes early on the first day to sign in and return the above paperwork. Practice will be held rain or shine, hot or cold. Last practice is Friday, 4-June. There is no "make up" period if you miss practice. Coach Brandi will let you know if your child is swimming at 4 or 4.45.
- Bring a towel, goggles, sun screen, and a fresh change of dry clothes & jacket especially if your child will shower after practice. Be ready to swim when you get to the pool!
- Parents should bring a book to read or other activity to keep busy. There isn't much to see or do for the 45 minutes of practice time. Please stay off the deck to allow coaching.
- Swimmers must be picked up at the end of practice promptly; there is no supervision afterwards.
- You will be set up with an account and provided logon and password to access to our team website (above). Your logon will allow you access to "members only" features. You will receive team communications from the site, but please be sure to visit the Group Calendars tab, and select Groups, then Novice from the dropdown menu. Visit the site frequently.

Volunteer parents will be on hand to collect paperwork, answer questions, or otherwise stick around for the first couple of days while things settle down. Expect a little chaos at first while the kids learn the routines.

If you have any questions, please email our Novice Program Coordinators:

Rebecca Boles and Lisa Cuenca
Email: membership@alamedaislanders.org