

Blue Valley West Site Parent Meeting - Tuesday, 10 November 2009  
Novice, Blue & Advanced Blue Groups – 6:30-7:15pm

**Agenda:**

**Meet Performances**

First Three meets – review  
Next few meets – anticipation  
IMX / Virtual Club Championship

**Time Standards (Bag Tags)**

USA Swimming 2009-2012 Motivational Times  
Missouri Valley Swimming Time Standards  
Meet Qualifying Standards “cuts”

**Practice Emphasis**

Fundamentals  
“5-Second Streamlines”  
Practice/Training

**Swimming over the Holidays**

Facility availability vs. holiday convenience  
Team unity opportunities  
Maintaining fall gains & preparing for 2010 meets  
Come to ANY OR ALL of the holiday practices regardless of “normal” schedule

**Practice Attendance & Policies**

Missing practices for sickness and/or vacation may or may not be excused  
Making up practices must be approved by head site coach

**Upcoming events & Reminders**

Holiday party in December  
Semester grade reports  
All Star Meet Selection  
Swim-A-Thon envelope deadline

**Website Help**

Blue Valley West site page (no sign-in required)  
Event Page (sign-in required)  
Questions