

Senior Group Parent Meeting – Tuesday, 10 November 2009
7:30-8:15pm – Blue Valley West High School Fixed Forum

Agenda

Meet Performances

First three meets evaluated...how do I evaluate?
Next few meets
Championships qualifying

Time Standards (Changes)

Senior time standards – more challenging, but 4-year age group
Sectional cuts – Winter & Summer
Senior Zones

Practice Emphasis

5-Second Streamlines
Practicing → Training
Lane Assignments
Kicking

Swimming over the Holidays

Moving to Roeland Park
10am-Noon
Maintaining healthy diet

Practice Attendance & Policies

No minimum requirement for group, but...
80% requirement for doubles in summer
90% guideline for moving to Elite

Upcoming events & Reminders

Holiday party?
Semester grade reports
All-Star meet selection (14&Unders)
Swim-A-Thon envelope deadline

Website Help

Blue Valley West site page (no sign-in required)
Event Page (sign-in required)
Who in your family handles meet rejections?
Questions