SRVA Weekly Update

January 2, 2018

Newsletter:

- The January newsletter is attached to this email. Please download and share with your swimmer.

Important:

- Normal practice schedule for all groups for the rest of the week.
- Senior, Senior Development, and Pre-Senior morning practice is 7-9 AM on Wed, Fri, Sat.

Polar Bear Club:

- Any swimmer who attend 80% of practices during the months of December, January, and February will receive a free Polar Bear Club shirt in the spring. Swimmers are encourage to track their own attendance to make sure you make it, but you do not have to.

Meet Reminders:

- Zone 2 Championships are open for entries. You must have a "B" time standard to qualify for this meet.
    - Meet Sheet
    - Online Meet Entries
- You can find this season's full Meet Schedule on the team's website.

Article of the Week:

On our website, we have an extensive library of articles about swimming, youth sports, nutrition and parenting. You can find all articles in our Library page.

Swim Parents Can Learn About the Developmental Process...And Respect It by John Leonard