

Dear Parents of LRRC Sr Prep Level Swimmers,

I'm very excited about the upcoming State champs and look forward to some fast swimming at the end of a hot summer. We will continue training through August with a limited schedule and take our break Sept 3-7. Below is the transitional schedule. Please make sure you pay attention to the fun events happening in August. As you can see the schedule is until the 50 meter pool gets too cold, which is usually toward the end of Sept.

If you are wondering why we take our break a little later, here are the reasons: the later break tends to give the kids (and parents) a week to regroup after the first three weeks of school, it allows the seasons to seem just a little bit shorter, we are able to get the kids right back into some endurance workouts after taper and allows us 50 meter training while kids are still on summer break. As you will see we do not go right back into a 5 day a week schedule but do enough to keep them in shape, while giving them a mental and physical "let up" intensity.

School Year Practice Schedule will begin when the 50 meter pool gets to cold on a consistent basis and we have to move all training to the 25 yard pool (usually late Sept). Below is the School Year Practice Schedule.

Some changes you need to be aware of:

- * We have added a Sunday Practice 3:00-5:00 pm to the schedule. It will be at the LRRC (due to pool space limitations at UALR).
- * We have combined the morning practice with our Masters practice.
- * We will have morning practices Mon & Fri 5:30-7:15 am. We will add a Wed morning practice in Dec and Jan if we feel they need the extra training.
- * We will be moving even more toward Senior level swimming this season in intensity and time.
- * New Fee -Please note the fee for Sr Prep. This is a new rate as we did not charge a different rate last April when we started the Sr Prep group.

Other information to be aware of:

- * Make sure you verify your cell number on teamunify. It is referred as SMS. This allows the coaches and administration to text you with sudden changes in the training schedule. You must verify to be active.
- * We need a "Fun" Parent for Sr Prep. With our theme of Fun, Friendships, and Fast Swimming this year, we would like a parent volunteer for each training group that will help with the Fun part! If you are able to be the "Fun" parent for Sr Prep group please email me.
- * Birthday Treats - we love birthdays. We try to make them special and appreciate the athlete that attends practice on their birthday. Please make sure you remind us of your child's birthday. We do not mind you bringing treats to help celebrate their birthday but we ask three things of you, 1.) please make sure they are healthy treats 2.) make sure there are no nuts or they were not made in a facility that processes nut 3.) make sure you bring enough for all swimmers in the water, not just your training group. You may text the coach and ask for a number or come in at the beginning of practice and count.
- * Check out our new informational website. www.ardolphins.com We will still have TeamUnify which I call our workhorse website but have added an informational website ardolphins.com If you have friends that are interested in joining the team, please refer them to our new informational website. Registration for fall will open August 1st.
- * Team day will be Sept 22, please mark your calendar.
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I know its a long list but this note will be on the Sites LRRC page for future reference.

Transitional Aug Sept Schedule

2018 2019 School Year Practice Schedule