

Dear Parents of LRRC Developmental Level Swimmers,

I can't believe the start of school is just around the corner and we are already posting schedules and making plans.

Earlier this week we sent the training schedule for the next three weeks. If you missed that email it is on the team unify site under Sites -LRRC-Schedules & Events. We also were made aware that we inadvertently left Dev practice off for this upcoming Wed. On Wed July 25, Dev will have afternoon practice 3:00-3:40 pm. We will not offer a morning practice on Wed the 25th.

I wanted to communicate with you a few changes and information for the 2018 2019 School Year Schedule:

\* We will have an intermittent schedule that is used for August & Sept. It will be under Sites- LRRC and emailed to you.

\* We will take the week of Labor Day (Sept. 3-7) off. I have found this later break tends to give the kids (and parents) a week to regroup after the first three weeks of school, and allows the seasons to seem just a little bit shorter.

\* We will begin the School Year Schedule once the 50 meter pool gets too cold (which in the past has been around the 3rd or 4th week of Sept). Until then we will follow the Aug Sept schedule that will be available on the Site LRRC Page.

\* Changes to training groups: This Fall we will be dividing our developmental groups by age. We feel this will help develop friendships, allow the coaches to coach at an age-appropriate level, will create a fun training environment, will allow parents a better guide to create less pressure, and allow the swimmer a system to prevent burnout, and allow a smaller training group on Mon and Wed. Coaches will be able to focus on skills, technique, and training in the correct perspective allowing time for fun. We are hoping this change will be a positive for everyone involved. We will move them into the proper group based on their age in the next week. If a swimmer ages up in Aug, Sept or Oct, they will be moved into that age training group. Please contact me if you have any questions or concerns. We will be happy to help everyone out during this transition. See Training Groups on the [2018 2019 School Year Practice Schedule](#) Here.

\* 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 each training group. 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 your child’s training 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 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](http://www.ardolphins.com) We will still have TeamUnify which I call our workhorse website but have added an informational website [ardolphins.com](http://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.

I know its a long list but It will be on the Sites LRRC page for future reference.

A special good luck to all our swimmers swimming in CASL Meet of Champs today and State Meet next weekend.

See you on deck,

Coach Tay