



**More Than Just Swimming... #JustBeBetter**



**Senior II:**

Mon-Fri 3:15pm-5pm

**Senior I:**

Mon-Fri 3:15pm-4:45pm

**Gold:**

Mon-Fri 4:30pm-6pm

**Silver:**

Mon-Thur 5:15-6:30pm Fri 5-6pm

**Bronze:**

Mon-Thur 6-7pm

**Blue:**

Mon / Tue / Thur 6-7pm

**No Practice on Monday January 18<sup>th</sup> in observance of Martin Luther King Jr Day!**

**There will also be no practice this Friday on December 15<sup>th</sup> for all groups due to the meet this weekend.**

**“Pictures & Social Media”** please submit any pictures, articles or ideas to [stormsocialmedia@outlook.com](mailto:stormsocialmedia@outlook.com)

**Upcoming Meets:** We have submitted a request to host a meet on Saturday, January 30<sup>th</sup>! Look for information in the near future. Please be sure to follow all meet rules concerning Covid-19 precautions!

**“Perfect Streamlines”** are so important. Not bad streamlines, they’re just as bad as not doing a streamline at all. I’m sure this has been stated in a newsletter before, but I’ve tried to put it in perspective, maybe it will make it stick! So here goes; **If you don’t Streamline, it’s like...**

- ... not wearing a seatbelt in your car! (Not Cool!)
- ... not eating breakfast! (Not a good idea)
- ... not brushing your teeth! (Ewww)
- ... not taking a bath / shower! (Double Ewww)
- ... not doing homework! (That will get you in trouble!)
- ... saying I don’t want to get any better. ☹ Sad

**Be Safe!!!** Please continue being safe, wear your mask while entering the facility, maintain social distance and follow all precautions. If you are asked to quarantine by your school, please contact Coach Tim at [tim.manley@surpriseaz.gov](mailto:tim.manley@surpriseaz.gov) . This is probably common knowledge, but if you feel sick stay home! If you have been sick and went and got a test, stay home until you get a negative test result. Thankfully so far all participants are doing the right thing, staying safe and self quarantining when necessary! Please do not speculate, spread rumors or ask for information on participant wellness as that information is protected by HIPPA regulations. Be assured we have all of our swimmers health and well being in mind.

Coach Tim

**January 2021**