



**Its More Than Just Swimming...
July & August 2021**

Fall Practice Times Beginning August 9th 2021

Team Break July 26th-August 8th

Senior II: Mon-Fri 5:00am-6:45am **Senior I:** Mon-Fri 3:30pm-5pm

Gold: Mon-Fri 4:30pm-6pm **Silver:** Mon-Thur 5:15-6:30pm Fri 5-6pm

Bronze: Mon-Thur 6-7pm

Upcoming Meets: AZ Age-Group State @ Goodyear YMCA
AZ Senior State Meet @ Oro Valley Aquatic Center
Fall / Winter Meet Schedule Coming Soon!



Return To The Pool Deck: Thank you parents for respecting practices, once again we ask that you come watch your athlete swim, but limit it to once a week and we ask that you visit practices between Tuesday and Friday to not interrupt any new programming starting at the beginning of the week! We love the focus we are getting from the athletes. We hope this allows everyone to watch their athlete swim, as well as; give you parents a bit of time as well! If you have any questions please contact Coach Tim.

Team Communication: Please be sure that all of your emails / phone numbers are correct in your account on the team website. You may make corrections on your own or ask for help if you need it! Please understand I try not to send many emails so that you know when you get one it's important! You may also sign-up for the text alerts through the website as well. Go to the "How Do I..." tab on the main page for directions. This allows you to receive alerts if the pool has been closed or practice has been cancelled due to poor weather.

Coach Contacts: Coach Tim: tim.manley@surpriseaz.gov or 623.222.2264
Coach Matt: matthewolloren@yahoo.com Coach Lala: srshipman00@gmail.com
Coach Buster: buster.thompson@surpriseaz.gov

Team Fee's & Payments: Please remember all team fees are due on the 1st of each month! You have until the 7th of each month to pay. During the past year due to Covid-19 we have given more flexibility to late payments. **Beginning August 1st any payment not made by the 10th will be assessed a \$20 late fee. I do my best to not get involved in billing and payments, although if payment is not made by the 15th of the month your athlete will not be able to participate.** Please make payments promptly so that I do not have to tell your athlete they can not practice! Auto-Bill pay is available and it is very easy. Included with this email is a new registration page and the auto-payment section asks for the last 4 digits of the credit card number you wish to use in paying your team fees. If you don't have a credit card on file please make contact with our front desk at 623.222.2000 and they can add the card on your file, you may also add it yourself by clicking the online registration logo above. If you have an issue or need some extra time contact myself or our Department Office Manager Christine Frederickson at christine.frederickson@surpriseaz.gov Please don't wait!



2021-2022 Registration: We will be renewing our 2022 USA Swimming Memberships renew August for any returning team member as well as any new athletes. Attached to this email is an updated team handbook, registration packet, billing policies and procedures checklist and withdrawal procedure form. Please fill out the last two pages of the packet to renew your team membership for the upcoming season! This is a fillable document you may email back to Coach Tim or you may print it out and return to any coach. Please do not give to the pool front desk. New registration forms are due prior to returning to the pool on August 9th!

Locker Room facilities are open for all to use, although we recommend bringing all personal items, bags and gear to the pool deck, please do not leave any items in the locker rooms and please do not bring valuables to the pool!

Bring Your Own Fins! We ask that all athletes bring their own fins to practice. We suggest rubber fins rather than hard plastic.
[Here's a link to purchase the same fins we have ordered in the past!](#)



Make Good Choices: That's the title of Chapter 3 in an upcoming book titled "Atta Kid". In the book it's about the athlete making good decisions based not only on how it will affect their sport, but also their life. We're coming down to the last couple of weeks of the season and we have 39 athletes qualified for championship meets including the AZ Regionals, AZ State Meets, Far Western Meets and Senior Sectionals! These athletes are already qualified, there's not much more to do! Now we're going into a phase of refining, rest and racing! The work that was required has already been done, there's no new aerobic capacity to build, there's no new power to develop that work has already been done (or not)! During this time athletes need to do a few things; continue to show up to practice, continue to work hard (physically and mentally) and make good choices!

Good choices include getting rest, proper sleep, refraining from being in the sun all day and / or any extra stressful activities. (This is not the time of the season to take up hiking) Sometimes making good choices is hard, when all of your friends are up all night playing Call of Duty or Fortnite it's easy to give in and play as well, but maybe it's not what's going to help you succeed in practice or at your next meet. How does this effect life? That's a great question, let's say you've got a large biology project due tomorrow, but you've got friends who want to go out to dinner after the swim meet. You've got a choice, go home and finish the report or go out with friends and finish the report in the morning before class. So you go out to dinner, have a great time go home head to bed and you're out like a light! Then you wake up at 7:30am and school starts at 8am, you had such a good time you forgot to set your alarm to get up early and finish your report! (This has happened, maybe even to some of you)

We see this happen in practice situations all the time! Athlete decides to take the day off on Wednesday, there's a meet on Friday! Then "weather" happens and all of a sudden practice is cancelled on Thursday! Now your day off has become two days off. Did "de-training" happen? It's possible, but most likely you lost a little feel for the water and importantly whether you want to admit it or not, you lost "confidence" in yourself knowing you missed an extra day of practice than you planned!

One of my favorite quotes is, "If you want to soar like an eagle, you can't run with turkeys." As a teammate there will be choices in practice to soar with eagles or run with turkeys, make decisions to keep yourself on the right path. Don't support poor discipline by joining a turkey, better yet spread your wings and join the eagles! Treat your time outside of the pool the same, make sure your decisions are something to help you grow rather than something that holds you back. We all have bad days from time to time, it's important that every athlete knows once they come to workout that the pool is their break from the rest of their world. Every athlete can choose their own path, control their own emotions and make good decisions!

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