



**More Than Just Swimming...**

<b>Senior II:</b>	Mon-Fri 3:15pm-5pm	
<b>Senior I:</b>	Mon-Fri 3:15pm-4:45pm	<b>No Practice's March 15-19th</b>
<b>Gold:</b>	Mon-Fri 4:30pm-6pm	<b>for Spring Break!</b>
<b>Silver:</b>	Mon-Thur 5:15-6:30pm	Fri 5-6pm
<b>Bronze:</b>	Mon-Thur 6-7pm	
<b>Blue:</b>	Mon / Tue / Thur 6-7pm	

### **Upcoming Meets:**

**Arizona Regional Championships April 16-18<sup>th</sup> and the 8 & Under Championships May 1-2<sup>nd</sup> @ Anthem! Look for Meet Flyers and Online Registration Via Team Emails!**

**Choose your own Events...** Parent's and Athlete's please understand that our coaches unlike most teams don't select events for our athletes! We allow that freedom to the athletes, because we want them to take ownership of their swimming. Parents, please let your swimmers choose, you can help them, but make sure you have their input! Your swimmer will be way more motivated to race their event if they chose to do it! Also, please choose events wisely, especially with how meets are shortened right now if you choose events back to back you'll have less than 10 minutes to recover between events.

**Communication...** This happens all the time, an athlete comes out on the pool deck, then says, "hey my mom said she needs..." and about 3 minutes later after reminding three kids to do streamlines, one to not run on the pool deck and repeating the set to my group I have already forgotten! If you need something from a coach send an email! Now you've got a record and we have a reminder! Also, if you get an email from me, "**it's important!**" I only send newsletters, swim meet invitations and important events, please read them! Also this week we sent a last minute practice cancellation via email and text and we only had 63 of our 92 accounts with mobile numbers set as a text alert! Please log in to your account and update your SMS number on your account.

**Pay Your Team Fee's On Time....** Please be sure that team fee's are paid by the 7<sup>th</sup> of each month! On the 10<sup>th</sup> of each month I get a list from the Parks and Recreation Business Services Supervisor when accounts are not paid! Please pay your team fee's by the 7<sup>th</sup> of each month or you will get a notice that you may not return to practice until your team fee's are paid! Please don't put the burden on your athlete's coach!

**March 2021**