



**More Than Just Swimming...**



**Summer Swimming Schedule:**

<b><u>Senior II:</u></b>	Mon-Fri 6-7:45am
<b><u>Senior I:</u></b>	Mon-Fri 7:30-9am
<b><u>Gold:</u></b>	Mon-Fri 6-7:30am
<b><u>Silver:</u></b>	Mon-Fri 7:45-9am
<b><u>Bronze:</u></b>	Mon-Thr 7:45-8:45am

Congrats to our 11-12 Boy’s 200 Medley Relay  
2021 Short Course State Champions!  
(Ayden Prassas, Austin Hargreaves, Gregory Virga, Sora Takahashi)

**Summer Schedule Begins:  
Monday, May 24<sup>th</sup>**

**Upcoming Meets:**

**YWSF Invite May 15-16<sup>th</sup> @ Goodyear** ...the Summer Long Course Season Schedule has been added to the website! [Check it here!](#)

**Long Course:** For those of you who have never competed in Long Course, here’s a little guide! A long course pool is 50m long which is 2 x our pool + about 12 feet! So doing a 50 is just one length, a 100 is two lengths and a 200 is 4 lengths! There are less turns and it’s a longer race! Long Course times are totally different than Short Course Times, as much as people try to convert them, they are like apples and oranges you can’t compare! Although if you have a Short Course Regional or State Time, it’s still good for Long Course (and vice versa). Seeding the heats in meets are always seeded by the season, so during long course the seeding order is long course.. then short course! So we actually have a short course meet the first weekend of June, so if long course isn’t your thing, you can still qualify using short course times!

**Sense of Urgency:** One of the things that I believe that all of our coaches have is a great understanding for busy schedules. We understand that you have other activities, school and life! We understand when you can’t make every practice and we understand that sometimes swimmers will be late to practice! My rule is I’d rather see you late than never and if you’re going to be late, get in quickly and “monkey see, monkey do!” This means come in and get ready, don’t waste time, you’re already late! This mean’s jump right in and ask your teammates what they’re doing and get right into practice without disrupting the group! Earlier this week I said to a group, “if you don’t have sense of urgency to get into the pool, then you probably won’t have any sense of urgency in the water either!” A sense of urgency shows your coach / teacher / parents that you care! It shows that you have a vision to make changes! It communicates your intentions! It shows you have goals and it shows that you are moving forward! Coach Tim

**May 2021**



**CUSTOM SWIM CAP ORDER FORM**

Athletes Name \_\_\_\_\_ Group \_\_\_\_\_

Parents Name \_\_\_\_\_ Phone \_\_\_\_\_

2 Custom Silicone Caps are \$24 we must order 2 caps per custom name!  
2 Custom Latex Caps are \$20 we must order 2 caps per custom name!  
Latex are the thinner caps, Silicone are the thicker ones we have ordered in the past.  
Silicone does tend to last longer!  
Please print clearly below in the “Custom Name” section.  
Must order 2 of each name!

**Silicone** \_\_\_\_\_                      **OR**                      **Latex** \_\_\_\_\_

**Custom Name**

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All orders will be added directly to your City of Surprise Storm Team Account  
Custom Cap Orders Due by Friday, May 14<sup>th</sup> at 5pm, you may scan and email  
orders to [tim.manley@surpriseaz.gov](mailto:tim.manley@surpriseaz.gov) or give to your coach at the pool.

**Please DO NOT give orders to the office or pool staff!**