



It's More Than Just Swimming...

November 2021

November Practice Schedule:

- Text Alerts: Please be sure you have signed up to receive text alerts, these are only sent when practices are cancelled at the last minute due to weather or unforeseen circumstances.
- During the week of November 15-19th we will have some scheduled maintenance at the pool, so we will be swimming on Monday and Wednesday at the Glendale Community College Pool, actual practice times will be sent out about a week in advance, they should be within 30 minutes of your normal practice times.
- Dryland practices will be set up for Tuesday and Thursday and we will have no practice on Friday the 19th!
- We will swim a normal practice schedule on Veterans Day November 15th
- No Practice on Thanksgiving Day or the Friday after, November 25th-26th

Team Communication: Please be sure that all of your emails / phone numbers are correct in the team website. You may make corrections on your own or ask for help if you need it! 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.

Team Contacts: Coach Tim: tim.manley@surpriseaz.gov or 623.222.2264
Coach Buster: buster.thompson@surpriseaz.gov
Coach Lala: srshipman00@gmail.com
Coach Mike: md.radosevich@gmail.com
Coach Carrie: carrie.golden@surpriseaz.gov

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

November Swim Meet: The upcoming meet in November was to be held at Westside Silver Fins although they are without quite a few coaches right now! With that being said, we have been working to put together a very strong line up of teams at the Arizona Gauchos for a two day meet on the same weekend of the 13th and 14th. So far we have the Gaucho's, Storm, AZ Dolphins, SunWest Swimming, Seville Sharks, AZ Aquatic Club, J Force Swim Club and more to be invited for a competitive meet. Please sign-up prior to Saturday, November 6th at midnight!

Covid-19 Protocols:

Please follow a few simple steps for the health and safety of our athletes and families. **Stay home if you're sick or have any symptoms!** Please report any positive Covid cases to Coach Tim Manley immediately, information is kept confidential and will follow up with a notice of contact to all athletes/families. The notice you receive will have clear instructions for return to practice guidelines. **If you have questions please contact Coach Tim, please don't assume or get answers from anyone else.** Please use the following links to see the full [City of Surprise Storm Guidelines](#) or the [Maricopa County Public Health Guidance](#)!



BYOF! 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!](#)

New Coaches On Deck: I'm pleased to welcome some new coaches to the pool deck, Coach Mike Radosevich, Coach Mike is an F-16 flight instructor and Captain in the US Air Force at Luke AFB. Coach Mike swam competitively in high school but was mainly a water polo player; playing Division 1 at the Air Force Academy. Coach Mike will be helping with dryland in all groups and coaching mainly with the Bronze Group. Coach Carrie Golden is our new lead coach for the Bronze Group, her family (swimmers Brighton & Finley) recently relocated from Ohio where she was a USA Coach and Head Summer League Coach as well.



Swimming Is A Process: Since August, I've been helping transition our Bronze Group from Coach Matt and now stepping in Coach Carrie and Coach Mike! It's been an amazing transformation from day 1 to now! To watch how much the athletes have changed from practice behavior all the way to stroke mechanics. Early on progression happens quickly, as long as; the athlete stays focused, later in their development the concept of hard work, commitment, consistency, growth and development all become factors in their progress. Sometimes it's a best time by 4 seconds at age 10, to .04 at age 14 that are major accomplishments. Some meets the athletes don't improve at all, it happens, too many factors to determine. Swimming is a process and those athletes who show up consistently, work hard, make good choices as it pertains to swimming, training, nutrition and rest will continue to progress, but maybe not as quickly as before! Stay determined to improve and keep working towards your goals!

**Improvement is not linear!
Someday's are better than
others, trust the process!**

I will be out of the office and off the pool deck from October 29th – November 5th please ask your athletes coach if you have any questions during this time as I will have limited access to emails.

Coach Tim

Show Up (to practice, be consistent) - **Work Hard** (both physically and mentally)
Make Good Choices (both in the pool and in life)

October 2021

STORM