



**Its More Than Just Swimming...**

**OCTOBER 2021**

**No October Practice Cancellations:**

Although I urge all parents to be sure you have a phone number listed for text alerts. Please be sure your number is listed in the SMS area, including your phone carrier information. Text message alerts are only sent when practices are cancelled due to unforeseen circumstances. Please see below regarding “Team Communication” to set this up! Senior II will have practice changes during the week of fall break, but those are being worked out and to be announced soon, no other practice changes during fall break!

**Thursdays!** The Gold Group and Senior I group will continue to practice at the Hollyhock Pool from 4:30-6pm

**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](mailto:tim.manley@surpriseaz.gov) or 623.222.2264  
Coach Matt: [matthewolloren@yahoo.com](mailto:matthewolloren@yahoo.com)  
Coach Lala: [srshipman00@gmail.com](mailto:srshipman00@gmail.com)  
Coach Buster: [buster.thompson@surpriseaz.gov](mailto:buster.thompson@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 and please do not bring valuables to the

**October Swim Meet:** The upcoming meet in October will be held at the AquaBear Pool in North Tucson / South-West Oro Valley Area! With that being said, it is a bit of a drive, but it's only about an hour and thirty minutes or possibly a little less. This would be a great first meet for swimmers, it's a small pool, small facility and (Just A Small Change) there will be 3 teams at the meet. Another team just joined last week. The AquaBear team is quite competitive so there will be athletes to race at all levels. After the meet we're trying to put together an open swim including some fun activities at the AquaBear pool and were also trying to plan for some food and refreshments afterwards. We really want this to not only be a team bonding event, but bond two teams from two metropolitan areas! Sign-up closes on Friday, October 8<sup>th</sup> at midnight! Don't Be Late!

**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!](#)

**Custom Storm Swim Caps:** Please find the attached “Custom” cap order form below! Please return these forms to a coach or scan and send back to Coach Tim at [tim.manley@surpriseaz.gov](mailto:tim.manley@surpriseaz.gov) on or prior to Sunday, October 10<sup>th</sup>. I expect a two week delivery timeframe!



**There's temptation to multi-task everything, but you can not multi-task presence!**

**Working Hard:** Focus is part of working hard! If there's one thing that can help with focus during practice it's to remind your athlete to listen to their coach! Focus on one thing is better than half focus on many things, be present!

Feedback from your coach is how athletes learn. Very few athletes get something we teach the first time, so feedback allows us to make changes, adjustments and allows athletes to learn from their mistakes!

Show Up... you've got to be consistent, coaches can not take responsibility for your performance if you are only showing up 50% of the time!

Work Hard... mental focus is hard work, but you have to put in effort too, coaches can tell when you're slacking, but nobody knows how fast you can be until you try!

Make Good Choices... if you're going to be a leader, be sure you're doing the right thing, if you chose not to do either of the above, you probably didn't make a good choice!

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

**October 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 Sunday, October 10th at 5pm, you may scan and email orders to [tim.manley@surpriseaz.gov](mailto:tim.manley@surpriseaz.gov) or give to a coach at the pool. Please **DO** **NOT** give orders to the office or pool staff! Caps typically take 2 weeks to receive so we will not receive them prior to the meet. Basic team caps can be purchased at the front desk at any time!