



Its More Than Just Swimming...

Practice Times: **Senior II:** Mon-Fri 5:00am-6:45am **Senior I:** Mon-Fri 3:15pm-4:45pm
Gold: Mon-Fri 4:30pm-6pm **Silver:** Mon-Thur 5:15-6:30pm Fri 5-6pm
Bronze: Mon-Thur 6-7pm

September Practice Changes:
No practice for Bronze, Silver or Senior I on **Monday, September 6th (Labor Day)**

Thursdays! Beginning Thursday, September 3rd the Gold Group will practice at the Hollyhock Pool from 4:45-6pm the Senior I group will practice from 3:30-4:45pm at Hollyhock Pool as well!

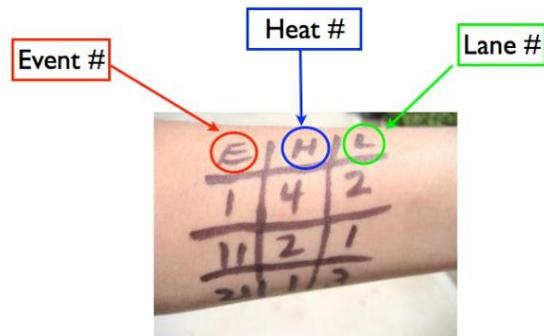
Parents On The Pool Deck: Parents we ask that you limit attending practices to one day a week or just stop by the last 5-10 minutes of any practice to see how your athlete is doing! We love the focus we are getting and we hope this allows everyone to watch your athlete swim! If you have any questions please contact Coach Tim.

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! 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.

Team Contacts: Coach Tim: tim.manley@surpriseaz.gov or 623.222.2264
Coach Matt: matthewoloren@yahoo.com
Coach Lala: srshipman00@gmail.com
Coach Buster: 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 pool!

Swim Meets:(a first time guide) You should have recently received an invitation to register for the upcoming meet at Phoenix Swim Club, this registration is connected directly to our website, which allows you to sign-up for events! **Swimmer Registration:** please follow the link and ask your athlete to choose their own events! Giving athlete's choices also shifts responsibility to the athlete! Rarely does a 9 year old do a 100 Fly at their first meet, let alone a 200 Fly, but it happens, sometimes parents just sign them up, not thinking about it or without realizing that's going to be rough! Especially for a first meet and especially for 12 & Under swimmers 50's can be your best friend, maybe a couple of 100's such as 100 Free or 100 IM if they feel comfortable with all four strokes. Let your athlete choose some events and click save at the bottom and you're good to go! **Meet Information:** On our website when you click on the name of the meet, the meet



The above grid show this swimmer is in event #1, heat #4 and in lane #2
Their next event will be event #11, heat # 2 and lane # 1

flyer is posted for download or printing. Be sure to look it over prior to registering, look specifically warm-up and meet times / events available / location. Typically the last page or two will give you a list of events and session times and days in which they will be swam. Also the Wednesday or Thursday prior to the meet you will receive updated meet information, a timeline of events, sometimes a psych sheet (ranking of athletes) and notes from the host team. **Preparation:** We don't do special practices for meets or anything special to prepare because everything we do in practice has a purpose and will prepare them for a meet. Come to practice, focus, work hard and have fun and daily practice will take care of getting ready for meets. **Day of the Meet:** Be sure to show up **15-20 minutes prior** to the posted warm-up time. Purchase / share / split or even just take a picture of the "heat sheet" once you get to the pool and mark your athletes arm just like the picture shown above so they know what event number, heat and lane they will be racing in! I am expecting for the upcoming meet we will get a heat sheet in advance since spectators are not allowed on the pool deck. **Relax:** Your athlete swims the meet, has fun, sometimes they get best times, sometimes they go slower, hopefully they learn from each race. Regardless they will get an idea of how they have done themselves. Swimming is a process... it won't come easy right away and they will learn and become more comfortable and responsible for their own swimming. **Success:** Coach John Wooden has always defined success as the **"peace of mind knowing you have made the effort to become the best you are capable!"**

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! Report: Please report any positive Covid cases to 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. Communication: 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!](#)

Working Hard: Sweat, increased heart rate, heavy breathing, sore muscles, etc. The past few weeks have been a good start to the season, this goes out especially to our new athletes and parents, but our veterans need to be reminded as well. Just because it's not hard doesn't mean it isn't hard work! Right now all of our new athletes are learning new skills. Focus is super important and be sure to listen to directions so that everyone moves forward together.

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

September 2021