



**HELP! My child is on the Bluefins Swim Team! Now what!**

**A Guide for Parents of New Members of the Bluefins Swim Team.**

**Expectations of Swimmers:**

- Keep your commitments - Team members are expected to attend all practices, if at all possible.
- Pay attention to the coaches - Disruptions aren't fair to the other swimmers.
- Do *your* best - It is a lot more important than being *the* best.
- Demonstrate good sportsmanship at all times, win or lose.

MOST IMPORTANTLY HAVE FUN!!!

**Where you can find all of this and more information:**

- On the team website [www.bluefinswimming.com](http://www.bluefinswimming.com)
- By emailing Head Coach Alec Ralph
- Talking to any of the other swim team parents or coaches

**THE BASICS:**

**Practices:**

Practices will be held at the CBS Pool Recreation Complex:

| PRE-COMPETITIVE Group 1 |           |         |           |           |        |           |        |
|-------------------------|-----------|---------|-----------|-----------|--------|-----------|--------|
|                         | MONDAY    | TUESDAY | WEDNESDAY | THURSDAY  | FRIDAY | SATURDAY  | SUNDAY |
| AM                      |           |         |           |           |        | 8:00-9:00 |        |
| PM                      | 6:00-7:00 |         |           | 6:00-7:00 |        |           |        |
| PRE-COMPETITIVE Group 2 |           |         |           |           |        |           |        |
|                         | MONDAY    | TUESDAY | WEDNESDAY | THURSDAY  | FRIDAY | SATURDAY  | SUNDAY |
| AM                      |           |         |           |           |        | 8:00-9:00 |        |
| PM                      | 7:00-8:00 |         |           | 7:00-8:00 |        |           |        |



### **Swimming Apparel & Gear:**

Swimmers should wear a swimsuit that does not restrict their movement in the water. Suits can be purchased through Universal Corporate Wear or numerous other sources. **Further equipment includes goggles, swim caps, and water bottles.**

### **Events**

The upcoming season will offer three opportunities for pre-competitive swimmers to participate in the clubs Blue vs. Gold events and or Super Skills competitions. These fun in house events are designed to introduce pre-competitive swimmers to a competitive meet structure and environment in the comfort of their own home facility or in the case of the Super Skills sessions, help assess a swimmer's strengths and weaknesses in a variety of swim activities in a fun and engaging environment.