

# PEAK PEEK

Pearland Aquatics Age Group I Newsletter



### Equipment

Goggles, kickboard, fins, water bottle everyday please.



### Focus Driven Practices

Sound foundations are key for every practice.



### Best Practices

For the best practice. Listen to your coach first.

## Welcome Back

### What is a Peak Peek?

Welcome to PEAK Age Group I, home of everything 8 & Wonderful. I'm Coach Charyl Teal, the 8 & Under swim whisperer. These newsletters will be your guide to the wonderful world of swimming. I can't promise they will be fancy all year, but it will be informative and fun.

1

### WEEKLY UPDATE

Before you go, check for updates to the schedule.

2

### PEAK PEEK

Reference for what's happening at practice.

3

### E-MAIL COACH

Send ANY questions, concerns, comments, etc.

## What to Expect

### “I will...” Statements, Racing, Fun

During the welcome back week of practice we will focus on freestyle and backstroke. Since the practice will only be 1 hour each session, we will not have drylands or individual lane assignments. This is a great way for all of the swimmers to get acquainted.

Please have your swimmers rinse off in the showers, and report to the bleachers directly behind the coaches. They only need caps, and goggles. All parents and spectators may sit in the stands behind the railing or enjoy the rest of the facility.

At the end of practice, swimmers will be dismissed after our practice wrap-up talk and cheer.

Some general rules to follow this season:

- We start practice with drylands on Mondays & Wednesdays. Bring closed toe shoes, shorts & shirts over swim suits.



## “I will learn practice procedures by active listening”

- After drylands, QUICKLY rinse off, get your equipment and report to the pool deck with your coaches.
- Write your name on all of your equipment. Sharpies, nail polish, or colorful duct tape are a few examples to help you track your things.
- Early is On Time, Start Time is Late. Ready is showered, capped, goggled & bagged. Let's be Ready for practice On Time!

## SWIMMING CAN BENEFIT THE ENTIRE FAMILY

As parents, we are cooks, maids, chauffeurs, and cheerleaders. One thing that is often overlooked is a healthy lifestyle. PEAK wants to help. While your child is at swim team practice, have some “me” time.

The Department of Health and Human Services recommends 150-minutes of moderate or 75-minutes of vigorous, aerobic activity each week. Age Group 1 practices 75-minutes three times per week. That's plenty of time to make the change to a healthier lifestyle. Run, walk, jumping jacks, anything other than more sitting.

