



Frequently Asked Questions

How many practices should my child attend per week?

Each group has different recommendations and/or minimum practice requirements. Please defer to your lead coach.

How do I make sure my child gets adequate feedback?

At home, ask your child about what they are working on at practice, their goals for the season (group and individual), coach feedback that day on things they did well and things they want to improve. Weekly emails from your swimmer's Lead Coach will also contain information that will keep you updated on progress.

Within each age group, there is more than one practice group. What is the difference between the groups?

The age groups are split into two or more groups to make sure all swimmers are challenged appropriately and help them become the best they can be. All of our groups focus on stroke, turn and start technique, but the level of intensity of practices changes as you move up, as does the expectation for how many practices and meets you attend.

What does my child need to move up to the next group?

Group requirements are posted on our website under "Practice Groups". If your child partially meets the requirements, please contact your lead coach for further clarification on what they are working on in order to move up. Please note that swimmers do not automatically move up to the next level at the end of a season or year. Move-ups are based on the readiness of an individual swimmer.

Where can I find practice and meet schedules?

These are found on our homepage under the Practice Calendars button. Find your group and your practice schedule will come up. Be sure to subscribe to their practice group calendar. Meets are listed here as well, though these are also on the home page under "Meets and Events".



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How will I know if there's a change to practice (cancelled or time change, etc.)?

The online calendar for your group will be updated as soon as we know about the change (last minute changes are usually due to weather or a facility issue). You will also receive an email with any last minute changes, so please make sure you are receiving TeamUnify emails. It's the fastest and easiest way to communicate with the entire group. Sometimes last minute changes will be posted on our Facebook and Instagram as well. If it's a known and upcoming change, it will be posted on the online calendar, so be sure you are subscribed and check the calendar each week.

Can I come to practice and watch my swimmer?

Yes, you can certainly come watch. Please respect the coaches' time with the group and don't talk to coaches or swimmers during the practice. If you have a question for the coach, please email them to discuss or set a time to meet in person before or after a practice.

How do I communicate with the coach about any questions/concerns?

Email is best. Please see below for coaches' emails. Phone or in-person conversations work as well, but would need to be scheduled ahead of time.

Pre Team/Breeze/Blast: Coach Nate - coachduncanate@hurricanesmn.com

Whirlwind/Gust/Gale: Coach Joe - coachjoe@hurricanesmn.com

Cyclone: Coach Sarah - coachsarah@hurricanesmn.com

Senior Bronze: Coach Michael - coachmichael@hurricanesmn.com

Senior Silver/Gold: Coach Julie - coachjulie@hurricanesmn.com

Coach Tom - coachtom@hurricanesmn.com



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I have questions that I can't find the answers to on the website. Who should I contact?

For anything related to swimmer progress or swimming itself, please contact your lead coach (see above).

For questions regarding billing, registration or general team information, please contact Erika Pals at registrar@hurricanesmn.com.

For questions outside the pool (such as meet registration, equipment information, or other group specific information), please contact your age group representative (see below).

Pre Team/Breeze/Blast: Ryan Van De Wynkel - ryan@hurricanesmn.com

Gust/Gale: Christine Cahill - christine@hurricanesmn.com

Cyclone: Jen Odd - jen@hurricanesmn.com

Senior: Maren Ahlberg - maren@hurricanesmn.com and

Linda Davis - linda@hurricanesmn.com