

# SCAT Weekly FYI:

## **Schedule: Aug 22 – Aug 24**

All swim practices are normal M and T. Team Potluck Pool Party Weds 4:00-5:30.

## **Important Dates/Deadlines:**

1. Summer Season ends this Weds, August 24.
2. Short Course Season starts up Monday, Sept. 19<sup>th</sup> with a mandatory Open House Meeting for Parents and Swimmers.

## **Swimmer Corner:**

With a few weeks off—spend your time doing other outdoor activities: hiking, surfing, running, ultimate Frisbee, football, beach volleyball, rafting, rock climbing, tennis, soccer, kayaking, camping, golfing, paddling boarding, etc. Have Fun, cross train, and be SAFE!!!

Be smart about your eating habits—you are no longer burning 2,000 calories, so be aware of your appetite so you don't start the season with weight to lose.

## **\*\*Parent Corner:**

Weds, Aug 24<sup>th</sup> will be our last practice for Summer 2016. It will be a team potluck/play/social day at the pool 4:00-5:30—come have fun with your teammates! The Board will be providing hamburgers and hotdogs. Parents/Swimmers please bring a side dish, dessert or drink to share!

With the swimmers on break for a few weeks, please let them rest, relax and have fun. We find the kids grow when they take breaks from intense training! Be mindful of their food intake—it's easy to gain weight off season when they are not burning fuel as quickly. Lastly, go outside with them and let them try new sports/activities. With the rest and change of pace, we want our swimmers to come back excited to train and put in another successful season.

Equipment Requirements: All Pre-Senior and Seniors will be required to have their own equipment for every practice. Stay tuned for specific details.

Short Course Season starts Monday Sept. 19<sup>th</sup> 5:00 with a mandatory Open House Meeting for Parents and Swimmers.

Thank you for a fun and fast Long Course Season! See you at the pool!

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