

Hello WEST Families,

As we approach the spring and summer months, we wanted to touch base with how we plan for our season. As a coaching staff, we strive to post our meet schedule as far in advance as possible. Usually our season lasts from September to the end of July the following year.

As meets get added to the schedule, our swimmers are expected to attend as many of the meets that they qualify for on said schedule. Meet attendance and expectations are outlined in our yearly information packet for each group. We understand things come up outside of your control, or there are events (family, school, or otherwise) that cannot be moved, but please communicate these plans with your coach as soon as possible.

Attending meets is a part of being a competitive swimmer. For swimmers, they are valuable opportunities to socialize and better understand and strengthen their bonds with their teammates while improving their times. For parents, this is a time you can volunteer and befriend other team parents, as well as learn more about the sport.

Below are a few tips for everyone when it comes to meets:

Swimmers:

On our schedule, there are columns for each group. If there is ever any confusion about what meets are meant for you, please set up a meeting to discuss. Our season is planned around seasonal focus meets (usually designated as championship meets), so that you can perform at your best in your strongest events at specific times of the season.

- **Prioritize:** You have committed to being on the WEST competitive team. This means that you have made a commitment to year round swimming and wish to excel in this competitive sport. Let your parents know swimming is a priority for you. Sometimes, family things can't be moved, and you need to be respectful of that, but sometimes they can. We are all here to support you in reaching your goals, and part of that is letting everyone in on the big picture!
- **Plan:** Plan for the best case scenario! If you are aiming for Futures or PNS Champs times, you should plan to swim at those meets.
- **Communicate:** If you have other obligations, it is your responsibility to communicate with your coach directly. Ideally, your coach would like to know when you have your initial goal meeting, but we understand that can't always happen, so as soon as you find out a conflict is a possibility, you need to communicate that.

Parents:

Please plan for your swimmer's goal meet. Their goal meet would be their championship meet that they will be attending at the end of the season. These usually occur in December, March, and July. They may not be qualified for PNS Champs yet, but if that is their goal, please try to plan around that meet. Please share your family plans with your swimmers as soon as missing meets or practice may be a possibility. Allow them to take control of their swimming by communicating these plans with their coach as early as possible, so we can plan their season together. Our coaching staff never wants to put anyone in the middle of what they think we want vs. what they think their parents/swimmer wants, so keep that triangle of communication flowing!

If there is a family event that can't be moved, allow your swimmer to let their coach know on their own. If it is out of their control and your coach has any questions, they will contact you directly. Please keep in mind that your swimmers work very hard to achieve these times. By moving onto the competitive team, your swimmer has indicated that swimming is a priority for them. Please be mindful of this when planning family vacations. Larger extended vacations should be planned in August when the team is off from swim practices. If you would like to discuss the best time to plan vacations, please contact your coach and they can help!

Happy Swimming!

-WEST Coaching Staff