



Dear Flyers Families,

We are looking forward to a great summer of swimming! Thank you for your participation. Here are important details about the summer season:

Practices

Practices start June 3 and end July 11 for those not competing in state meets (MACs, MRCs or Champs). All practices will take place at the Fergus Falls YMCA pool. Prior to the start of practices, our coaches will email you as to which practice group your swimmer is in. Practice times are:

- **Ages 8 and under (and those new to swimming):** 8 - 8:30 a.m. Tuesday & Thursday
- **Ages 9-12 (and new 13-14-year-old swimmers):** 8:30 - 9:15 a.m. Tuesday & Thursday
- **Entering grades 7-12 (Senior group):** 7 - 8:30 p.m. Monday - Thursday (If your swimmer is in the Gold group, but will only be participating one hour of practice, please send a written note with your swimmer so coaches know when to expect your child).

The up to date team calendar can be found [here](#).

Online Store

You can order Flyers gear through JK Sports April 29 - May 17. This includes lots of options for all seasons of the year and members of your family. [Click here](#) to shop. All payments for the online store can be made through the link, which will go directly to JK Sports. Contact Michelle at JK Sports, (218) 739-5299, for any questions on sizing or products. You will be contacted when your order is ready for pick up.

Communication

During the season, the club will utilize the Remind app to send last minute text messages about practice changes or meet information. Rachel Cox will also send a weekly email to age group families (those ages 12 and under).

Fundraiser

During the first week of practice, one child from each family will be given an envelope with 5 Papa Murphy's Peel-a-Deal cards. They are yours to keep, or you can sell them for \$5 each to get your money back. If you choose to sell the cards, that money is yours to keep as well. Each family was charged \$25 at registration for the cards.

Summer Meets & Special Events

Watch for more information in the coming days on meet sign ups.

- **June 21-23:** [Alexandria Lake Swim Pool Sprints](#)
- **July 3:** FM Gators Independence Invite
- **July 11:** Flyers End of Season Banquet at YMCA
- **July 12-14:** MACs (for those with C [qualifying time](#)), location TBD
- **July 19-21:** MRCs (for those with A or B [qualifying times](#)), location TBD

It is important to watch the deadlines when registering for a meet. Meet invites will be sent from Rachel Tuel, meets@fergusfallsswimming.org to the email address you provided when registering.

Contact Information

- Summer Head Coach: Rachel Cox, (701) 866-7843
- Summer Senior Coach: Trina Weisel, (320) 304-5443
- General questions and registration: Laurie Seay, (612) 310-7284, flyers@fergusfallsswimming.org
- Billing: Eric Gaustad, billing@fergusfallsswimming.org

See you at the pool and go Flyers!

Your FF Flyers Board

Laurie Seay, Kia Donais, Rachel Tuel, Abbey Kwapinski & Rachel Cox