



## MARCH 2022 PENGUIN UPDATE

We are getting close to starting the 2022 summer season and we have a lot of information to provide. We currently have approximately 200 swimmers signed-up, so if you have not yet registered, please do so at the PT website: <https://www.teamunify.com/team/recssptpca/page/home>. Registration fees increase on April 1<sup>st</sup> and the last day to cancel without penalty is May 14<sup>th</sup>. All of this information (and much, much more!) is available on the website, but the important stuff is listed below:

**SPRING SWIM TECHNIQUE CLINIC:** March 28-April 8, Monday-Thursday. There is still space to sign-up your kids! Groups are divided between ages 5-7, 6-8 and 8-12 based on swim experience. This is not a “learn to swim” class but an opportunity to improve upon stroke technique.

**NEW PENGUIN PARENT INFORMATION NIGHT:** Thursday, March 31<sup>st</sup> @ 7:00 PM

- All Penguin parents are encouraged to attend. At this meeting we will talk about coaches, practices, 6&U swim tests, Little Penguins, volunteer opportunities, in-person swim meet logistics, Champs details, and will answer as many questions as we can.

**ATHLETIC MEMBERSHIPS:** Based on the need for swimmers in some age groups, PT has, in the past, offered athletic memberships for swimmers who are not members of PT. This is likely one of those years. For now, if you know of any (fast) swimmers in the 13-14 and 15-18 age groups who are hoping to swim this summer, please have them call the front desk and get on the wait list. Details to come.

**SPRING BRUNCH:** Sunday, April 24<sup>th</sup> @ 10:00 AM-12:00 PM

- This is an informal gathering to meet the coaches and socialize with your team members before the season starts. Light refreshments will be provided, and apparel vendors have been invited such as [Jolyn Swimsuits](#) and [Mas Bueno Sport and Swim](#).

**SEASON START DATE:** April 25<sup>th</sup>, Monday-Friday. Practice times by age group are below. You can swim one day a week or five days a week! Some kids may be asked by coaches to swim up a group based on swimming ability. For the first practice, plan on attending your age-group practice.

- 6&U: 3:45-4:15
- 7-8: 4:15-5:15
- 9-10: 5:15-6:15
- 11-13: 6:15-7:15
- 14-18: 7:15-8:15

**LITTLE PENGUINS:** Starts on Monday, June 20<sup>th</sup>, when we transition to our summer schedule. This program is intended for those swimmers under the age of 6 who cannot pass their swim test or who are not yet ready to join the swim team.

# PENGUINS

## PARK TERRACE

**TIME TRIALS:** Saturday, May 14<sup>th</sup>, start time TBD but usually around 8:00 AM. It's been almost three years since we've run a dual meet so this will be our opportunity to practice our volunteer skills.

**VOLUNTEERS:** We still need some volunteers – our meets cannot run smoothly without you! If you have computer experience, our Computer Operations and Colorado System groups are looking for a few extra people. If you have some swim experience, our Stroke and Turn team needs several extra members. And we may be looking for a few parents to learn how to become a Starter, Announcer, Clerk of the Course, and Meet Referee. We also need some early risers who are willing to direct parking. Other opportunities will be advertised as we get closer to Time Trials.

**DUAL SWIM MEETS:** Saturdays, starting May 21<sup>st</sup>. See the PT website for details. We have three home meets and four away meets this year, and no swim meet on July 2<sup>nd</sup>. To swim at Champs, you must swim in three dual meets. Coaches will be updating you on meet registration procedures

**SSL CHAMPS:** July 22-24, Friday through Sunday. The Loomis Basin Dolphins will host Champs 2022 at Del Oro High School. This is the pool where we had Champs in 2019 and it was a fantastic 10-lane facility. On Friday the IM events will be held. On Saturday it's short free, long free, backstroke, the 6&U free relay, and the medley relays (the 6&U kids are finished on Saturday). And on Sunday it's breaststroke, butterfly, and the free relays. Expect early mornings and late afternoons for finals!

### SWIM RESOURCES:

Suburban Swim League (SSL): <https://www.teamunify.com/Home.jsp?tabid=0&team=reccassl>

Stroke and Turn Videos: Please watch with your kids! The videos will show them (and you) what is legal and what will get them disqualified (DQ'ed) in a swim meet.

- Fly: <https://www.youtube.com/watch?v=4ajQQQnSKQQ>
- Back: <https://www.youtube.com/watch?v=v5IjKFBiy18>
- Breast: <https://www.youtube.com/watch?v=6ZXUEfP-Agc>
- Free: <https://www.youtube.com/watch?v=baQJzcnG3oQ>
- IM: [https://www.youtube.com/watch?v=6w452d\\_ZcAA](https://www.youtube.com/watch?v=6w452d_ZcAA)
- Relays: <https://www.youtube.com/watch?v=BV2dAE0VXTE>
- All: <https://www.youtube.com/playlist?list=PLJUznzZd1j8Urx4pxOW9gYFCzrWMb0jgx>

More information will come from the coaches as we start our season – one of the goals is to improve communication this year! And remember, all parents are welcome to attend the Aquatics Committee meetings, which are held the 2<sup>nd</sup> Tuesday of each month at 7:00 PM at the PT Clubhouse. Please come and find out how you can help keep PT's successful program moving forward!

Thanks and GO PT!

Mark Nordberg, Aquatics Committee Chair