***Fall Swim Team 2019 Info***

*Hoping everyone is having an amazing summer season with lots of new personal records. This Fall Season will be no different; we will challenge our swimmers to leave the pool as a better swimmer and person daily, every swimmer will learn that goals are obtained with hard work/goal setting, and we will have fun and create new friendships.*

*During the first 2 weeks of the season we will focus on getting our swimmers into swim shape, the importance of the kick and proper body position, and Freestyle/Backstroke. Practice is held 4 days a week, Monday thru Thursday.* ***Swimmers are expected to participate in 2 or more practices a week.***  *Swimmers should arrive at the pool 5 minutes before their practice time. What to bring to practice: Suit, goggles, cap, water to stay hydrated, towel, and a smile. We will be using “speed” fins, longer fins, this season in all groups this season. Swimmers will not be asked to bring fins until October. Fins are a great “tool” for swimmers if used correctly. Every swimmer will be assigned to a group which will be further assessed the first 2 weeks of practice by our coaching staff. We place these swimmers in these groups because this is where we feel they will excel the most. Just like school, learning proper habits and stroke technique is a process.* ***If a swimmer does not know one of the 4 main strokes*** *“Butterfly, Breaststroke, Backstroke, or Freestyle,”* ***they will be placed in the 3:45 group no matter what their age is.***

***Communication is the key to our swimmer’s success!*** *We encourage each swimmer to ask questions daily, during practice or after practice. The process of asking questions shows that each swimmer is constantly thinking about the sport of swimming. Through communication we also get to know your child on a personal level and learn their personality. It’s also important that you are communicating with your child, asking them questions like how was practice, what did you learn today, or any new drills or skills? By asking these questions, it will keep your child’s focus on the sport of swimming longer than their 45 to 90 minute practice. We also encourage parent-coach communication. I ask parent’s to be the whisper in my ear. If something bothers your child encourage them to let us know. Feel free to approach us in between practices for short questions throughout the season or email me at* [*coach@pvclub.com*](mailto:coach@pvclub.com) *anytime throughout the season. I try to respond within 24 hours to all emails. We also send out a Fall Swim Update twice a month to keep you updated.*

*Our season runs from August 28th thru December 8th. We will attend 5 team meets/competitions throughout the season. We understand meets are not for everyone. We will push the team to show a strong team attendance to our meets nearby, Livermore September 28th/29th, San Ramon October 26th/27th and San Ramon November 23rd/24th. Those of you who have only participated at summer swim meets will find these very different. Swimmers get to choose their events with the help of the coaches, there are no relays, and you must commit to meets usually a month ahead of time and pay for your child to participate. When meet sheets are emailed out during the season, please read them thoroughly, print them out, and bring them to practice for our coaching staff to walk you through the process of signing up. Volunteering at meets is expected by one parent. We usually ask you to volunteer 1 hour of your time per day of meet. Each swimmer is given many opportunities for individual attention, feedback after every race, and of course, that important “high 5/fist pump” at all meets.*

***Important Dates this Season:***

*August 28th and 29th First Week of Fall Swim Team 2019*

*August 30th thru September 3rd No Practice due to Holiday Weekend*

*September 28th and 29th Swim Meet in Livermore*

*October 19th and 20th Possible Travel Swim Meet*

*October 26th and 27th Swim meet in San Ramon*

*October 31st No Practice for All Groups*

*November 9th and 10th Swim Meet in Brentwood*

*November 11th No Practice*

*November 23rd and 24th Swim Meet in San Ramon*

*November 27th thru 29th “No Practice Thanksgiving”*

*December 6th thru 8th Junior Olympics Swim Meet “14&under Swimmers” San Jose*

*End of the Season Team Celebration TBD*

***All swimmers will be required to register for our USS Swim Registration by the end of the first week of practice. Once Pacific Swimming sends out the forms to me, I will pass them on to you. Please fill out form and turn in to coaches with a $45 check or mail it in on your own.***

*Swim Fast and See you this Fall!*

*Coach Brett and Staff*