**Practice**

Swim practice begins shortly after the school year ends. Regular practice sessions are held Monday through Thursday and are divided into three age groups:

ages 13-18 7:00 - 8:15 am

ages 9-12 8:15 – 9:15 am

ages 8 and under 9:15 – 10:00 am

Friday practices are optional. A stroke clinic will be held from 7:00 – 8:00 am for ages 11 and up and from 8:00 – 9:00 for ages 10 and under. Stroke clinic practices are dedicated to focusing on the four strokes and improving technique. The coaches will give instruction to swimmers individually to help them improve efficiency and skill in freestyle, breaststroke, backstroke, and butterfly.

Coaches may ask a swimmer to swim with an age group different from their own based on their ability.

Parents are asked to stay off of the pool deck while practices occur so that the coaches can work with the swimmers. If you have a question or concern for the coach about your swimmer, please talk with the coach after practice or send an email through the website.

Swimmers should attend and be on time for all practices unless the head coach is notified of an absence. Should practice need to be cancelled, a notice will be posted on the Morton Otters website. Swimmers may also be notified by text message.