



Welcome Age Group Swimmers and Parents to the **2019 Long Course Season**

1. **Parent Meeting:** Thursday, April 11th at the First Lutheran Church in Torrance. For more details see the Meet/Event page on TU.
2. **National Motivational Time Standards:** These time standards are created by USA Swimming every four years. They have a great progression of B, BB, A, AA, AAA, AAAA. An A time is the national average, and a AAAA is the top 10% of the country. [Click here](#) to see what the standards are for 11-12 year-olds.
3. **Swim-A-Thon:** This season marks our 5th annual Swim-A-Thon. Last year we raised around \$40,000, which went toward our pool time at TUAC when we have to leave the plunge for programming. This year our goal is \$50,000 so we can do the same, purchase more training equipment, and be able to add assistant coaches to our staff. You'll need to set up a fundraising website (it takes 5 minutes). [Click here](#) to get started. I'm challenging all of Age Group (47 members) to have an account set up by Friday, April 26th.

Every Friday through June 7th, we will have Fundraiser Friday where swimmers will receive prizes for whatever donation level they have achieved. On Sunday, June 9th (put that in your calendar now), we will have our TORCH 200 at TUAC from 3:30pm-7:00pm.

4. **Equipment List:** Your athletes should have this equipment by the end of Week 2 (Saturday, April 20th). Besides practice items listed below, your swimmer also must have a black Swim Torrance meet suit, black meet cap, the white registration shirt, the red registration practice cap, as well as a red and black shirt for meets. You can purchase these items at The Swim Guy store. All caps are purchased through Coach Kimi. Any apparel (besides parkas) can be purchased from Board President Oscar Gonzalez.

-Red practice cap	-Goggles + spare pair	-Closed-toe shoes
-Water bottle	-Swim Bag	-Mesh equipment bag
-Kickboard	-Swimmer's Snorkel	-Fins
-Pull Buoy	-Hand Paddles (Age Group 1 only)	-Practice suit

All equipment needs to have your swimmer's name labeled on it.

****Don't forget to change your swimmer's shirt size in TU...they tend to grow at this age.****

5. **Swim Meets:** The season is really short, so it's **crucial** to attend meets. As a member of Age Group, you have agreed to be on the COMPETITIVE team. Going to meets is the difference between Pre-Comp or lessons, and being on a year-round program. Please see the Meets/Events page on TU for the schedule. The expectation is that your swimmer attend at least 3 in-season meets and whichever End Of Season (EOS) meet they qualify for.

6. **Read the Weekly E-mail: THIS IS PROBABLY THE MOST IMPORTANT THING TO KNOW.** You will receive an e-mail every Monday afternoon regarding five main topics: Practice Schedule, Meet Schedule, Age Group announcements, Swim Torrance announcements, and Parent Education. READ THE ENTIRE EMAIL. It takes less than 10 minutes.

7. **Have your kid communicate:** Also in trying to instill the T.O.R.C.H. values, we want Age Group swimmers to be the ones telling coaches why they are late, why they are going to miss practice, or why they have missed practice. It builds interpersonal communication skills, as well as holds them accountable for their absences. Parents please do not email about why your swimmer is not at practice. They need to speak to their coach in person. Remember, AG1 needs to attend at least 4/6 practices a week, while AG2 is a minimum of 3/6.

8. **The Big 3:** For Age Group swimmers, the Big 3 Rules are as follows:

1. Swimmers need to pack their own bags, and carry their own bags.
2. Swimmers also need to read the weekly e-mail.
3. If you're late, act like you want to be there by hustling to join the group.

9. **Time at TUAC:** We will be having long course pool time at TUAC in May (prior to leaving the Plunge in June). IT IS EXTREMELY IMPORTANT that your swimmer attend the practice opportunities we have in long course meters. You will physically see a tremendous difference at meets between athletes who have had the chance to train in long course versus those who only have short course prior to competition.

10. **10 Tips for Sports Parents:** As you'll see in the weekly e-mails, we do a lot of parent education. Not only do we do education for your swimmers, but we also want you to learn about our team culture, philosophies, and what being a Swim Torrance parent is all about. So here is your first Parent Education opportunity. [Click here](#) for an awesome, yet simple graphic.

Go Swim Torrance!