



## **When is the best time to take a family vacation?**

It may sound silly to plan your family vacation around the Swim Torrance short course and long course seasons. However, swimmers always want to improve, and their parents want that for them as well. Whether improvement is stroke technique or dropping time, both coincide and have the best opportunity to happen with consistency.

In order to maintain training throughout the seasons, it is best to take your family vacations when we have breaks lasting at least a week:

1. We have 1 week off during TUSD Spring Break. It's okay if you are not part of the Torrance school district. Athletes should communicate with their Lead Coach about when their school's spring break is and when they'll be absent.

2. We also have 2 weeks off between Long Course season and Short Course Season. The team observes these around mid-August.

During those two scheduled periods of no practice for your swimmer's practice group, your athlete should avoid swimming laps at a pool. We want them to return missing the pool, training, and their swim friends.

## **Can we plan a family trip around holidays?**

We may sometimes take a day or two off around major holidays, depending on pool availability (Christmas, Thanksgiving, Labor Day, Memorial Day, New Years).

The general rule of thumb for leaving town during our swim year is: Are the swimmers staying in Torrance still having practice? If the answer is yes, the expectation is that your swimmer finds pool time while you are away.

We prefer you find a club in the area you're headed and connect with that team. Utilize the USA Swimming Find-A-Club feature on your dashboard. If that is not an option, find a YMCA and go during lap swim hours or use the hotel pool. The last resort is using a lake or ocean nearby. The goal is to keep a feel for the water so when your swimmers return to Torrance, they can pick up where they left off.