



## News from the Dry Side

### September 19, 2016

Hello 757swim!

Here is some quick info from the Dry Side. Remember, lots of important information will be covered at the Team Meeting. Please come!

#### TEAM MEETING

- **Thursday, September 22**, at the First Colony Clubhouse (125 Pasbehegh Drive) at 6:30 p.m.
- The agenda includes a full-team meeting at 6:30, t-shirt distribution, and a Breakout session for parents who are new to year-round swimming. At the end of the Breakout session, we will offer a quick orientation to the Team Unify site for any new families who wish to stay.
- The meeting content is intended for parents, but swimmers and siblings are welcome if you don't have a child care alternative.
- If you have not yet submitted your USA Swimming registration form (and transfer form if needed), please bring them to the meeting.

#### INCLEMENT WEATHER

Practices will be cancelled if the weather or roads are unsafe. Members will be notified by text message if there are any cancellations. Until you receive a cancellation notice, please assume that practice will take place as scheduled.

#### CARPOOL SIGNUP

Take it from this veteran swim mom: carpools are the key to life for swim parents! To help you find carpool mates, we have added a signup to our website under Parents > Carpools. *You must be logged in to access the signup.* (If you aren't logged in, the option won't be visible.) We won't be arranging carpools; this is just a tool to make it easier for you. Good luck!

#### MARMON FOR PARENTS!

A number of 757swim parents have inquired (with some nervousness) if Marmon Muscle could offer training for parents. Coach David has asked us to share the following message:

*I spoke with Monica Marlowe, my Head Coach and GM at Jamestown CrossFit and she was very excited about the idea of working with the 757swim parents on organizing a group. Here are some options...*

- *OPTION 1: We organize a time and days of the week and Mo will train you guys as a group. The rate is \$150 per hour (which you all can split).*



- *OPTION 2: Sign up for our monthly unlimited CrossFit program at Jamestown. We have classes at 6am, 9:30am, 4:30pm, 5:30pm, and 6:30pm, Saturdays at 9:00am. Rate is \$150 per month or \$130 per month for active military, police, firefighters. All workouts are universally scalable.*
- *OPTION 3: Private Training. Meet with Mo by appointment. Rates are \$250 per month for UNLIMITED Personal Training or \$400 for 10 sessions (good for 1 calendar year).*

*I hope these options will work with everyone's budgets and busy schedules. I promise that we are capable of working with anyone, at any fitness level, and with any health or musculoskeletal issue.*

Many thanks to Coach David! The kids LOVE their Marmon Muscle workouts. How about it, parents? If one parent wants to take charge of pursuing Option 1, let me know at [president@757swim.com](mailto:president@757swim.com).

#### **IMR / IMX "SEASON KICKOFF" MEET – October 8-9 in Richmond**

- Copper parents are welcome but not obligated to volunteer at the meet. All others will have a volunteer requirement (one session for Bronze parents, two sessions for others.) This volunteer requirement applies whether or not your swimmer participates in the meet. (This is just a reality of hosting a home meet. We need all hands on deck to make it happen. Hosting a meet is also a major source of income for the team.)
- This meet is not appropriate for developing swimmers who are not swimming all 4 strokes legally. Most Copper swimmers and perhaps some other swimmers will not be ready to participate in this meet. Ask your coach if you're unsure.
- To sign up for the meet, just log in to Team Unify and indicate whether your child will attend. Do not select individual events. To avoid confusion, coaches will take care of that.
- The IMR / IMX format is unusual. A brief explanation:
  - In the IMR / IMX format, a pre-determined slate of 5 or 6 events is offered for each age group.
  - Every swimmer who enters the meet swims every event offered. For example, *every* 10-and-under swimmer entered in the IMR format will compete in *all* of the following events: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM.
  - The IMX / IMR format encourages versatility and pushes swimmers to try something new. By participating in our IMR / IMX Season Kickoff, swimmers will establish a "baseline" in every stroke at the beginning of the season. It's a great way to kick off the year!

Thank you, see you Thursday, and Go 757swim!

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