

# Kicking Off the 21-22 Season

*Please read this entire email as there are details that apply to everyone.*

Welcome to SNOW's 24th season! We are looking forward to a great year, full of fast swimming, hard work and fun! It is an exciting year after last year's changes and adjustments...we look forward to working with your swimmers and helping them to reach their goals!

## **Bootcamp**

**Bootcamp Schedule beginning on Tuesday, 9/7/21 at the Broadlands Southern Walk Pool  
For Year Round Groups (SR G, SR S, JR G, JR S, TAG G)**

SR G **T-F** 5:00-7:30pm (Drylands 5-5:30), **Sat** 8-10:30am (Drylands 10-10:30am)  
SR S **T-F** 5:00-7:30pm (Drylands 5-5:30), **Sat** 8-10:30am (Drylands 10-10:30am)  
JR G **T-F** 4:30-5:30pm, **Sat** 10-11am  
JR S **T-F** 4:30-5:30pm, **Sat** 10-11am  
TAG G **T-F** 4:30-5:30pm, **Sat** 10-11am

## **Regular Schedule**

**We head inside to Claude Moore, Dulles South and Ida Lee on Sept 13th!**

Our regular schedule will begin Monday Sept 13th for all groups including our Year Round, School Year (SR B, JR B, TAG S, Homeschool) and Sessional (TAG B, Olympic Way) groups.

[Updated Fall Schedule](#)

[Pool Locations - Link to Directions](#)

## **OUTFITTING**

**Sport Fair (our Team Outfitter) Schedule**

Broadlands Southern Walk Pool

Friday 9/10 4:30-7:30pm

Saturday 9/11 8:00-11:00am

**Outfitting and equipment:** Equipment requirements for each training group are listed in the link below. ALL EQUIPMENT SHOULD BE CLEARLY MARKED WITH SWIMMER'S FIRST INITIAL AND LAST NAME. Additionally, please purchase (and label) the mesh bag for your swimmer to carry their wet equipment to and from practice.

[Link to required equipment by group](#)

We are an ARENA sponsored team. **All tech suits for SNOW swimmers 13 years old or older should be Arena suits.**

**Team Suit:** Each swimmer will need a team suit in order to compete in SNOW meets. Everyone may train in “speedo type suits” of their choosing. Team competition suits will be for sale at our outfitting events this coming weekend. Sessional groups are the exception to this rule.

**Team Caps:** All swimmers who wear a cap during practice or meets are required to wear a SNOW team swim cap. These will be available at our outfitting event on Friday and Saturday this weekend from Teresa. We will bill your account - silicone caps are \$15 each. Anyone with longer hair (boys and girls) will be required to wear a cap to train and compete. The first practice of every month is designated a “*fun cap*” day if swimmers would like to wear other caps during practice.

**Personalized Caps:** Twice a year (September and March) we offer families the option to order personalized caps. This helps the parents and coaches identify your swimmer in a meet, and allows the swimmers to keep better track of their caps. Usually, the personalization is the swimmer’s last name. Please **do not order blank caps** through this link, you can get them at the outfitting this weekend or from your coach and we will bill your account. If your swimmer shows up at practice without a SNOW cap, we will give them a cap and bill them for it. Follow the link below to order personalized caps:

[Personalized swim cap link](#)

**This link is available until 11:59pm 9.15.21.**

## **Key Fobs**

**New Swimmers:** If you are new to SNOW this year and swim at Claude Moore or Dulles South you will receive a “key fob” from your coach which must be scanned at the front desk of the facility in order for you to enter the County facility.

**Returning Swimmers:** Returning swimmers will need to find their fob from last year and scan it at the front desk for entrance to the facility.

**Snow Carabiners:** We have extra SNOW carabiners, if you need one, I will have them at the outfitting (9/10 and 9/11) and give some to each coach to distribute as needed.

## **COVID INFORMATION**

**Masks:** Loudoun County facilities are requiring everyone, regardless of vaccination status, who enter their facility to wear a mask. All swimmers **MUST** wear a mask in the facility and on the deck until they are about to enter the pool for their practice.

This week, while we are training at the Broadlands and not in the water, keep your distance from each other and wear a mask if you are unvaccinated or under 12. Anyone else, to show solidarity and they feel more comfortable, should wear a mask if they see fit. We are outdoors,

but there are going to be a lot of people on deck and in the pool. We are not totally out of the woods yet with COVID, please be smart and stay safe.

**Vaccination Status:** We are requesting, but not requiring, parents to let us know if your child is vaccinated or not. This information along with our daily attendance will help us understand any issues that may arise if/when we need to do contract tracing if someone is exposed to Covid.

[Link to Voluntary Athlete Vaccination Status](#)

## **ST JAMES LC TRAINING** **(selected swimmers from Sr G, Sr S, and Jr G)**

SNOW has the opportunity for a limited number of coach-select swimmers to train long course one day a week each week during our season. At the end of the upcoming Bootcamp Week, after having a chance to see everyone in the water, Erik, Coach Ross, and Coach Suzanne will publish a list of swimmers who are invited to attend the St. James workout every Sunday morning from 8-10am. Once invited, swimmers who commit to these practices are expected to attend. Long course training is a key component to advancing the performance of our highest level athletes.

### **Parent To Do List**

**Team Unify:** Snowswimming.org is the website address that takes you to our Team Unify (TU) website. Sign-in to access your account, sign-up for meets, or find information about the team. This information can also be accessed from your cell phone on the On Deck app. (Our team code is vssa.) Once you log-in to your account you will see tabs along the top for Account, Members, Payment Set-up, and Dues Schedule. In Team Unify, parents are listed under the account, swimmers are listed under the members.

**Immediate Action Items:** Go to your swimmer's member page

- Update this years school information
- Update any emergency contact info that has changed
- Check that their t-shirt size is correct (we will be ordering team t-shirts this week, your swimmer(s) will get the size that is in the system)
- Add swimmer email info. On the account page you can add up to 5 email addresses if you have multiple individuals you would like to "keep in the loop." For swimmers 12 and over, this is a good time to pull them in to be informed about their swimming.

- Add/update a picture to the member's page. This is only viewable by myself and the coaching staff...it is a great "get to know you" tool!
- If your swimmer has a cell phone please add it to their member page. We do use Group Me for some of the JR and SR groups. These groups are all monitored by a coach and myself but are handy for reminders and update information. Parents cannot be on these pages per Safe Sport so please be certain it is your swimmer's number. When we set up groups, swimmers will need to add the GroupMe app to their phone.

## **Meet Schedule Information**

### **Here is our TENTATIVE Meet Schedule for the SCY Season:**

- September 26, ISCA Open Water Festival, Smith Mtn Lake, VA
- October 8-10, JP Popovich Memorial Invite @ Dulles South
  - November 6-7, MAKO (St. James)/PVS Distance Meet (WAC-DC)
    - November 19-21, Swim & Rock @ Oak Marr
    - November 21, Pilgrim Mini-Meet at Dulles South
- December 2-5, Sport Fair Winter Classic @ GMU (PM)
  - December 11-12, MAKO Holiday Invite @ St. James
    - January 8-9, PVS Distance Meet @ St. James
  - January 14-17, January Jumpstart @ Greensboro, NC
- January 30, Polar Pentathlon Mini\_Meet @ Dulles South
  - February 13, SNOW Qualifier @ Dulles South
- February 13, PVS Distance Meet @ Fairland Aquatic Center (MD)
  - March 3-6, PVS Senior/Junior Champs @ UMD
- March 10-13, PVS 14&U Junior Olympic Champs @ UMD
  - March 15-19, NCSA Junior Nationals @ Orlando, FL
    - March 19-20, MAKO Spring Fling @ St. James
    - March 23-26, NCSA 14&U Champs, Orlando, FL

- March 24-27, EZ Sectionals (SCY @ Christiansburg/LCM @ Buffalo)
- March 29-April 2, ISCA International Senior Cup @ St. Petersburg, FL

**PLEASE NOTE:** this SCY meet schedule is likely to change once we get official Meet Information from the host club/LSC (meet information changes from year to year); many meets have qualifying times, while other meets are at coaches discretion. Please check the club website regularly for updated meet events for our SNOW athletes ([www.snowswimming.org](http://www.snowswimming.org)).

### **Dryland Training Information**

As the dust continues to settle on the global Coronavirus pandemic, the benefits of dryland training become more apparent at every level of our sport with each passing month. Whether it be at an athlete's first Sectional meet or the recently completed Olympic Games in Tokyo, when optimal strength & power intersect with a fit, well trained athlete, the possibilities are endless. At SNOW, we're committed to developing our athletes' core strength, flexibility & balance as they grow through our program; and when the time is right, we'll add power to their dryland program to maximize their potential in the water.

We're pleased to be working again this year with Rhys Gully & his team of trainers at OneLife Gym in Brambleton. Rhys & his team put together a core-based program for our athletes, and, at our discretion, they'll tailor the program to help our athletes swim their best at the most important meets of the year. The program they put together for our 11-14 year old athletes is ideal for setting the stage for them to add power to their program as they make their way through the latter stages of high school.

These drylands are not optional. They are not an "added component" of your child's training; it's not something extra. It's a workout on that day, just like any pool workout your child has as part of their training. As we like to remind everybody, "stronger OUT of the water, means stronger IN the water."

We're planning on three parts to our drylands for the 2021-2022 swim year: a set of shoulder "prehab" exercises to be done by each athlete prior to workout each

day; the aforementioned core-based program set up by Rhys for our 11-14 year olds, and then a more power-based program for our 15&O athletes that can be done in small groups (either with Rhys, or at an athlete's home with a small group of teammates). The program for our 15&O athletes can be tailored a little more specifically to the facility where each athlete trains, as there are more options for drylands on-site at CM and Ida Lee than there are at DS. Look for more specific information on the drylands by the end of our BootCamp.

## **Billing and Payments**

[Link to Pricing and Billing Policies](#)

(as agreed to during 21-22 registration)

**Billing Questions:** Please contact Laura Wigglesworth at [snowbilling@snowswimming.org](mailto:snowbilling@snowswimming.org) with any billing questions.

**Payments:** Year round (Sept-July/Aug) and school year (Sept - Memorial Day) groups have 4 payments due for the 21-22 season. Payment dates are Registration, 9/1, 11/1, and 2/1/22). Charges will bill automatically to your account on that date. If you have a credit card (CC) in the system saved for recurring payments, the charge will be posted to your CC with no transaction fee. If you do not have a CC in the system for recurring payments, you may sign in and pay your fee with a CC (which will tack on a transaction fee) or you may send a check to the below address which must arrive by the 14th of that month. Checks can be made out to Snow Swimming and sent to the following address:

*SNOW Swimming  
10755 Riverscape Run  
Great Falls, VA 22066*

**Late fees:** The system will automatically post a late fee on the 15th of the month for unpaid balances.

**Sessional group billing:** After initial registration, sessional groups will be billed for each upcoming session on the start date for that session. Payment of your billing is the same as above.

**Additional fees/billing:** Swim caps, meet fees, and equipment purchases may be added to your account periodically (to the 1st of the month balance). These balances will also be due by the 14th of each month. All details regarding any charges added to your bill will be on your account. Log in to your account for the details.

Thanks so much for your patience in reading through all of this information.  
You may direct your questions to Erik, Coach Ross, Coach Suzanne or myself.  
Emails available at <https://www.teamunify.com/Contact.jsp?team=vssa>

Take care and see you this week at the pool!!!