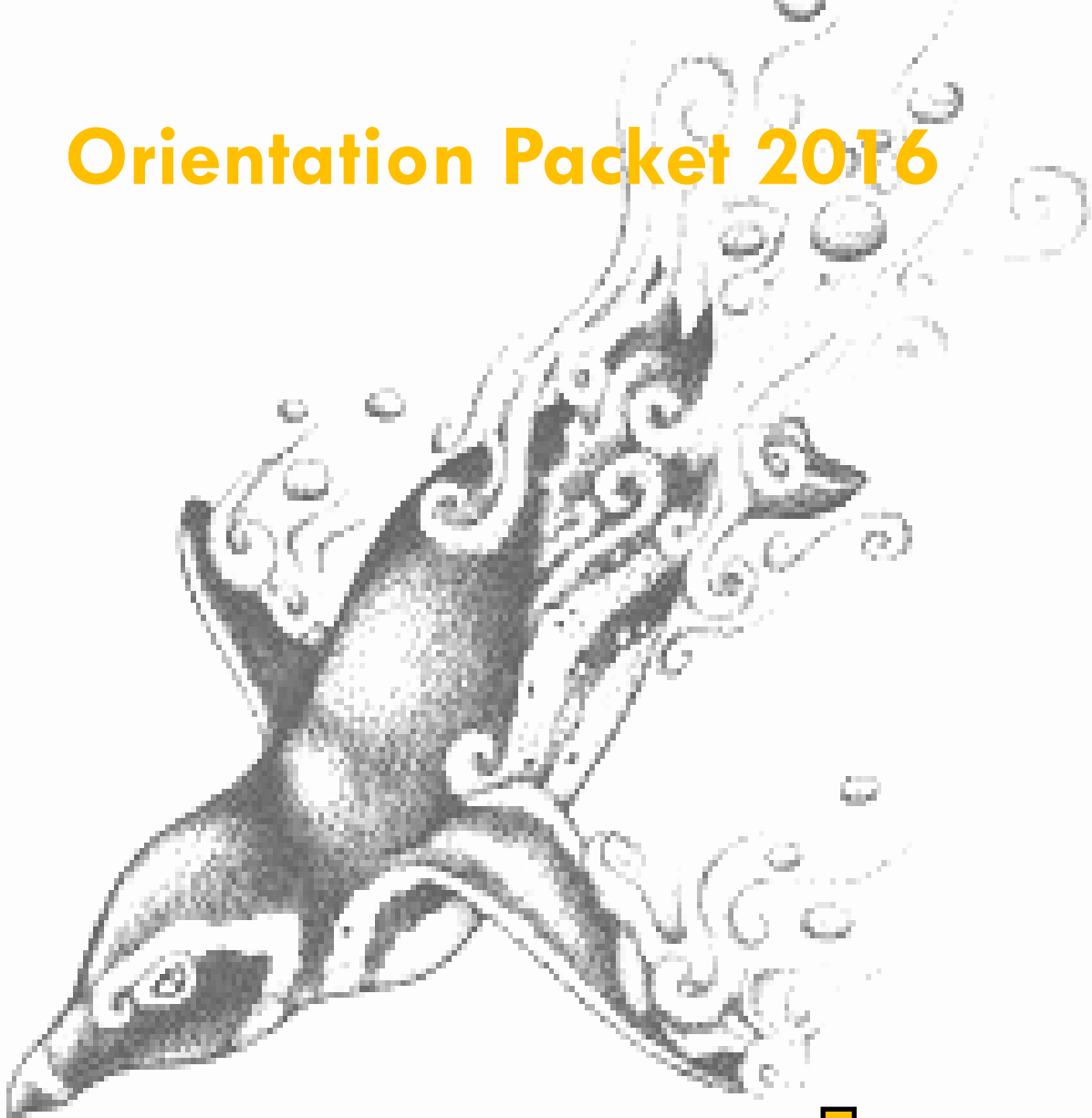


# Penguins



# Swim Team

Orientation Packet 2016



## **Practices**

Swim team practices will be held Tuesdays, Thursdays, Fridays, from 5pm to 6pm and Saturdays from 8am to 9am.

Workouts will consist of stroke development and conditioning. Swimmers will learn:

- Stroke techniques for all strokes and increase their endurance by swimming longer distances
- Develop an understanding of the stroke mechanics associated with swimming
- Learning the competitive side of swimming by diving, doing flip turns, and competing in Saturday meets

Each swim team member will be expected to come to practices ready to swim and to do their best. Please arrive 5 to 10 minutes early to shower, put on caps, goggles, and to stretch, etc.

### *Necessary Equipment:*

- Swim suit (preferably a competitive and tightly-fitted style)
- Goggles (we have a few extra if you forget)
- Swim Cap or Hair Tie for long hair
- Towel/Water Bottle

(The best places to buy the above items are Aquaholics, Big 5, and other sporting goods stores.)

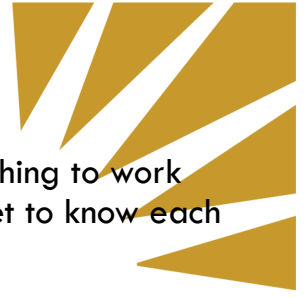
Each swimmer will be provided with a team swim cap, which are ordered quarterly (not always in stock.)

## **Behavior Guidelines/Rules**

- Swim team members must always listen and follow directions. Swimmers should stay above water and give the coach eye contact so that they know what to do.
- Horseplay that endangers other swimmers or interferes with the quality of workouts will not be allowed. Two warnings will be given to swimmers, and then they will be asked to get out of the pool if the behavior does not stop.
- Every swimmer should be treated with respect and sportsmanship.
- Swimming is a privilege. If a swimmer does not want to be at practice, and clearly demonstrates this by their actions, they will be asked to leave the pool.
- Each swimmer should set personal goals to improve on, and follow their personal records, also know as a PR. What you get is what you put effort into.



## Swim Meets



All swimmers are encouraged to try competing in a meet. It gives them something to work towards and it is a fun environment where we can truly act as a team and get to know each other better.

Sign-ups for meets will take place the week before each respective meet. Parents will be emailed a meet entry form via a website link; late entries will not be accepted. (You are able to sign your child(ren) up with the link). It is important to let the coach know if you are swimming or not. If the provided link does not work, please notify a coach before or after practices, or reply to the email.

All swim meets will be on Saturdays, but not always at Fairmont Aquatic Center. Start times will vary from pool to pool, but are usually in the mornings. Swimmers should arrive 30 minutes before the meet begins to warm up. As soon as meet schedules becomes available, they will be emailed/distribute to the parents and are posted on the Penguins Swim Team website.

Parents need to drop their kids off with the coach with their caps, goggles, and swimsuits on, and all jewelry off. Parents are asked to sit in spectator seating and stay off the pool deck. Please leave your child down on deck with their towels, water bottles, and maybe a snack for the meet.

Heat sheets (AKA the order of events) are usually available for purchase at the host facility front desk. Parents can use these to highlight their child's events as to not miss any races.

If your child needs any extra assistance in any area, please notify a coach or the coordinator prior to swim meets and practices.

## Contact Information

### Coaches:

Kleo Kobe

Conner Peterson

Nelson White

Jake Wells

Addy Winter

Sage Maaranen

Fairmont Pool Front Desk - (385) 468-1540

### Aquatics Coordinator:

Jessica Nalder (385) 468-1543

Email: [Jnalder@slco.org](mailto:Jnalder@slco.org)