

Sunday Snapshot - Week of 11/12

[GM Age Group Aquatics](#)

Hello Age Group Families!

If there are any families that are not receiving the Snapshot, please have them email the Board so we can add them to this important communication. I will be out of town attending a family wedding next weekend, so the Sunday Snapshot will probably be sent next week on Monday, November 20th. It will depend on my flight home. I thank you for your understanding!

Practice Times: Swimming

Monday, November 13th:

8&U - 7:00-8:15***

11&12 - 7:45-9:15

***** The 8&U practice time tonight will solely be dedicated to learning breaststroke and butterfly. This practice time is open to all 8&U swimmers, as well as ANY new swimmer this year. Please reach out to the coaches with any questions.**

Tuesday, November 14th:

11&12 - 7:00-8:30

13&14 - 7:45-9:15

Wednesday, November 15th:

Time Trials - ALL AGE GROUPS are to report ready to swim at 5:30 pm.

Thursday, November 16th:

9&10 - 7:00-8:15

13&14 - 7:45-9:15

Friday, November 17th:

8&U - 5:30-6:30

9&10 - 6:30-7:45

11&12 - 7:30-9:00

13&14 - 7:30-9:00

DIVING: All diving information will be communicated directly from Coach Adrienne.

Remind:

We have had some minor issues with Remind this week, but they all seem to be rectified at this time. If you have not joined Remind (text @gimagegroup to 81010) please do so at your earliest convenience. This is our primary form of communication.

Time Trials

This event will be held for **ALL age groups on Wednesday, November 15th**. It will take place during practice. Coaches ask that ALL swimmers, no matter the age group, be **on deck and ready to swim at 5:30 pm**. Time trials are like a practice swim meet. This allows our new

swimmers to experience what a meet is generally like, and gives our coaches baseline times for all of our swimmers. This helps the coaches create line-ups for meets and helps with tracking of each swimmer's progress. Swimmers will swim in every event (freestyle, backstroke, breaststroke, and butterfly) for strokes where they are legal or close to being legal. If there is a question, it will be decided by the coaches. Parents will be allowed to stay for this event, but **MUST** stay in the bleachers if you are not timing. Parents are not allowed in the locker room under any circumstances. If you choose to stay, it is imperative that you are respectful of the event. Calling out to your swimmer, distracting your swimmer, or trying to coach your swimmer from the bleachers while they are on deck or in the water will cause them to lose focus. When a swimmer loses focus, especially on the coaches, injuries and accidents can occur. We need to support a safe environment for all of our swimmers. **THANK YOU** to all parents who have volunteered to time this event!

Cookies and Conversation - Wednesday, November 29th 6:00-9:00 pm

Please join some of our veteran parents in the pool lobby for some cookies and conversation about all things swimming and diving. (Please bring your own coffee, if desired. If I have coffee this late at night, I won't sleep until our first dual meet.) This is NOT a formal event. Think of it as an open house where you can ask any questions about the swim team and diving team - What is a meet like? What should we bring to meets for our athletes? For the adults? What is an Invitational? What are some of the rules? Why would anyone want to swim a 200 IM? We hope to see you!

Meet Mobile:

This is an app used by teams for meets. Meet lineups, including lane assignments, approximate racing times, and seed times are all included on this app for meets. Final times for each swimmer, or relay, are also then posted on the app. There is a nominal yearly fee to download the app. If you are new to swimming, or have any questions about why this might be beneficial to take up space on your phone, please stop in during the Cookies and Conversation night and we can show you the benefits of this app.

From Your Coaches...

The coaches are **VERY** excited for the new season! A few reminders:

- Parents are able to stay for the first 6 practices only. Parents **MUST** stay in the bleachers. Parents are not allowed in the locker rooms under any circumstances. If you choose to stay, it is imperative that you are respectful of the practice. Calling out to your swimmer, distracting your swimmer, or trying to coach your swimmer from the bleachers while they are on deck or in the water will cause them to lose focus. When a swimmer loses focus, especially on the coaches, injuries and accidents can occur. We need to support a safe environment for all of our swimmers.
- Please drop off your swimmers 5 minutes prior to the start of their practice time in their suits and ready to swim. If your swimmers need help with caps, please cap them before dropping them off for practice.
- Please arrive to pick up your swimmer 5 minutes prior to the end of practice. Remind your swimmers about safety crossing the bus lane.
- Swimmers need caps and goggles this first week of practice. Fins are needed no later than the 3rd week of practice.

Upcoming Age Group Swim Meets/Events:

December 2nd - Reading vs. Mifflin Dual Meet @ Reading High School

December 9th - Schuylkill Valley Rock the Block Invitational - *open to ALL Age Group Swimmers* - More information to follow!

December 16th - Mifflin vs. Muhlenberg Dual Meet @ Governor Mifflin

I Have a Question....

11&Up swimmers: Courtney Kerschner - swimcoachcourtney1@gmail.com

10&Under swimmers: Abby Thiry - Coachabbythiry@gmail.com

Diving: Adrienne Wolfe - awolfe217@gmail.com

USA Coach: Jen Caron - Swimcoachjen11@gmail.com

Questions about swim lessons, general aquatics questions, and overall concerns can be emailed to Kyle Kuser, the Aquatics Director for GMSD: kyle.kuser@gmsd.org

Questions about registration, fees, suits, general questions about the Age Group and USA programs, and volunteering can be emailed to the Board: gmaquatics@gmail.com

Have a great week!

Jen Mazur
Age Group Swimming and Diving Board President