

Sunday Snapshot - Week of 11/5

Hello Age Group Families!

Every Sunday you will receive an email to keep the team in the loop about all things swimming and diving during the upcoming week. We hope this communication is helpful with planning!

Practice Times: Swimming

Monday, November 6th:

8&U - 7:00-8:15

9&10 - 7:00-8:15

11&12 - 7:45-9:15

Tuesday, November 7th:

11&12 - 7:00-8:30

13&14 - 7:45-9:15

Wednesday, November 8th:

8&U - 5:30-6:30

9&10 - 6:30-7:45

11&12 - 7:30-9:00

13&14 - 7:30-9:00

Thursday, November 9th:

8&U - 7:00-8:15

9&10 - 7:00-8:15

13&14 - 7:45-9:15

Friday, November 10th:

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.

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. **We need timers for this event**. If you are interested in timing, please sign up through the link below. If you have never been a timer before, this is a **GREAT** opportunity to try it out! It's very easy. 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.

[Time Trials - Nov 15th](#)

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. 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 swimmers? 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!

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 suit 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