

Welcome to CMSA Age Group 1 @ Bishop – Season Information & Expectations

Hello AG1 Families,

This message includes important information about practice, expectations, requirements, and how we'll work together for a great season.

Introduction

This year, **AG1 will be divided into three subgroups** — *Gold, Silver, and Bronze*. Coaches Aiden, Dylan, and Isabel will work directly with your swimmers, and initial placement will be determined during the first week or two. This allows for **more individualized attention** based on ability.

For direct feedback about your swimmer's progress, we encourage you to speak with their assigned coach after practice, as they work with your child daily and have the best insight into their development.

Practice & Attendance

- There is no attendance minimum for AG1, but regular participation is highly encouraged.
- Consistent attendance helps swimmers build relationships, stay familiar with training terminology, and improve in competition.
- Swimming also builds lifelong discipline and important life skills.

Competition

- Competition is **highly** encouraged but not required – we hope for full participation in **CMSA home meets**.
- You can view the **Meet Calendar** on our website and commit to any events you are interested in.
- Please note: some meets have qualifying time standards or are restricted to specific groups.
- A meet FAQ document will be shared soon, and additional resources are available on our website's meet information tab.

Required Equipment

AG1 swimmers need:

- **Kickboard**
- **Fins** (properly fitted for your swimmer — *we cannot guarantee correct sizing from shared team equipment*)

Ordering Gear:

- We are a **Speedo-sponsored team** — please order Speedo gear when possible.
- Equipment can be purchased online through the **Team Portal** or locally at Swim and Tri (3607 Old Shell Road, Suite 4, Mobile, AL 36608).
- For CMSA-logoed team gear, visit the **Equipment** tab on our website.
- **Label all equipment** to ensure lost items can be returned.

Parent Expectations

- Arrive **on time** (5–10 minutes early is best) so swimmers are ready to begin promptly.
- Remind swimmers to **remain in the pool area** at all times — Bishop State has requested that athletes do not wander into other areas of the building.
- Please **let the coaches do the coaching** — your role is to support and encourage.
- Sit in the designated spectator areas to minimize distractions.
- All communication about meet information, practice schedules/cancellations, and social events will come from Coach Megan, Coach Philip, or Coach Tyler.

We are excited to welcome you back and look forward to an incredible season of growth and fun in AG1!

 **Practice Schedule:** [Bishop State Practice Schedule](#)

Coach Tyler Kerns
CMSA