

Welcome to CMSA Age Group 2 @ Bishop – Season Information & Expectations

Dear AG2 Families,

Welcome to Age Group 2! This message is to share important information about practice, expectations, requirements, and how we'll work together for a successful season.

A quick introduction: My name is **Megan Hinely**, and I am the Lead Coach AG2. I have a B.S. and M.S. in Exercise Science and am currently pursuing a master's degree. This will be my 12th season coaching and my 8th with CMSA.

I'm passionate about creating an environment where athletes not only grow as successful swimmers but also as hardworking, disciplined young men and women. All team communications about meets, schedule changes, and other important updates will come from me, Coach Philip, or Coach Tyler.

Practice & Attendance

- **Attendance minimum:** Three practices per week (more is encouraged).
- Regular attendance helps swimmers build relationships, stay familiar with training terminology, and maximize improvement in both training and competition.
- Athletes are encouraged to develop a professional relationship with me and take responsibility for their own progress.

Required Equipment

AG2 swimmers must have a **full equipment bag**, which includes:

- Kickboard
- Fins
- Hand paddles (*size no larger than 0.5 / "small" — should fit the swimmer's hand or only slightly larger*)
- Snorkel

Ordering Gear:

- We are a **Speedo-sponsored team** — please order Speedo gear when possible.
- Equipment can be purchased online or locally at Swim and Tri (3607 Old Shell Road, Suite 4, Mobile, AL 36608).
- For CMSA-logoed team gear, visit the **Team Portal** under the *Equipment* tab: [CMSA Team Equipment](#)
- **Label all equipment** to ensure it can be returned if left behind.

Goal Setting

- AG2 swimmers will complete a **required goal sheet** within the first few weeks of the season.
- Goals must be swimmer-driven to encourage ownership and responsibility.
- I plan to hold a **parent meeting** when these are distributed to discuss goal setting and ways to support your swimmer.

Dryland & Warm-up

- Practices will begin with a dynamic warm-up, and AG2 will have **dryland training twice a week**.
- Swimmers should arrive in sneakers/tennis shoes for safety and injury prevention.

Parent Expectations

- Arrive **on time** (5–10 minutes early is best) so swimmers are ready to start promptly.
- Remind your swimmer to **stay in the pool area** at all times — Bishop State has asked that athletes not wander into other areas of the building.
- Please **let the coaches do the coaching** — support your swimmer and avoid giving technical advice from the deck.
- Sit in designated spectator areas to reduce distractions.

I'm excited to work with all of you and can't wait for a fantastic season!

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

- Coach Megan Hinely