

Welcome to CMSA Age Group 3 @ Bishop

Season Information & Expectations

Dear AG3 Families,

We are excited to welcome everyone back for the start of the season! With the new school year underway, we know your inboxes are already overflowing, so we've kept this letter short, clear, and to the point. Please reply to confirm you received this information.

Season Start

- **First practice:** Monday, August 18
- I'll co-coach this group with Coach Phillip Wood. We will use the first two weeks to get to know the athletes and assess their strengths, weaknesses, and opportunities for growth.

Dryland & Attire

- **Dryland Days:** Monday & Wednesday – short dynamic warm-up.
- **Strength Training Days:** Tuesday & Thursday – longer strength program.
- Wear shorts, T-shirt, and tennis shoes.
- Arrive in dryland clothes and bring at least **one full water bottle** every day.

Equipment

- Required equipment:
 - Gear bag – these can be stored at the pool!
 - Fins
 - Red or green Strokemaker paddles
 - Snorkel
 - Kickboard
 - Tennis ball
 - Pull buoy
- CMSA is a Speedo team—please purchase Speedo gear from Swim and Tri when possible.

First Two Weeks

- Practice will include 15–30 minutes of dryland followed by technical instruction, drills, and kicking.
- **Week 1 (Aug. 17–23):** Monday–Thursday only
- **Week 2 (Aug. 24–30):** Monday–Friday only (Thursday 3:45–5:30 PM)
- **Week 3 (Aug. 31–Sep 6):**
 - No practice Monday, Sept. 1 for Labor Day

- Regular Schedule Tuesday—Friday
- **Week 4 (Sep 7-13):** Full weekly schedule (Thursday 3:45-5:30 PM)

Regular Weekly Schedule

- Posted on the CMSA website; changes will be communicated via email and social media
- AG3 will have combined workouts with SR2 twice a week (Friday & Sunday).
- On days when CMSA hosts a High School Series Meet at Bishop, practice will be **3:45-5:30 PM**.
 - Those are: 8/28, 9/11, and 9/25

Attendance & Expectations

Athletes thrive with a consistent routine. Encourage them to:

- Show up consistently
- Give their best effort
- Be a great teammate
- Maintain a positive attitude

It's our job to engage their attention and communicate what they need to learn—your job is to help them show up ready to succeed!

The meet calendar is posted on the CMSA website at this address: [City of Mobile Swim Association - Events](#)

Go Big Fish!

Coach Tyler Kerns
Head Coach – City of Mobile Swim Association