

Welcome to CMSA Senior 1 and Senior Speed @ Bishop

Season Information & Expectations

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.

Season Start

- **First practice:**
 - Senior 1: Monday, August 18 (Coach Sarah Allen leading)
 - Senior Speed: Wednesday, August 13 (Coach Shawn Drake leading)
- We are excited to welcome you back and look forward to an incredible season of growth and fun! Here's a link to the [Bishop State Practice Schedule](#)
- Coaches will spend the first two weeks getting to know the athletes, evaluating skills, and setting goals for the season.
- **Labor Day:** No practice Monday, Sept. 1

Dryland & Attire

- **Strength Training Days:**
 - Senior 1:
 - Monday–Thursday – before swim practice
 - Wear shorts, T-shirt, and tennis shoes to change into
 - Bring at least one full water bottle every day
 - Senior Speed:
 - Monday–Thursday – after swim practice
 - Bring shorts, T-shirt, and tennis shoes to change into
 - Bring at least one full water bottle every day

Required Equipment (both groups)

- Gear bag (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** (3607 Old Shell Road, Suite 4, Mobile, AL 36608). Team portal for CMSA-logo swag is located under the “Equipment” tab on the CMSA website.

Regular Weekly Schedule

- Posted on the CMSA website, please review
- Senior Speed will have occasional combined workouts with other senior-level groups.

Attendance & Expectations

Athletes perform best with consistent training. Please encourage them to:

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

It's our job to teach and challenge them—your job is to help them show up ready to learn!

Swim Meet Schedule

- Posted on the CMSA website
- Club Invitational Meets offer elevated competition and a wider variety of events over 2–3 days. These meets are the **primary focus of our developmental program.**

Go Big Fish!

Coach Tyler Kerns

Head Coach – City of Mobile Swim Association