



PRACTICE REMINDERS

- Don't forget, for long hair to wear your caps at practice. Not the best putting the cap on, don't worry I'm a cap professional!
- Spare goggles, just in case.
- Reusable water bottles- Swimmers are allowed to have these by their lanes. Hydration supports healthy training.
- Please label all personal swim gear. They all look alike and a certain scratch on an item becomes very difficult to find.
- If you have lost or forgotten an item there is a lost and found box located in the front nook of the lobby.
- Swimmers can wear non blue fins caps at practice (fun caps) to keep their Blue fins caps ready for swim meets.
- Any questions about Blue Fins apparel and gear please contact Sara Presswood at equipment@haltonhillsbluefins.com

INTRO DEVELOPMENT GROUPS

ON DECK UPDATE

Practice is well underway and the swimmers are excited getting back into the routine of training. This last month we have taken time to spend each week on a stroke. We review and cover the fundamental and foundational stroke skills for every swimmer. This helps the swimmer understand the goal and focus of each stroke before building into more complex drills. Also we will be building group endurance and start adding the competition skills.

We have completed a review of the four main strokes and the basic drills over the last month. We now are moving our focus these upcoming weeks on the competitive

SWIM MEETS

What is a Swim Meet? Why are these important?

Swim meets are an important element to competitive swimming. Swim meets are used to measure your swimmer's progression. Racing is the main purpose of competitive swimming. Meets present many challenges to swimmers and provide many learning opportunities. Coaches will communicate with their swimmers before and after each race to provide feedback and relate their racing performance to their training. And while they are not mandatory they are crucial in your athlete's ability to progress in the sport.

Upcoming Intro Meets

October 26th-27th: Otter Halloween & Fall Classic. Swimmers of **INTRO BLUE & INTRO GOLD** will participate in this away meet. Please indicate in notes for sign up if you will be attending both days or just one. Your swimmer will be signed up for both days, parents will need to confirm or update with days of attendance.

November 3rd GMAC Guelph Skills & Thrills: Swimmers of **INTRO BLUE & INTRO GOLD** will participate in this away meet. This meet is held at the University of Guelph pool. Parent

components in preparation for our first meets coming up. As we have been focusing on the four main strokes the swimmers have also worked on diving, finishing on their back without hitting the wall and sprinting with fins.

Our next stage will continue to build swimmer skill development while focusing on endurance training and racing skills. These skills will be reviewed continuously as each swimmer will take time building confidence and technical understanding of the skill.

****Please ensure these upcoming weeks that swimmers have their own personal gear (Kickboard, pull buoy and fins). I know several families have ordered their kits and are still waiting but the current equipment we have as lenders are growing in age. These are here for the days swimmers accidentally forget to ensure they can fully participate in practices.**

Our coaches have had a blast getting to know our new swimmers and as well seeing so many returning faces ready for another fantastic season of racing. Friendships are quickly being made and previous ones are picking up right where they left off. It brings great joy to me as a coach to be a part of such a wonderful positive team. We are still adjusting the groups and will be sending out move ups these next 2 weeks ensuring your swimmer has been placed into the best group for their skill development.

volunteers to sit in the team area to assist with swimmer marshaling please email Coach Shannon.

November 23rd Home Tuna Novice Meet: Swimmers of ALL **INTRO GROUPS** will participate in this home meet. Our focus for the swimmers is on skill progress and time development.

- Remember you will need to confirm your attendance through your account. Coaches will fill out the swimmer events and send a notification email. This email will let you know the deadline date and additional information to update your confirmation of attendance.

COACHING CONTACT

If you have any questions about practices or would like feedback please contact me, Coach Shannon via email at coachshannon@haltonhillsbluefins.com