

INTRO NEWSLETTER

Sea Turtle, Dolphin and Shark Intro Groups

14 October 2023



ABOUT THE COACHES

Meet Coach Elyse - She will be coaching the Sharks Intro Group. Elyse swam as a competitive swimmer and has a huge love for swimming and a knowledgeable swimming background.

Meet Coach Kelly - She will be coaching the Dolphin Intro Group. Kelly also swam competitively as a past Stingray and has a great passion for the life long sport of swimming.

Meet Coach Lori - She will be coaching the Sea Turtle Intro Group. Lori has a wonderful connection to the pool and has a great knowledge of teaching and coaching young swimmers.

OUR GOALS THIS MONTH

- 1) to introduce your child to a grassroots learn to swim, competitive program.
- 2) to provide a structured and fun swimming environment.
- 3) to allow space for growth and connections with peers.

Our focus this month is streamline and kick and your child will be trying to master these skills before we start working on strokes. It may seem repetitive but we will keep reminding your child of the importance of these skills while trying to incorporate some fun along the way.

We are all really looking forward to coaching all of these swimmers.

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REMINDERS

- all intro swimmers should have their own fins. Please order the booster fins from amazon if possible.
<https://www.amazon.ca/FINIS-1-05-081-00-Booster-Swim->
- all intro swimmers should have their own goggles and cap.
- we do try our best to make sure your child is placed in the right group based off of skill.
- Please check out our website for schedule updates and general information.