

TO: MCDA Parents & Swimmers
FROM: Megan Pittman, Head Coach
DATE: October 18, 2012
RE: Weekly Memo

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I. PRACTICE SCHEDULE REMINDERS

1. Reminder: No practice, today, Thursday 10/18, due to the final interscholastic Spartan Swimming competition of the season! The Spartans take on Monsignor Pace at 4:30pm; we'd love for everyone to come and help cheer us on! (If your swimmer would be going to Extended Day, because we don't have practice, I am more than happy to pick them up from Extended Day and bring them to the pool to watch the Varsity swimmers compete – just let me know!).
 1. A word about practice schedules: This past Monday, due to another interscholastic home meet, we didn't have practice. There were, however, a few kids and teachers who were unaware of the practice cancellation, and we apologize for not sending out a reminder email. That said, I really do encourage ALL of you to check our website regularly for information, and to take a look at the current practice calendars. You can view the calendars [HERE](#).
 2. No practices:
 - i. Saturday, 10/20, due to the MCDA Intrasquad Meet
 - ii. Saturday, 10/27, due to interscholastic swimming District Champs meet

II. MCDA INTRASQUAD MEET, SATURDAY 10/20

This Saturday, 10/20, we are having an MCDA Intrasquad meet at our home pool.

- Warmups: 2:15pm
- Meet Start: 3:00pm
- Meet estimated finish time: 5:00pm
- Team BBQ to follow!

This meet is different than our regular Friday night mini-meets. We will have USA Swimming officials on hand, working the meet to assist with everything from whistle commands prior to heat starts, to starting system buzzer for takeoffs, to stroke and turn disqualifications. We will also seed the meet (enter

swimmers in events, heats and lanes) prior to the meet, and will have heat sheets, a timeline, an order of events and awards. Basically, this intrasquad is exactly like a regular local invitational meet against other teams, and will be organized give all swimmers a great experience simulating away meets in which they can participate in coming months.

All swimmers – Pathways, Red, Blue, Advanced Blue – are highly encouraged to participate!

If your swimmer wants to attend, it is absolutely imperative that you sign them up via our team website. If your swimmer cannot attend, please decline participation via our team website. We have extended the deadline to confirm or decline participation to Friday, October 19, 5pm.

Why do we need to know whether your swimmer is going to be there on Saturday? We are going to pre-seed the meet, based on the entered swimmers, to create a heat sheet. We need to know which swimmers are attending, prior to the actual meet start, to be able to perform this meet management function.

To confirm or decline participation for your swimmer for Saturday's intrasquad (or any other meet) follow these steps:

1. Go to www.aquatics.miamicountryday.org
2. Sign in to your account.
3. On the home page, under Events (lower right hand side), click "Edit Commitment" (pink button) for October 20, MCDA Intrasquad Meet."
4. Click Member Name (your swimmer's name). In the drop down box, select "Yes" or "No" and type any notes for the coaches.

III. UPCOMING DATES & DEADLINES

Neptunes Developmental Invite, November 3-4

We have determined that this is not a quality competitive opportunity for most of our swimmers. As such, SWIMMERS, AGES 12 AND UNDER, SHOULD PLAN TO ATTEND THE TURKEY CLASSIC ON NOVEMBER 10, INSTEAD OF THIS MEET.

Turkey Classic, November 10; register online by October 29

This is a really great meet for all our 12 and under swimmers. Swimmers will compete in a 50 of each stroke; the final times from each of the 4 events will be added together to produce the all-around winners. The top 3 swimmers from each age group will receive trophies and a TURKEY(!), and the top 4-8 swimmers from each age group (8U, 9-10, 11-12) will receive trophies.

IV. MCDA PUMPKIN CARVING EXTRAVAGANZA, TUESDAY, OCTOBER 30

Swimmers should come to for either the 3:15pm or 4:30pm practice (or both!). The details: Your swimmer should wear our team shirt for this event. And, your swimmer should bring a pumpkin. Of course, if you want to bring the pumpkin to the pool earlier that day, so your swimmer doesn't have to lug it around school all day, that's completely fine. And, alternatively, if you'd rather we pick up a pumpkin for you, we can make that happen as well – simply send me an email, reading “please have a pumpkin for my pumpkin [insert child's name].” Ideally, if you could send me this email a day or so before the Pumpkin Carving Extravaganza, that would be swell.

We will provide child-safe carving utensils. Your child can also bring their own safe carving utensils. For those who would rather summon the inner painter, rather than sculptor, we will have a wide array of colored sharpies to work up a pumpkin masterpiece.

Your child is welcome to bring anything else he/she would like to dandy up the pumpkin. After all, this is a Pumpkin Extravaganza.

And, of course, this is a contest. There will be prizes for the winners of the following categories:

- Spookiest Pumpkin
- Funny Pumpkin
- Most Artistic
- Most Creative
- And....probably a few more categories, based on judge discretion at the time entries are submitted....

And, because it is a contest, we will, of course, have pizza. Parents are very welcome to attend. Parents are also welcome to bring drinks or other treats to share.

V. WEDNESDAY, OCTOBER 31. HALLOWEEN

Yes, we will have practice. And, yes, the coaches will be in costume. If, though, your child needs to miss practice on this day in order to go door to door and collect copious amounts of unhealthy, sugary, cavity-inducing treats from people with their front porch lights on, we will understand.

VI. SWIMMING IN NOVEMBER, DECEMBER & JANUARY

Yes, of course your swimmer should continue swimming through the “winter.” Stay tuned for a highly persuasive email soon, detailing all the reasons why swimming in November, December and January is so necessary. But, to quickly address a few items now:

1. Yes, the pool will be heated. And not just by the sun. We have a very powerful, high capacity, hot water heater, and we can make those 90,000 gallons warmer than your bathtub!
2. If it ever gets colder than 60 degrees, we will have delicious hot chocolate for all swimmers following practice!

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Thanks for being part of the MCDA family, and see you at the pool!

Coach Pittman