



## Green 2 Parent Meeting

### Group expectations:

**Gear-** We will use training gear regularly throughout the season. Fins, paddles, and snorkels are needed. I recommend getting paddles that are just barely larger than their hand. There are many swimmers missing equipment at this point!

**Attendance-** While there is no attendance requirement, I encourage high and regular attendance. Swimmers who attend 4 practices then skip 4 then attend 4 and so on will make far less progress than those who attend 3 times regularly each week. Swimmers who wish to be considered for Green 1 must average 4 practices per week. I do appreciate knowing when swimmers will be absent.

**Goals-** There is a wide range of goals in the group. Some enjoy the sport and want to be prepared for high school swimming. Some want to improve on a personal best basis. Others want more out of the competitive side like moving to Green 1 and/or championship time standards. It is great to see how better prepared PPD swimmers are for high school swimming when I stop by meets than others. It's also great to have swimmers achieving bests, regional cuts, state cuts, and moving to Green 1 each season. I'd encourage all Green 2 swimmers to let me know what their goals are for the season. I'm happy to then help them with the "roadmap" to success depending on those goals.

### New this season:

**Meet deadlines-** please continue to follow and respect our need to set deadlines for meets, particularly away meets. You will get a deadline reminder from the website and then another reminder with swimmers' entries and a final deadline.

**Dryland-** please take advantage of the dryland through [SwimStrong Dryland](#). Once we are outside and have a little more time/space, I will run through the weekly dryland with the group once per week. I would encourage them to do it another 2 times each week. So far, we have been able to easily cut the time down to about 15 minutes once they know the exercises.

If you have any questions, please let me know. My email is [ddt1326@yahoo.com](mailto:ddt1326@yahoo.com). Please use my email as your primary form of communication unless it is an emergency. If you do have an emergency, my cell is 219.670.0941. I get many spam calls, so I rarely pick up numbers I do not have saved. Leave a message if you need to talk or you can text me.