

# Cardinal Connection



We have had a fantastic start the 2021-2022 swim season. Our swim family continues to grow!!

A BIG welcome to all our new swim families! We have a CARD NEW PARENT MEET this week! The beginning of a new year (especially for new families) can be overwhelming. We encourage our parents to stay calm and remember, swimming is FUN!!! Use the knowledge of all our returning parents and especially our coaches.

REMINDER to ALL swim parents: Please see the Parent Resource Tab on the website and read the Parent Handbook! There is some great info and a few new team policies. ALL parents, new and returning, are asked to read it! Also, make note of the SafeSport info and policies for our team.

Keeping our swimmers safe is a priority for the CARDS!



Week of  
Sept. 20,  
2021

## Other info:

Check out our Cardinal Board on the Scoreboard end of the bleachers! Swimmer highlights EVERY MONTH, plus lots of great team info!

Practice should be normal times this week.

Pink CARD swim caps will be available for purchase (\$10) from coach amy. These are in support of Breast Cancer Awareness Month in October. Swimmers can wear these for Oct meets until new order comes in!

**\*SWIM FAST & HAVE FUN!!**

## Events

### October:

- NEW Parent Meeting  
Wed, Sept. 22<sup>nd</sup> over  
Zoom at 7:30pm
- UofL vs Xavier Univ  
on Friday, Oct. 1st!  
3pm start!
- IMX Meet 2&3<sup>rd</sup>
- Jack Thompson Meet  
15-17<sup>th</sup>
- Sign up for Oct/Nov  
meets to attend  
and volunteer!!

## QUESTION OF THE WEEK:

*Should my swimmer have a snack before practice?*

YES!!! A good healthy CARB is recommended for fast energy! Something that could be digested quickly like a banana or a smoothy! After practice, it is important to get some protein in the body to help with recovery! Carbs before protein after!

## Senior Spotlight

**John Hayes** has been swimming with CA for 6 years! He is a Senior at Elizabethtown High School and will be continuing his education and swimming career at the University of Alabama!

**Favorite thing about swimming?** *I love winning and being able to push my mind & body every day in training.*

**Favorite thing about being a Cardinal?** *Being supported by an atmosphere that loves to see everyone succeed!*

**Advice to our Lil CARDS?** *Trust your coaches & never give up on your goals!*