

Things to Know-Spring Conditioning 2024

Eligibility:

- New Swimmers must Tryout
- First day of practice is April 8- May 25th
- Summer swim is a separate registration (swim starts May 28th)

Practice Tips

- Any swimmer with long hair must have a swim cap for practices, the cap does not have to be the team cap
- Swimmers do not need to wear team suits for practice, however, their practice suits should be modest as we practice in a family friendly facility.
- Female suits need to be one piece with no fasteners or ties.
- Swimmers are not permitted to wear t-shirts or rash guards during practice.
- Required equipment.
 - Minis/orange-suit, goggles, flipper (fins), cap (long hair)
 - Bronze/Silver/Gold/Adv- suit, goggles, flippers (fins), cap (long hair), and snorkel.
- Parents are responsible for their children before practice begins and at the conclusion of practice (including locker rooms if child is 11yrs, or younger)
- We do not run practice in the event of thunder or lightening.
 - We cannot get onto deck/back in the water for 30 minutes following the last thunder/lightening.
- Parents are not allowed to be on deck during practice.
- Parents are to walk swimmer onto deck before practice and return 5 min before conclusion of practice.

Swim Meets:

- There are no swim meets during Spring Conditioning

Notes:

- Check out team website at: upperperkgators.org
- Most of our communication happens through emails and text message sent from Team Unify, please make sure that your emails cell phone numbers are connected and entered correctly on Team Unify
- Questions/Concerns should always be brought to the attention of a Coach, please do not hesitate to communicate with us.

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