



FAST TIMES

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What's going on at Evolution Aquatics

IMPORTANT DATES :

Saturday Sept. 24th:

- Team equipment orders due!

Saturday Sept. 24th:

- Team suit orders due

Saturday Sept 24th:

- Evolution Intersquad Meet
 - Entries due 9/17

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Welcome to 2022-2023 Season

Hello Evolution Families and WELCOME to the 2022-2023 swim season. The Evolution staff is excited to welcome back existing families and welcome our first-time families to our program! This is an exciting time as we begin our journey into self-discovery, self-improvement, and of course FUN! We have a lot of great things planned for this season and are happy you have chosen to be a part of Evolution Aquatics!



Training Equipment

Each Evolution Aquatics training group requires a prescribed set of training equipment. This equipment helps each athlete learn the proper movements in competitive swimming as well as help develop the fitness levels required to race in each stroke. The coaching staff has selected the specific equipment for its ability to best assist each athlete with their swimming "evolution!" Team equipment should be purchased from the team store either at the pool or on our team website under "Team Store." Each group has equipment needs and that list can be viewed on the team website under the schedule tab. **We will be making the first order of equipment on Sat Sept. 24th!**

Evolution Communication

Evolution Aquatics utilizes several different communication methods to make sure our families are kept up to date on what is going on with the team, each training group, and swimming as a whole. We use our team website as the central repository of information including meet entries, schedules, team store, best times really anything and everything Evolution Aquatics. We use our social media for updates and "breaking news". Please follow our social media pages so you can get these updates. Each coach produces a weekly update to keep each practice group in the loop on what is going on with specific groups. We use text and email for emergency updates, such as schedule changes or last minutes type things. Please make sure your team account has current email and cell numbers for all who need updates. Finally, we use this monthly newsletter to provide additional communication for the team. If you do not receive these communications, please let us know so we can make sure your information is up to date!

Welcome Coach Ameila Keller!



Evolution would like to welcome our newest coach to our family. Coach Amelia Keller comes to us from Atlanta Georgia. She swam competitively for 13 years and is a graduate of Georgia Tech with a degree in industrial design. Amelia is excited to get to know your kids and help them with their swimming "evolution." Please take some time to introduce yourself and welcome Amelia to Evolution Aquatics

How to Enter Swim Meets

As a competitive swim team, we encourage all swimmers to attend swim meets and compete in events recommended by their coaches. Swim meets provide an opportunity for the swimmers to measure the progress of their training and practice. They are also a social time, which enables the swimmers to build friendships with fellow teammates. The process to enter meets is posted on our team website under the tab "how to enter swim meets". Please review this process and if you have any question ask your coach!

Aug./Sept Birthdays

9/30 Renee	Singh
9/30 Lucas	Dalton
9/29 Evelyn	Vollbrecht
9/27 Meyer	Passino
9/24 Addison	Braun
9/23 Grace	Keenan
9/23 Matthew	Delaney
9/20 Gavin	Passino
9/20 Connor	Solvason
9/17 Alice	Leech
9/16 Cameron	Bolick
9/15 Sebastian	Avila
9/15 Sophia	Ghadfa
9/14 Ella	Howard
9/8 Ayan	Kadiyala
9/1 Ethan	Minier
9/1 Austin	Minier
8/27 Kaitlyn	Kittle
8/19 Anay	Pandit
8/18 Shania	Reed
8/18 Chancellor	Herring
8/17 Emily	Neff
8/16 Zoe	Kittle
8/15 Raina	Singh
8/15 Vivas	Chimakurty
8/15 Alyssia	White
8/11 Jake	Swanick
8/8 Walker	Johnston
8/7 Ryan	Morrison
8/6 Jackson	Bourg
8/2 Claire	Kelly

How to Dress For Success

Drag is a drag! SUITS It is very important for swimmers to have a proper "swim team" style suit for practices. Beach/Board shorts severely limit the range of mobility (breaststroke) and body rotation (freestyle/backstroke) and create so much drag that the swimmers hips are pulled down and backward (and they are working on moving forward and upward!) **Boys** should wear **JAMMER** style suits that are tight fitting. They will loosen with use/wear. We have suits in the pro-shop that are affordable and durable and we can assist with fitting (we can't make the same promise if you go searching online ...). **Girls** need to wear suits with **secure straps**, that are tight fitting, without ruffles, etc. (no gymnastics or ocean suits). We also have these suits in the office. Suits with arms create the same drag and mobility issues as stated above. We understand that modesty is a concern for some families. Oddly, tighter suits show LESS of the body's form than baggy suits (think of a wet cotton dress versus a wet-suit coming out of the water.) The goal is to look as much like a dolphin or a seal in the water as possible! **SAY NO to SWIM SHIRTS** for the same reason are NOT encouraged. They do not keep swimmers warmer they create so much drag that it is detrimental and discouraging to the swimmer. Covering the arms inhibits the swimmers' ability to feel the water with his/her forearms and weakens their grip. **Meet Suit vs. Practice Suits** It is fine to wear the "team" meet suit in practice although it may wear-out faster. Often families have a "practice" suit and save their team suit for meets. Having 2 suits actually makes them both last longer.

EVERYTIME A SWIMMER HAS MADE THIS CHANGE IT HAS MADE A HUGE AND POSITIVE DIFFERENCE IN THEIR LEARNING, EXPERIENCE, AND COMFORT.

CAPS help maintain heat in the water. Also, they are necessary for longer hair. Long hair affects a swimmers breathing and body position and also creates drag. Coaches can help swimmers learn to use them comfortably and put them on before they jump in. **GOGGLES** There are "ocean" and "outdoor" goggles and those that are for indoor/swim team use. Goggles that are too big for a swimmers face affect their breathing. Goggles that are mirrored are too dark; often the swimmer cannot see the coach for instruction or the clock for intervals. We have lots of comfortable—low leak — goggles in the office and can assist with fitting. The **eyes are SO sensitive** that poorly fitting goggles can impact every aspect of swimming. This is one of the most important pieces of equipment that a swimmer can own (and they will go through a lot of them, that's normal). We have selected goggles in the pro-shop that work very well for little faces and can assist with fitting.

Our first SUIT ORDER will be placed SEPT 24th Please visit (Website) to place your order. If you don't know what size to order, check with Leigh Brown and she can assist you with a trial size/fitting suit.