

What to expect the first week of our 2025 season. We will meet with the swimmers in the bleachers closest to the entrance and we will go over the pool and team rules and expectations, attendance, etc. Parents are welcome to listen and attend.

We will answer any questions, get them into the water, and assess them. ***Please note 6u and 8u non-swimming groups will NOT be getting in the water the first day as our introductory meeting will take up most of their practice time and on Wednesday, 4/2 the non-swimmer groups will do dryland in the room by the recreational pool. Please have them wear tennis shoes and sweats.***

We will be using the competition pool and the recreational pool. In the competition pool we will be swimming in the end of the pool furthest from the diving boards. Please note throughout the season, we share the facility with another team and with CSD programming. Please be respectful of all programming, staff and the facility.

What to bring everyday—Swim bag with swimsuit (if not wearing it to the pool), cap or hair pulled back, goggles, towel, fins (with name on them) clothes to wear to and from, sunscreen, water, and if younger, a card with your name and cell phone number on it (in case you leave the facility). If your child is asthmatic, please have their inhaler with you on deck, same with an epi pin.

What to expect the first week and throughout the season—We will continue with the assessments and getting the new swimmers comfortable in the pool, introduced to different drills for the different strokes, etc. Some of our swimmers will be working on more advanced skills, while others the introductory skills. We coach to develop our swimmers to become their best. Everyone's best is different. We want our swimmers to become their version of their best, to enjoy the sport, to develop and learn both mentally and physically in the sport and life. We help develop the whole person, to help them **Believe** in themselves!

Parents—Please make Coach Brenda aware of anything that is of important information re your swimmer. Our swimmers all learn differently, by informing us, it allows us to understand and work with your swimmer better.

Our swimmers are all affected by things occurring in their lives differently and therefore may react differently than they normally do. Some factors may be illness, loss of pet or someone close to them, bad day at school, new teacher, friend trouble, etc. Please also inform us of any kind of injury, etc.

It is also normal for your swimmer to be more tired and hungry, the first few weeks. Both will balance out as they adjust to the practices. It is also quite common for them to experience muscle cramps in their feet and calves. Hydration and proper nutrition play a key role in helping minimize the occurrence of them.

Swimmers needs—

Swim Suits for Practice—It is important swimmers are wearing suits that are made for swimming multiple laps without hindering their performance and development. For boys it is best to use a jammer or speedo. For girls, one-piece suits only, that also fit securely when diving in. If using a rash guard shirt, please make sure it fits small/tight when dry. Once they are in the water, it stretches out and becomes a hindrance to learning proper technique when the shirts are too big.

Goggles—All swimmers need to wear goggles. Speedo vanquishers are a popular style and stay on well when diving. Please do not have them use the fun goofy ones or the mask like ones. They do not stay on well while swimming laps and fall off when diving. Goggles should be tinted in the spring and summer months. It helps keep the sun glare to a minimum and provides some protection to their eyes.

Caps—All swimmers with long hair must wear a cap and or minimally have their hair pulled back. (Swimming with their hair in their eyes and or face creates bad breathing habits leading to poor technique).

We will have caps and stickers on sale at the Kick-off Rally. Cash, card, apple pay, or checks only. Caps are \$10.00 for silicone and \$5.00 for latex. Stickers range from \$.50 – \$4.00.

Fins—For the season we will be using fins. **All swimmers will need to have their own fins.** (***We realize not everyone will have had a chance to get fins by the time practice begin, that is ok.***) Recommended brands are the TYR Cross Blade and Sporti brand fins. Or any brand you can find, no diving fins though. Order sooner than later. Fins fit pretty true to size. If the fins are a loose, short socks can be worn with them. ***Please mark their fins with their first and last name with a Sharpie.*** Many of the fins look the same, we collect all left behind after practice. If there is a name we can return them to the rightful owner, no name and it goes in the fin collection pile.

Where to purchase—Goggles, team suits, practice suits, spirit wear can all be purchased at Swimoutlet.com. Once on the site, click the team button and type in our team's name, click on the link and it will take you to our team store.

Important Season Info and Reminders

Volunteer Positions and Survey—Thank you to all of our families that have completed the volunteer survey already. ***If you have not done so yet, please do so as soon as possible.*** To access the survey, log in and go to 2025 volunteer tab on the right-side of our website's home page. We have several positions we need filled in order for us to have a successful season.

We are in need of stroke and turn officials, meet refs, starters, ready bench, snack bar, special events, and more. Training for all positions is included. If you are interested in any of these positions, please reach out to our Volunteer Coordinator Natalie Ellison at likes2row@gmail.com.

NCSL Registration—For those of you who have registered for the 2025 EGP Season, don't forget that you also need to register your swimmer with the Northern California Swim League. **DO NOT WAIT!** Click this Link [NCSL Registration](#) . It is a \$20 fee per swimmer to register. If your swimmer is not registered, they will not be able to participate in ANY league meets for the season. **However, to swim in any meet, including Time Trials NCSL registration must be completed 7 days in advance of the meet.** *Please note your NCSL registration is completed when you reach pending approval.*

Misc. Info

Weather—We are looking forward to having some amazing weather; however, spring weather can be inclement. In case of rain, we do swim in the rain. Kids are already wet and the water is heated between 80-82 degrees. In the event the weather becomes a matter of safety (hurricane like conditions and or thunder and lightning at the pool) we will cancel practice. We will send emails out as soon as possible and post it on our Facebook page. On the cooler days/evenings, please have your swimmers dress for the weather, especially after practice.

Eating and hydrating before practice—Eating a big meal, fried foods, heavy foods will not sit well during practice. Please have your swimmer(s) eat something light and nutritious before practice. Examples are fruit, yoghurt, crackers, half a sandwich, nuts, string cheese, etc. Please avoid sugary and processed foods. Hydrating is important for overall health and well-being. Water, milk, pure fruit juices, etc. are great examples to keep your body hydrated.

Parking Lot—Please ***slow down and drive cautiously*** in the parking lots at the pool. Many kids and adults just dart in and out of the parking lot without looking. There have been some near misses. Please also remind your swimmers to look before walking across the lot, especially when walking between parked cars. It would be tragic to have anyone hit by a car.

Dropping of and Picking up—Please do not block pathways when waiting to pick up your swimmer(s). Please advise your swimmers to walk on the pathways, not the landscaping. It is advised that our parents park and walk in to drop off and pick up your younger or newer swimmers. We have a large team and we share the facility with other user groups and events. Please let them know if they do not see you to let a coach know so we can have them wait with us until you pick them up.

We are so excited for our 2025 season!

Go Piranhas!