

# OPY Swim Club Information

## Practice Schedule

Practices will be held on Tuesdays and Thursdays at the following times:

- 5:30 – 6:15 p.m. – Stroke Lessons (formerly known as the Bronze Group)
- 6:00 – 6:45 p.m. – Silver Group
- 6:00 – 7:30 p.m. – Gold Group

In the event that practice will need to be cancelled, we will post it on the OPY Swim Club Facebook page, send it out via GroupMe, and send an email via TeamUnify. The front desk at the YMCA will also be notified.

## Meet Schedule

The Tridents will be participating in several swim meets over the winter season. The tentative meet schedule is as follows:

- Oct. 21-23, 2022 – National Virtual Meet (Carthage, Mo.)
- Nov. 4-6, 2022 – Monett Invitational (Monett, Mo.)
- Dec. 10-11, 2022 – Polar Plunge 2022 (Seymour, Mo.)
- Jan. 7, 2023 – Jefferson City Pentathlon (Jefferson City, Mo.)
- Jan. 21, 2021 – Nevada Pentathlon (Nevada, Mo.)
- Feb. ??, 2023 – Last Chance Meet (Carthage, Mo.)
- Feb. 24-26, 2023 – Heartland Area West Regional Meet (Monett, Mo.)
- March 17-19, 2023 – Heartland Are Championships (Either Edwardsville Ill. or Platte City, Mo.)

The meet schedule may change, there may be additional meets/duals that are scheduled during the season, any changes to the schedule will be communicated through at practice and via TeamUnify, Facebook, and GroupMe.

## TeamUnify Registration

All swim families will need to register an account in TeamUnify. This is not the same as your team registration through the YMCA and is not an additional charge. The TeamUnify system is how you will register your swimmers for meets.

To get registered in TeamUnify, visit the Tridents' website at <https://www.teamunify.com/team/reczzopymo/page/home>, scroll down to the "Team Registration" button. Follow the on-screen instructions to go through the process. If at any point you have any questions, please reach out to Coach Michael or any of the other swim parents who have been around for a little while.

## GroupMe Messaging

We will be utilizing the GroupMe app as our primary means of communication with swim families outside of practice. To use the app, you will download it on your mobile device and join our group. When we sent out a message, you will get a text message. Your cell phone number will not be visible by any of the other members in the group.

You can join the group a couple of different ways. You can visit [https://groupme.com/join\\_group/89706809/TzAAngBJ](https://groupme.com/join_group/89706809/TzAAngBJ) or scan the QR code below using the camera on your mobile device.



## Parent Advisory Committee

The YMCA is in the process of putting together a parent advisory committee and Coach Michael will be approaching a handful of individuals about serving on that committee in the next few days. The purpose of this committee is to assist in the planning and execution of OPY Swim Club events such as our hosted meet, recognition banquet, fundraising efforts, etc. This committee will also serve as liaisons between swim families and the YMCA.

This committee will serve more than just the Tridents, it will also serve the Neptunes.

## Tridents Swag

We will have team shirts and caps this year and we're working on getting those ordered right now. We are also hoping to offer (for an additional charge) other items like hooded sweatshirts and other apparel, more details on this will be available soon.

## Questions

If you have any questions, please don't hesitate to approach Coach Michael before or after practice, by phone at (620) 704-2854, or by email at [gorillaphotog@gmail.com](mailto:gorillaphotog@gmail.com).