

Discovery 1 Parent Meeting

Thursday, Sept. 11, 6:35 - 6:55 pm, Competition Pool Lobby

- Discovery 1 practice times: Tuesday and Thursday from 6:15-7:15 pm, Saturday 10:00 - 11:00 am
 - Dry-land – occasionally
 - Wear running shoes to practice
 - Will be outside while weather permits
 - In water
 - Improve technique/stroke fundamentals
 - Work on skills while building endurance
 - Streamline/breakouts, turns, body position, starts
 - Work on speed after skills
 - Attendance recommendations
 - No required attendance. 2 days recommended.
 - 1d/workout (and less) sacrifice improving technique & endurance
- Be mindful of committal dates for meets under Events homepage including Team Functions, and Meetings
 - Use notes to inform coach of information relating to meet entry
 - Parents may enter events
 - Coach has final say in which events swimmer swims
- Enter ROCKET Meets, Enter HSA home meets and travel meets only if your swimmer has done so before or with coach permission.
- Check practice calendar weekly
 - Contact coach if you have questions
 - When late updates are made (within 48hrs of practice), you will be notified by email
- Check emails regularly
 - Weekly updates from team admin (Lori)
 - Group monthly newsletter around beginning of month (former weekly update)
 - Meet information emails
- Re-enforce rules
 - No running on deck
 - Go to restroom before practice starts
 - Learn to put on your own swim cap
 - Bring equipment daily (have two pairs of goggles that work)
 - No talking when coach is talking (listen)
- Parent group representatives for Discovery that are available to assist
 - Kimberly Eppling
 - Rachel Nabors
 - Marleanna Gosdin

- New Parent Meeting with Coach Matt (Sept 13, Lobby)
- HSA Day at Lyon Farms: Sunday, Sept. 21
- Discovery 1 off for Fall Break: Monday, Oct. 6 through Saturday, October 11.
- “Respect” is our character quality for Sept. Go over with your swimmer.

- USA Swimming Registration
 - Register with USAS when link is received for new swimmers.

 - Transfer swimmers will need to initiate a transfer within their USA Swimming portal.

 - Returning swimmers will not need to do anything.