

Discovery 2&3 Parent Meeting, Tuesday, Aug 25

- Practice Format
 - Dryland – 1st 15-20 min
 - Swimmers need shoes on to run
 - Will be outside as much as possible
 - In water
 - Improve technique/stroke fundamentals
 - Build endurance
 - Speed
 - Attendance recommendations
 - Not less than 3d/w
 - More than 3d/w more improvement
 - 2d/w (and less) sacrifice improving technique & endurance
- Be mindful of committal dates for meets
 - Use notes to inform coach if not attending entire meet weekend
 - Parents may enter events
 - Coach has final say in which events swimmer swims
- No ROCKET meets for Discovery 2 & 3 swimmers
- 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 (or GroupMe)
- Check emails regularly
 - Weekly updates from team admin (Lori)
 - Group bimonthly newsletter (former weekly update)
 - Meet information emails
- Group moms available to assist
 - Rachel Nabors
 - Marleanna Gosdin
 - Kimberly Eppling
- New Parent Meeting (Sept 13, Lobby)
 - Register with USAS when link is received