

Explorer 2 and 3 Parent Meeting

Saturday, Sept. 6, 9:15 - 9:40 am

- Practice times on select weekdays 3:30 - 4:30 pm, Saturday 9:00 - 10:00 am
 - Dry-land – 5 to 15 minutes
 - Running shoes required
 - Will be outside as much as possible
 - 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
 - Ex3 not less than 3d/w, Ex2 not less than 2d/w
 - More practice, 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
- Ex 3: Enter ROCKET Meets, HSA home meets, and 1 travel meet per season. Ex 2: Enter Rocket Meets, and 2 Invitational Meets per season.
- 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 Explorer that are available to assist
 - Jessica Woo
 - Star McLain
- New Parent Meeting with Coach Matt (Sept 13, Lobby)
- USAS Swimming Registration
 - Register with USAS when link is received

