

# Gator Gab

Clyde Smith – Head Swim Coach

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## WELCOME BACK TO THE POOL!

On behalf of the entire coaching staff, we are absolutely thrilled to welcome you to the start of a new swimming season! We hope this email finds you filled with anticipation and excitement for the incredible journey ahead. Whether you are a returning swimmer or joining our team for the first time, we are eager to embark on this season together and help you reach new heights.

To kick off the season, our first practice will be held Monday, August 28<sup>th</sup> at Crosswhite Athletic Club pool. Please make sure to arrive on time, ready to give your best effort, and embrace the challenges that lie ahead. We encourage you to come prepared to with a positive attitude, your swim gear, and a willingness to learn and grow.

### Notes from the Coaching Staff

Our coaching staff is committed to providing a nurturing and challenging environment where swimmers can thrive both as athletes and individuals. We are here to guide, motivate, and inspire you every step of the way. Our primary goal is to help you develop your swimming skills, enhance your technique, and achieve personal milestones while fostering a true love for the sport of swimming.

This season we have a myriad of exciting plans and goals in store. We will focus on not only improving performance but also building strong team bonds, sportsmanship, and personal growth. We believe that swimming is not just about the races and the times, but also about the friendships formed, the lessons learned, and the character development that happens along the way.

### UPCOMING EVENTS

**AUG 28 First Day of Practice**

**Sept 23-24 ISCA Open Water  
Festival – Smith Mountain Lake**

**Sept 30 LAC Gators Intrasquad –  
Crosswhite Athletic Club**

**October 13-15 TAC Fall Invite –  
Cary, NC**

**October 22 Fall Festival Trunk or  
Treat – Crosswhite Athletic Club**

**If you think  
you're done,  
you always  
have at least  
40% more.**

-Lauren Crandall



# TO OUR SWIM PARENTS

Our coaching staff wants to extend a warm welcome to you. Your support and involvement are invaluable to the success of our team. At the heart of any successful swim team are dedicated parents who generously volunteer their time and energy to support our swimmers and contribute to the overall success of our program. We appreciate your commitment to your swimmers and the role you play in their development. Throughout the season, we will provide regular updates on practice schedules, meets, and any other important information to keep you informed.

Our coaching staff would like to express our sincerest gratitude for your commitment and support. Your involvement has a profound impact on our swimmer experience and contributes to the overall success of our team. Together, let's make this swim season an extraordinary one.

We want to emphasize the importance of open communication. If you ever have any questions, concerns, or suggestions, please do not hesitate to reach out to any member of the coaching staff. We are here to listen, guide, and address any needs you may have.

## Parent Committees

1. Merchandise / Apparel Committee
2. Spirit Committee
3. Travel Committee
4. Social Media Committee
5. Team Parent Representatives
6. Fundraising Committee

These are just a few examples of the parent volunteer opportunities available. We truly value and rely on your involvement to create a positive and enriching experience for our swimmers. By working together, we can provide an environment that fosters growth, teamwork, and success.



## Meet Your Coaches

Coach Clyde grew up in Lynchburg, VA swimming for the Lynchburg YMCA and Peakland Otter Swim Team. He went on to swim for Kenyon College for 2 years after graduation from Holy Cross. He has coached locally at LY (8 & Unders), Peakland, Wildwood, the Bedford YMCA, and the YMCA of Blue Ridge (Roanoke and Salem YMCAs). His most recent coaching stint was in Mitchell, SD for the Dakota Riptide swim team. Coach Clyde is excited to get back to coaching in his hometown and looks forward to meeting, working with, and helping each swimmer reach their fullest potential.



## TO OUR SWIMMERS

As we embark on this season, we encourage you to approach each practice and competition with enthusiasm, focus and a hunger for improvement. Embrace the challenges, push your boundaries, and never settle for anything less than your best effort. Always remember, success is not solely measured by medals and records, but by personal growth and the lessons learned along the way.

LET'S GO LAC GATORS!!!