



LY Returning Swimmer Checklist

- ☐ If you have moved up, please sign up for our [emergency text alerts](#) for your new group to receive any urgent communication relating to weather, practices, and meets.
- ☐ Our schedule has changed a bit. Make sure you know the [practice schedule](#) for the group your swimmer is in. If your swimmer is in the Bronze Group make sure you have [chosen your days](#).
- ☐ Check on your team suit – does it still fit? If you need a new one, you can order a suit through our [team portal](#) or via Amazon ([girls' suit](#) or [boys' suit](#)).
- ☐ Check the [required equipment list](#) for your swimmer's group and order anything you need via our [team portal](#). We recommend that swimmers in the Gold group and above use a mesh bag to keep track of their equipment.
- ☐ If you have any questions, email Abby (abby2swim@gmail.com) or Ryan (ryanwoodruff@ymcacva.org).