



## Swim Team Information

We are very excited for your children to join us for summer swim team this year and hope that they are too! If this is your first time signing your child up for swim team, please know they must be able to swim 25 yards crawlstroke and 25 yards backstroke to be eligible for the swim team. We will test kids on the first day of practice to make sure they are swim team ready. If they need more stroke work, they will be moved to group swim lessons for at least the first session.

Our weekly practice schedule will follow the same routine each week. On Tuesdays, we will start by introducing a new stroke and focus on drills and technique. On Wednesdays, we will challenge their endurance with longer swim sets. Thursdays we always save time for a game played by the whole team at the end of practice. Then, on Fridays, we have a time trial at the end of practice for the stroke your child learned that week. If you can attend on Fridays, we highly encourage you to stop by to cheer on your swimmer as they learn to swim new strokes, swim faster, and swim longer distances.

It is a long-standing Fircrest Frogs tradition that parents provide donuts and juice at practice on Fridays! We will have an online sign-up emailed out in June where you are welcome to pick a Friday to bring donuts or drinks for the kids to enjoy after practice. Please make sure you plan to be at practice on the day you sign up.

We will once again be part of a Summer Swim League with other clubs in the area. Being part of the league allows us to have scored meets, official times, and an online team management system on the *Swimmingly* website. We want to continue our traditions of a fun, first swim team experience while also opening the door for more competitive swimmers to be introduced to club swimming during our summer season. We will have meets scheduled once a week for our six-week season. We will travel to other clubs to compete against other teams and will host a couple at our pool as well. Because we are still waiting for some teams to confirm league enrollment, we do not have an official swim meet schedule set at this time. It is our hope to have the schedule available in the next month or so.

We often have parents who are concerned about their kids missing some of the practices throughout the summer. We understand that summer is busy with camps, travel, and family fun! There is no expectation that kids attend practices on a regular basis. This team should be a happy part of your summer, without worry or stress!

Summer will be here before you know it! We are already so excited to get our season started with your children. Any questions or concerns can be sent to Madelyn at [madelyn@fircrestgolf.com](mailto:madelyn@fircrestgolf.com) any time!