

2021 Season Overview

PRESEASON Practices:

- **Practices will take place on Monday/Wednesday/Friday beginning Wednesday, June 2nd from 4:30-6 p.m. Please try to arrive at 4:15pm so your swimmer is ready to start at 4:30.**
- Practices will be for ALL registered swimmers. They will consist of 45min of dryland and team building and 45min of swimming.
 - Swimmers 12 and Up will be in the pool first and participating in dryland second.
 - Swimmers 11 and under will be participating in dryland first and swimming second.
- DRYLAND – Sneakers, Socks and Shorts are required; will not be allowed to participate in dryland without sneakers for safety reasons. Dryland will consist of running and exercises to help increase endurance and strength of the swimmers. It will also include race/relay/game type exercises.
- Time in the pool will be used for the coaches to evaluate swimmers' abilities and will focus mainly on improving stroke technique and the basic skills of the swimmers. It is imperative for the swimmers make it to as many preseason workouts as possible.
- Bring water to stay hydrated.
- These few practices are to help the swimmers get acclimated to the practices and pool as well as giving the coaches time to assess the levels of our swimmers moving into morning practices.

REGULAR SEASON Practices:

- Morning practices will start Monday, June 14th; 5 days a week; M-F
- Practice groups – Time TBD based on team size and age distribution with oldest kids first and youngest last. Practices times will be provided prior to morning practices this gives the coaches adequate time to assess the needs by age group. Based on team registration as of right now practice times will be roughly as follows:
 - 7:15-8:45 – 13-14s and 15-18s
 - 8:45-9:45 – 9-10s and 11-12s
 - 9:45-10:30 – 6us and 8us
- Practice groups will be determined by age with skill differentiation by lane. Swimmers of similar age broken down by like ability creates optimum workouts for everyone. This will make it more fun and effective for everyone. The goal is for our swimmers to enjoy swimming and get the most out of the practice sessions. We want to make sure that all members feel like part of the team.
- Must attend required number of practices: 3 per week in order to participate in meets (unless discussed with Coach Zach). More is better – many summer swim team participants attend practice every day. Remember that weather sometimes causes practice cancellations so it's best to plan to attend whenever practice is offered.
- Check the website, text blast, and email for last minute changes to practice and meet schedule for weather related cancelations. Please do not drop off your swimmer and leave if weather could be a factor during practice or swim meet time.

TIME TRIALS:

- This season we will not be running "Time Trials" at the beginning of our season. The decision to do away with Time Trials was made considering the Warrington Swim Team's goal of accepting all swimmers no matter experience level to help develop a love for competitive swimming and improve technique. In lieu of time trials we are strongly encouraging all members of the team to sign up for the Cold Water Classic Invitational hosted by WST at the Warrington Swim Club on Thursday, June 17th and Friday, June 18th. Times from this invitational and coach observations from the first few practices will be used to place swimmers into the line-ups for future meets and determine the appropriate practice groups.