

Hi Everyone:

This is the first of the season's weekly news emails. They generally come out each weekend and they are a way of letting all team members know what to expect for the coming week(s). Always feel free to email me at Lepster04@verizon.net with any questions regarding these emails or if you need clarification of anything said in here. These weekly emails can also be found at our LMAC website under Coach's Weekly News on the left side of your screen. The parent handbook can be found under Team Info in the top left corner of the LMAC website homepage.

We have been swimming for almost two weeks and I am happy with the progress made during all practice sessions. For the age group and senior swimmers we are close to half way though our stroke development period and swimmers have made great strides in freestyle and backstroke. The coaches are eager to move on to butterfly this week and breaststroke next week. Our Mites and Piranhas have one week in and are still in the process of being sorted into ability based groupings within their practice group. Freestyle and backstroke development will take place for at least the next 3-4 weeks.

Some reminders regarding practice: I know some of our practice times are earlier this year, but please make every effort to be at Maguire in enough time to get to the locker room, get dressed, go to the bathroom (we would like limited bathroom breaks during practice for emergencies only) and be on deck before your scheduled practice time. The warm up is generally given 2 minutes prior to the start of practice so we can be in the water right on time!

Fall Practice Schedule

- Mighty Mites: Monday & Wednesday 5:00-5:45
- Mighty Piranhas: Tuesday & Thursday 5:15-6:00; Friday 5:00-5:45
- Silver: Tuesday & Thursday 6:00-7:00; Friday 5:45-6:45; Sunday 12:00-1:00**
- Gold: Monday 5:45-7:10; Wednesday 5:45-7:25; Friday 6:45-8:00; Sunday 1:00-2:00**
- Senior White: Mon & Thurs 7-8:30; Tues 7-9; Wed 7:15-9; Sun 2-4; Dry Land Mon 6 & Wed 6:15
- Senior Blue: Mon, Tues & Thurs 7-9; Wed 7:15-9; Sun 2-5**; Dry Land Mon 6:00 and Wed 6:15

**Sunday practice for this coming week (9/26) has been altered. Silver/Gold 1:00-2:00; Boys and Girls Team Meetings at 2:00pm; Senior White and Senior Blue swim at 2:30.

Important Upcoming Dates

I realize this is a stressful time of year, we just left summer and in a matter of days school started, swim practice started, perhaps you are also involved in other fall sports. However, there are several dates/deadlines that we need to get through as a team. They are listed below:

* LMAC Boys Drag Suit Orders are due this Friday, September 24th. I would love all boys in Gold, Senior White and Senior Blue to have an LMAC drag suit to promote team unity during training and competition. The cost of the suit is \$32.00 and an order form is attached. Order your regular suit size. Orders must be given to Coach Kathryn.

* USA Swimmers, you were sent an email over the weekend regarding our first Team Effort Invitational and our first USA mini meet. Please have your forms turned in with payment in an envelope to Patty Oberdiek or myself by practice on Monday, September 27th. Email me or Patty (pzoberdiek@gmail.com) with any questions.

* LMAC Parents' Meeting this Sunday, September 26th at 2:00pm in the Maguire Pool Balcony. All parents should attend, especially all new parents. You will have an opportunity to meet members of the parents association and coaches. The meeting will also shed light on team practice and meet policies and procedures. **This meeting is for the parents of swimmers in Silver, Gold, Senior White & Senior Blue. There will be a separate meeting for the Developmental swimmers (Mites & Piranhas) within the next 2 weeks.

* Sunday Practice Changes for September 26th. All swimmers in Silver and Gold will swim from 1:00-2:00. There will be boys and girls team meetings at 2:00pm on the pool deck while the parents' meeting takes place. Senior White and Senior Blue will practice at 2:30pm after the team and parents' meetings are over.

* Equipment/Competition Wear Orders are due on Friday, October 1st. The order form from C & M Sporting Goods and an equipment list is linked here. Silver, Gold, Senior White and Senior Blue groups are all required to have certain pieces of training equipment and also to have a mesh bag to carry that equipment to and from practice. Team suits and personalized competition caps are also on this order form. Orders can be given to Coach Kathryn, Pam McKeon or Carolyn Curran.

* Try On Times for Team Suits/Equipment:

§ Monday, September 20th 5:30-7:15pm in pool balcony

§ Sunday, September 26th 12:30-2:00 in pool balcony (practice starts at 1:00, so come before to try on suits/zoomers and you can join practice late if necessary)

§ Monday, September 27th 5:30-7:15pm in pool balcony

That's all for now. Again, please don't hesitate to contact me via email or see me at practice if you have any questions or concerns. I look forward to another great week at practice with the swimmers and to seeing everyone at the parents' meeting on Sunday at 2:00pm. Have a great day. Thanks.
kathryn