

Welcome to the 2021 Varsity Girls Swim Team! Below you will find some basic information including the schedule for the beginning of the season, supplies needed, some basic rules and expectations.

## **SCHEDULE:**

### **Varsity starts Monday August 23**

- Monday: 5:15-7:15
- Tuesday: 5:15-7:15
- **Wednesday: 4:00-6:00**
- **Thursday: 4:00-6:00**
- Friday: 5:15-7:15
- **Saturday: 9:00-11:00** Yoga/swim/breakfast!

The week of August 30<sup>th</sup> and beyond practice will be **5:15-7:15**. The girls will be dressed and ready to be picked up between 7:15-7:30. We will have occasional Saturday practice, but not Labor Day weekend.

Monday September 6: NO SCHOOL, NO PRACTICE, LABOR DAY

## **What to bring to practice**

1. Racing type bathing suit, one piece
2. Towel
3. Swim cap (plus an extra)
4. Goggles, racing type (plus an extra)
5. Water bottle with your name on it
6. **WATER ONLY** in water bottles, no sports drinks, juice or other additives. **DO NOT SHARE DRINKS!**
7. Ear plugs if desired
8. Shampoo and conditioner if desired
9. I encourage girls to have their own equipment (paddles, flippers). We do have access to the school's equipment but cannot always guarantee correct sizing. You can find good pricing on paddles and fins at [www.swimoutlet.com](http://www.swimoutlet.com). Check out the sale page. This site also has grab bag suits (cheaper bathing suits but you take a chance on the color/design). We will spend a lot of time using paddles and fins so the girls would benefit from having some that fit well and are comfortable.
10. Bag for all swim gear (swimming is a wet sport; you don't want bathing suits and towels in your school bag)
11. **YELLOW DECK SHOES**. When doing your back to school shopping please consider purchasing YELLOW flip flops/sandals/Crocs to wear on deck especially during swim meets.
12. **Optional: yoga mat**. There are foam mats in the pool we can also use but if you'd like your own please feel free to bring one. You will get notice as least the day before to bring it in.

\*\*\*There are lockers and locks at the pool. The school supplies locks for us. DO NOT BRING YOUR OWN LOCK!

**Please note:**

- **All practices are mandatory, including Saturday practices.** Saturday practices give us time to work on skills and practice setting the pool up for meets. We will be incorporating some yoga in our practice schedule to work on strength training, flexibility and injury prevention.
- If you miss practice ***without an excuse*** you will not be able to participate in the next meet (or travel with us if an away meet). If you are ill the day before a meet you will not be able to participate in a meet the next day.
- I will expect the modified girls to help with varsity meets and varsity girls to help with modified meets. Please plan to have your child be present for ALL HOME MEETS.
- **We have an ongoing fundraiser at Griff's Bottle Redemption. Drop off your bottles and cans and specify they are for Gouverneur Swimming. Our goal this year is to have a poster made with our team photo and hang at the school.**

**And lastly...**

Swimming is unique in that the muscles required for swimming are not typically used any other time of the year. To be successful in swimming we need to use those muscles for longer than 2.5 months each year. Typically we'd have summer swim practice but I am not able to offer coaching this summer and our pool hasn't been open for extra usage due to the pandemic. Please be creative and find some opportunities to swim and/or work out. Aim for **30-45 minutes of aerobic (cardio) workout 3-4 days per week**. Running, walking, biking, swimming, elliptical all count as aerobic. Aim for **2-3 days of strength training** and include exercises that work your shoulders (superman, planks, pushups, etc.). Your muscles will thank you! Text or email me if you need suggestions or pointers.

I look forward to meeting you all and having a fantastic season,

Coach Richey