

5/28/2010

Dear Cook Creek Wahoo Parents:

I am very happy with the first two weeks of workouts. The kids have been working very hard and the coaches are doing a great job! Following are a few notes from coaches, plus the summer workout schedule.

The coaches would like to ask you to remember that we are swimming in an outdoor pool and it is important for you to protect your swimmers eyes and we ask that your children have tinted or mirrored swim goggles. The sunlight is reflects of the water and can do permanent damage to



swimmers eyes without the proper protection. It also is a good idea to have more than one pair of goggles in case a pair breaks at practice or a swim meet. As coaches we understand that swimmers leave equipment at the pool and to help recover your swimmers equipment writing your swimmers last name in sharpie and then applying clear nail polish on top of it will help identify your swimmers equipment in the lost and found. Another request that we have is that all swimmers no matter their age bring a water bottle to every practice with their names on it to make sure they stay hydrated during practice, dehydration is something we would like to prevent as coaches.

One other item, this year we are asking that each swimmer have a pair of swim fins because the 30 pairs we had last summer were not enough for the 200 swimmers on the team. Parents if you are concerned because your swimmer is still growing you could purchase swim fins that are a little too big for your child and have them wear socks with them until their feet grow into them saving you some money. We would like to start using fins in practice the week of June 7th so if your swimmer(s) could have fins by that time period that would be greatly appreciated.

Parents of new Cook Creek swimmers:

Coach Lindsey is in the process of matching your family with a family that has swam at least a season on the Wahoos team to help you with any questions/concerns that you might have about swim team. This family buddy system is there for you and your swimmer(s) so that if you might have questions that the veteran family might be able to answer as well as the coaches. This information when finished will be placed in your family folder located at the pool. These folders are used to hand out awards for swim meets as well as information from the coaches and board members the will be available for you to check every practice starting Monday, May 31st.

Meet Signups:

All meet entries will be due the Tuesday before a given meet at **midnight**. Late entries may or may not be accommodated and will be evaluated on a case by case basis. Please make it easy on us and get your entries in on time.

Relays:

It is the goal of the coaching staff that all swimmers who want to swim in relays will swim on relays. Depending on the number of swimmers in an age group, we cannot guarantee a spot at every meet, but we will mix things up to ensure all kids get to swim on relays in some or most meets. Signing your swimmer up for the free relays significantly increases your chances of getting a spot on a relay.

Also, we strongly encourage you to sign your swimmer up for the free relays. We understand that they are at the end of the meet and they make for a long day, however, they are very important for both the kids and scoring for the meet and can help us win more meets. So if you don't have other plans, please stick out the meets with us!!!!

Practice Schedule Starting June 7th:

Morning Workouts M-F		Evening Workouts Monday and Wednesday	
13 and older:	6:50 – 8:15 am	8U:	6:15 – 7:00 pm
11-12:	7:00 – 8:15 am	8U Advanced:	6:15 – 7:15 pm
9-10:	8:00 – 9:00 am	9-10:	6:15 – 7:15 pm
8U Advanced:	8:00 – 9:00 am	11-12:	7:00 – 8:30 pm
8U:	8:45 – 9:30 am	13 and older:	7:00 – 8:30 pm

If you have any questions, please email me at coach.fred@comcast.net or see me (or any of the coaches) at workout.

Thank you and Go Wahoos!

Coach Fred.