

Hello Swim Families!

It is that time of year again and 2023 Swim Team preparations are upon us. We have decided to remain as a developmental team with a focus on teaching technique in a setting where the pressure is minimized and the children can learn and have fun at the same time. We will have internal competitions and swimmers will be timed periodically so that they can measure their own improvement.

We are very excited to start swim practice on May 15th with assessments for all new registrants! As a reminder each swimmer must be 5 years old by May 1st. We are also going to increase the top age to 16 to allow some of our older swimmers to stay involved. (If you were at most of the practices last year, you will not need an assessment.) **Full practice for all swimmers will start on May 16th** We would love to enlist more instructional volunteers if you have experience as a coach, swim team member, or life guard and would like to be more involved please let me know asap.

Prior to school being out, we will practice Tuesday, Wednesday, and Thursday nights from 5:30 PM to 7:30 PM in one hour intervals based on your group. When we open the pool and school is still in session, swim team will move to 6:00 PM to 8:00 PM still on Tuesday, Wednesday, and Thursday. Once school is out we will switch to a morning split-schedule with one group at 8 AM to 9 AM and the other group from 9 AM to 10 AM. Refer to the schedule attached and on line.

We will attempt to have the Guppy program again this year for those swimmers who cannot meet the criteria as outlined below and it will last for four weeks with periodic assessments to determine if the swimmer can move up to the regular swim team. Participants in the Guppy program must be able to be left alone in the shallow area and must be able to put their head and face in the water. No life vests or flotation devices on their arms or body is allowed. When we move to the morning schedule there will be no Guppy program.

Registration is \$50 each for the first child, \$45 for the second child, and \$40 for each child after that. Important NO CASH. Checks should be made out to Callonwood HOA Registration forms will also be available on the website.

Finally, **swim team is not swim lessons** however we are a developmental team where the coaches will teach strokes and technique. For the regular swim team each child should be able to swim at least the 25 meter length of the pool unassisted, with a standard stroke, and without touching the bottom. Following the swim assessments, coaches will look at alternatives for children who may need swim lessons

The swim team party and swim meet will be held on Thursday, June 22nd from 5:30 pm-9:00 pm. The pool will be closed to non-swim team residents during those hours.

Please let me know if you have any questions and we look forward to working with your children this year.

Thanks,

Mike Thrower

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