

A Note From Coach Dave

Welcome to another exciting season of Aquaduck Swimming! I look forward to greeting you during practices beginning Tuesday, September 8th. We will swim a full schedule of meets this season culminating with the Illinois/Missouri Area (State) Meet March 21st and 22nd. Our mission is to promote the enjoyment of swimming as both a competitive sport and as a lifelong activity by providing a fun, healthy, Christian environment for children to participate in that encourages both individual skill improvement and the achievement of personal goals as well as teamwork and friendship.

Since we are a family based organization, there will be many opportunities for parents to be actively involved in the team as well. We are holding a **Parent Informational Meeting scheduled for Wednesday, September 16th at 6:30 PM** in the Senior Center and are asking everyone to attend since important materials will be handed out such as parent handbooks, swim meet schedules, swim apparel purchasing, etc.

I would like to remind everyone to return the Health History Form and the Swimmer's Contract included in this packet during the first week of practice. I realize some of you have filled out the History Forms in the past, and there may not have been any changes to the information requested, but we do need to have a current file for each new season.

Practice times are based on the swimmers commitment level, not ages. If you have not participated on our swim team or completed stroke clinics, please contact the aquatics department for a try out. All swim team members must be Foglia YMCA members:

Practice Times:

- Yellow Team** - 3 practices per week - T, W, Th 5:15-6:30pm
- Red Team** - 3 practices per week - T, W, Th - 6:15-7:30pm
- Orange Team** - 3 practices per week - M, W, F - 6:15-7:30pm
- Blue Team** - 4 practices per week - M-Th 7:15-9pm
- Green Team** - 5 practices per week - M-F - 6:15-8pm



It is very important for swimmers to be in the water at the start of practice. Our pool time is limited and therefore every minute counts. This also ensures a full, safe and controlled warm-up period so please be on deck and ready promptly at the start of your practice. Every swimmer should have a pair of goggles for practice. Female swimmers are encouraged to have a swim cap and also to be suited in a one piece suit.

We are Aquaducks! We are F.A.S.T! Go Ducks!

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