

Monday Matters
Marinwood Waterdevils
March 24, 2008

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We are heading into our 5th week of practices. We still have 7 more weeks of training until Time Trials on May 10th. Results from time Trials will be used as a baseline to measure each swimmers improvement throughout the season.

Swim Clinics:

Each year parents ask about their child's improvement or ability. While each child's needs are different we offer the following information. In order to see improvement or "keep up" with the other swimmers in an age group, each swimmer should be attending a minimum of 3 practices per week. Our coaches have practice plans to address each part of the season from building endurance to getting those kids who have been away from the pool in the off season back into the groove and much more. Practices vary daily and focus on different aspects of the technical side of swimming. If you are missing more than 2 days of practice, your swimmer may be missing out on information that could benefit them. We understand that many children are participating in other sports and after school programs and that not all swimmers will be able to attend 3 or more practices.

Swim Clinics are a great way to get your swimmer more individual instruction on the finer points of each stroke. The sign up sheet for our swim clinics is getting pretty full. We may add a third coach to the program if swimmers are on the wait list. Please do not let a "full" sign up sheet prevent you from putting your name on the waiting list. You may give all payments to Alicia or leave checks in the payment envelope. If paying with cash, please hand your payment directly to a Board member.

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Pool Reminders:

The Marinwood pool is now open to the public. We've been asked to pass along a few requests from the CSD and Guard staff.

- 1) Please refrain from placing any belongings on the counter top where it faces the pool.
- 2) If you have any questions, please ask the guard located in the life guard office and not the guard who is on "active duty" by the pool.
- 3) Please keep the areas around the Guard chairs and the access area to the guard office clear of belongings, swim equipment and people.

Finally, we have provided our team roster to the CSD for comparison with their pool Membership records. Pool membership is mandatory for all swim team members. If you have not already joined the pool, please do so.

T&B Sports:

T&B Sports will be on deck next week for our Tuesday and Wednesday practices from 4:30 to 7:30 to take any sweat pant/shirt orders and help size your swimmer for a team suit. We recommend that anyone wishing to purchase apparel for this season do so no later than April 2nd.

Thanks and see you on the pool deck.

Leslie