

# Storm Watch Weekly



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## Great Start to the Season!

Week of 5/4/26

**Practice Schedule:**

**Monday through Wednesday**

**Thursday**

	<b>Monday through Wednesday</b>	<b>Thursday</b>
<b>6&amp; under</b>	<b>4:20-4:50pm</b>	<b>4:20- 4:50pm</b>
<b>7-8</b>	<b>4:20-4:50pm</b>	<b>4:20-5:00pm</b>
<b>9-10/11-12</b>	<b>4:50-5:40pm</b>	<b>5:00-6:00pm</b>
<b>13-14*/15-18</b>	<b>5:40-6:45pm</b>	<b>6:00-7:15pm</b>

\*includes some 11-12 year olds with coach approval.

## **Hi Storm Families,**

We've wrapped up our first week of the season, and it's been a strong start! This week, our main focus has been on freestyle fundamentals, helping swimmers build a solid foundation early on.

You may have noticed some movement between lanes—we've been shuffling swimmers around to find the best fit for their current skill levels. Our coaches have also been rotating between groups so they can get to know all of our swimmers and support them effectively.

*A few quick reminders:*

### **Parent Committee Meeting:**

We will be holding a parent committee meeting next Wednesday from 5:30–7:00 PM at the pool. We'd love for anyone interested to join us!

### **Team Parents!**

We are looking for **10** parents to step up as age group parents. This responsibility includes bringing the age group board and tent to each meet (home and away), informing swimmers of their heats and lanes, and helping parents get their kids to the blocks (or ready bench for their races). If you are interested in doing this position the city will also pay for volunteer fingerprinting since you will be working more directly with the swimmers. If you think you may be able to fill this role Please indicate so here.

### **Team Suits:**

Please remember to purchase your team suit from our team store if you haven't already. We will also have sample suits available by May 11 if you'd prefer to wait and try on sizes. If you have questions before then, feel free to email Megan or ask her on deck and she can help recommend the best suit for your swimmer.

### **Bring Fins To Practice:**

We are using fins most practice days, so have your kid bring them each day in case. If

your swimmer does not have a pair yet, no worries—we have loaner fins available until you're able to get your own.

**Water Bottles:**

Swimmers should bring a water bottle to every practice and keep it on the deck at the front of their lane.

**Team T-Shirts for Sale:**

We are now selling extra team t-shirts for \$10. Sizes are limited and will be available on a first-come, first-served basis.

**Swimtopia Reminder:**

For the best experience, we recommend viewing the team website outside of the app, as the app is mainly used for meet information and notifications.

Thank you for your continued support—we're looking forward to a great season ahead!

**~Coach Savannah & Megan**