

CANYON CREEK CYCLONES
SWIM TEAM
SUMMER 2019

The Weekly Wave

Aloha Swimmers and Parents!

Welcome to The Weekly Wave - The Informational News of events each week to keep you Swimming your BEST starting on Day #1!

Each week will have a BRAIN TOPIC of the WEEK and PARTY THEME DURING the 2nd PRACTICE each and every week.

The Entire Swim Season of Events and The Weekly Wave will be posted weekly at the CCC's HQ-----Canyon Creek Cyclone Swim Team's Head Quarter 1st Pavilion on the RIGHT when entering the Pool's front gate.

Happy Summer 2019!

Hip Zoo Rah Zoo, Too!

The Weekly Wave Volume II.-No. #1.

BRAIN TOPIC of the WEEK:

HQ (Swim Team Meeting Place), EAP (Emergency Action Plan) & POOL RULES (Posted on the wall-New Sign...Read Every Day)

*Please be on time---that means 10 minutes before practice starts (just like going to the Doctor or Dentist)!

CCC Swim Team Schedule

SPLASH-ers 4:50pm-6pm

THRASH-ers 5:50pm-7pm

TECH-ers 6:50pm-8pm

*Please meet @ The CCC ST HQ - Before and After each practice

*Dryland - Getting your Body ready to swim and not hurt it

*Pool Set Up & Clean Up - Noodles, Flags, Lane Lines & High Tech Toys of the Week

*Gear - Please have all gear & suits On (More info with the PARTY THEME)

*Pool Rules - Please read them OUT LOUD daily

*EAP - Emergency Action Plan 1-Loud Long Whistle Blast!

We need your help! Get out of the Water and help the Coaches & Lifeguards

*Cheer Check #1 - Blah blah blah blah blah!

(5 X just like your Streamline Dolphin Kick off Each Wall every time!!!!) Please do not practice this at the Dinner Table

PARTY THEME DURING the 2nd PRACTICE:

TAG your GEAR and SWIM BAG!

*FYI - A personal Swim Bag is required for each swimmer

-a plastic H.E.B. BAG is Awesome - ask for KEVIN!

*Label your Suit, Goggles, Swim Cap, Towel, SWIM bag & Team Shirt!

*Bring your Sharpie WaterProof Pens - I will bring 3!

Special Surprise for all who are there on Time - 10 minutes early

Senior Cyclones

ASSISTANT SAFETY COACH & LIFEGUARD CANDIDATE PROGRAM

1st Meeting Thursday 6/6/19 8:05pm-8:35pm

We meet every Thursday and after the last practice each week.

What is this??

DESCRIPTION: *Candidates will be introduced to the Profession of a swimming coach, an aquatic safety instructor and lifeguard by assisting the CCC Coaches with swim team practices, swim meets, demonstrating strokes and turns and special events.*

REQUIREMENTS: *Must **LOVE TO SWIM** (!), able to talk and work with adults/ peers/ children, can show up to practice on time, can use a whistle and be present at weekly meetings.*

Ages: 10-12yrs old or coach's permission

MEETING TIMES: *Thursdays at 8:05pm @ the CCC HQ*

Volunteer PRACTICE TIME REQUESTS:

5pm-6pm AQUA-Splashers

6pm-7pm AQUA-Thrashers

7pm-8pm AQUA-Techs

Questions:

Coach Don

At the Pool - Before or After practices

don@aquaknowaquatics.org

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