



Gators Newsletter

July 7, 2019

What a great swim season we've had this year! This time of the summer is always bittersweet. Championship time is so exciting, but it is so hard to see the end of a season with our swim family. Lots of new friends and great memories have been made! As we wrap up this week with our Championship meets, there are some important details we need to communicate.

Tuesday, July 9 – District Championship Meet

Warm-ups start at 3:40pm -- Meet starts at 4:00pm

This is a qualifying meet to advance on to the State meet. In order to qualify for the State Meet, you must place 1st, 2nd, 3rd or 4th in your individual events or have the State Qualifying Time (SQT) for that event up to 16th place (SQT are posted on the website). For those who qualify and choose not to go to the State meet, please let Coach Jessica know as soon as possible.

Sheffield Recreation Center
2901 E 19th Avenue
Sheffield, AL 35660

Saturday, July 13 – RACE League Championship Meet

Below is the predicted timeline for the Sewanee Meet. More information with warm-up times will be sent out later this week.

1st session (8 & under) 7:00-10:00am

2nd session (9-10 & 11-12) 10:00am-2:40pm

3rd session (13& up) 2:40pm-6:00pm

**Volunteers, please know that your volunteer pass only allows you on deck during the session for which you are volunteering. If you are volunteering in the hopes of seeing your swimmer up close, you will need to volunteer during their swim session. If you need to make any changes to your volunteer schedule, please contact Joy as soon as possible.

The University of the South
Fowler Center Pool
77 Texas Avenue
Sewanee, TN 37383

COACH'S CORNER

Okay guys, the time for championship meets is here! Be sure and come to practices at all your assigned times if you are doing Districts and Sewanee. You need to be in the water everyday getting ready. We will dedicate time at practice to starts and turns, as well as longer warm up and cool down periods. We'd like each of you to look over the entry lists for both meets and be aware of what events you are swimming when you come to practice. It will be your responsibility to know this information and be ready to work specifically on those strokes. Be sure and sit in your assigned areas at these meets so that the deck parents can find you when it is time for you to swim! After each race, touch base with a coach and get your time from your timer to discuss. As always, swim fast and we'll see you at the pool!

- Your Gator Coaches



Friday, July 12 is the last practice of the regular season! Don't miss it!

Tuesday, July 23 – AST Awards Banquet

6:30pm – 8:30pm

Each year, we like to have a special night set aside for the kids to just have fun together and reward the swimmers for all their hard work. We will meet out on the lawn outside the pool gate for a short awards time along with some cake and ice cream. Afterwards, the pool will be open to all swimmers and families. Please plan to attend!

July 26-27 – ARPA State Championship Meet

Times TBA @ Opelika

Information will be passed along as we get it regarding the State Championship meet.

July 15-25 – ARPA State Qualifiers Practice Schedule

If your swimmer qualifies for State and plans to compete, additional practices will be held during the two weeks prior to the competition. These practice sessions are only for those attending the ARPA State Meet. We will transition to age group practices to work on relays for the State Meet. There will be no evening practices during these two weeks of state qualifiers practice.

Dates	11 and older	10 and under
July 15 – 18 (Monday – Thursday)	8:30am – 10:00am	10:00am – 11:00am
July 22 – 25 (Monday – Thursday)	8:30am – 10:00am	10:00am – 11:00am

As always, let us know if you have any questions at all!

See you at the pool...

Annie