



Gators Newsletter

June 16, 2019

Meet Sign-ups

Please check the Meet Sign-ups book this week during practice. The District swim meet is only 3 weeks away! The District swim meet sign-ups operate a bit differently; you and your swimmer get to choose the 3 individual events he/she will swim. Please indicate those 3 events in the spaces provided next to the swimmer's name for this meet. If you have any questions regarding this meet, please feel free to ask any of the board members or Coach Jessica.

Medical Releases and Birth Certificates

The **Alabama Parks & Recreation Association** requires all swimmers to have a signed medical release and birth certificate on file prior to championship meets. The medical release must be signed every year so all parents need to sign this form for your swimmer(s). Michelle has a sheet at the pool, which is available at meets and swim practices in the front of the Meet Sign-Up book. Additionally, if you are a new swimmer and have not yet turned in a copy of your swimmer's birth certificate, please do so ASAP. You can bring a copy to practice and leave it in Michelle's folder at the pool or email her a scanned copy. These forms must be turned in to ARPA prior to the District meet for your swimmer to be allowed to compete, so please try to complete these items this week.

Housekeeping

As a reminder, parents are required to sit outside the pool fence during swim meets. The covered pool deck area is barely big enough to hold all our swimmers, so it is vital that all parents adhere to this policy. The only parents allowed in the deck area are those who are working the meet (another good reason to volunteer 😊).

Meets

If swimmers are not in their designated area, the deck parents are not able to come looking for them when calling for events. Also, remind your swimmers to be courteous to our coaches, workers, and their fellow swimmers.

Merchandise

Don't forget to get your team shirt! We'll have them out at home meets but you can also check with us during any practice. Cash or check only 😊

COACH'S CORNER

Congrats to those who competed, dropped time, and won medals at the Madison Medal Meet yesterday! Also congrats to everyone on the 2 WINS in our dual meets last week. We are looking forward to a big week of swimming this week as well. Remember to practice each of the strokes, as well as their starts, turns, and finishes correctly every day at practice so that these things are second nature during meets. Look at your entry times before each event and then ask your timer what your time was when you swim each race. Always try to touch base with a coach after your swims as well. We want each of you focusing on improving your technique and personal best times throughout the season. We have two home meets and one away this week and hope to see you all there. Swim Fast!

- Your Gator Coaches

UPCOMING EVENTS

June 17 – vs. Lawrencburg @ Home
(4:30 warm-ups, 5:30 start)

June 18 – vs. Sheffield @ Home
(4:30 warm-ups, 5:30 start)

June 20 – vs. Shelbyville@Shelbyville
(4:30 warm-ups, 5:30 start)

Lost and Found

Our lost and found basket has quite a few items. Sometimes your swimmers lose things you don't even know about! We will keep the basket out during practices this week and suggest taking a peek as you drop your swimmers off for practice.



Upcoming Deadlines:

- Meet entries for Lawrenceburg and Sheffield meets are closed. If you have any questions about these meets, you will want to email Coach Jessica immediately.
- Meet entries for Shelbyville close Monday, June 17. Be sure to check the sign-up book at the pool tomorrow!
- Remember, if you don't have a chance to sign-up for a meet at the pool, you can always email Coach Jessica at jessica.aaron@gmail.com

Upcoming Meet Addresses

- **Shelbyville:** *Shelbyville Recreation Center, 220 Tulip Tree Road, Shelbyville, TN 37160*

See you at the pool...

Annie

