

Coaches letter 2018

Newfield Swim Team 2018 Season

Coaches Letter

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Greetings to the Parents and Swimmers:

We would like to welcome you to the 2018 Summer Swim Season. Coaches this year will be: Nicole Fabrizio, Gabby Leone, Joseph Fabrizio and Meghan Cavanaugh. The Four of us look forward to creating a relationship with our swimmers that is positive, rewarding and constantly improving. This year we are welcome Coach Meghan! She has been apart of the Newfield swim family since she was 6 yrs old growing up being apart of the Newfield swim team and Swim Club. She now Teaches at Edgerton Christian Academy and is super excited to return as a coach!

Below are some important notes and dates:

Introductory Meeting for All Swimmers:

It is important to us that all parents and swimmers feel safe, welcomed and well informed about the rules and procedures on this team. Therefore, we are arranging a meeting for both new and old swimmers and their parents to discuss the season and answer any questions you may have about the team. The meeting date has not been scheduled but you will be getting a text shortly.

Saturday Clinic

Coaches will be having a Saturday clinic. Starting In June 9th (Weather Depending).

Swimmers ages 11-18 at 8:30-9:45

Ages 9-10, 7-8 and ages 6 and under** (must be able to swim 1 lap without assistance) at **10:00-11:00**. This is a great way to get into the water before the swim season. Swimmers should bring a bathing suit, cap, goggles, towel as well as water.

Weekly Practice

Regular swim practices will begin on **Monday June 18th** and continue **Monday through Friday until July 27th**.

Session 1: swimmer's age **15-18 and 13-14** will practice from **8:30 a.m - 10:15 a.m**.

Session 2: swimmer's age **11-12 and 9-10** will practice from **10:00 a.m - 11:15 a.m**.

Session 3: swimmer's age **7-8 and 6 and unders** will practice from **11:15 a.m - 12:00 p.m**.

If the weather is not favorable during the morning hours, please call coach's (cell phone listed below) to confirm that practice has been cancelled. A text will be sent out if practice is cancelled.

Dual Meets:

If you are not able to make a meet please tell coaches a least 2 days before scheduled meet!!! Dual meets are held on Tuesday's and Thursday's during the swim season. If the meet is at home, swimmers are expected to arrive 4:45 p.m. to set-up and stretch out before pool warm-ups. If the meet is at another pool, please arrive at 5:15 p.m. Stretching will be done together as a team. Please bring healthy snacks and plenty of water to the meet. Parents participation is also essential for the meet to be considered a success and parent's sign-up sheets will be posted. As coaches, we will try our best to have the line ups created by the day of the meet.

Olympic (Big) Meet:

A swimmer must compete in two dual meets to complete in the Big Meet (held on July 28th). With this league rule, we encourage participation in every dual meet in order to prepare for the olympic meet. This meet lineup is based on the best time shown during meets and time trials. The Olympic meet this season will be Home at Holly City.

Vacations or Absences:

In order to get the most of the season we ask swimmers to attend at least four practices a week. However, we realize this is not always possible. If you have scheduled vacations or know a swimmer is going to be absent, just let us know in advance via swimmer registration form or written note. Meet line ups are created in advance and it can be difficult to change last minute.

Some pointers:

- Stretching out before starting any workout is essential. Older swimmers should stretch out upon arrival at 8:00 a.m. before entering the pool. Younger kids are asked to arrive at their scheduled time so coaches can lead their stretches.
- Latex or silicone caps are preferred. Although cloth caps are more comfortable and easier to put on, clothes caps provide significantly more drag while swimming than do latex or silicone caps. Both boys and girls can wear swim caps. As a fundraiser to benefit the team, we are painting Newfield Swim Team caps. They are being sold ten dollars during meets and at introductory meetings.
- We recommend using swim goggles both during practice and the meets. It is important to find swimmer goggles that fit comfortably and work well. Please bring spare pair whenever possible
- Swimmers should have water on deck during practice and on hand during meets. Just because you are swimming in water does not mean you can stay hydrated!
- Breakfast will be served at Friday practices provided there are enough parents/ volunteers to prepare/serve the breakfast. Swimmers must complete the entire Friday practice in order to participate in the meal.

Appropriate Swimming Behavior:

◆ We are here to help you improve and therefore swim practice is for swimming, not fooling around. Unacceptable behavior that prevent us from doing are job will not be tolerated.

◆ We expect you to exhibit good sportsmanship, both during practice and meets, Examples include: swimming events you may not like, respect for your fellow teammates, maintaining a positive attitude and exhibiting team spirit.

◆ You are always racing against the clock, not the person swimming next to you! Please try your best and always give 110 percent!

We want to thank you in advance for your interest and participation in Newfield Swim Team. Together the three of us will work with your child to improve their strokes in addition to fostering a safe and fun environment where they can enjoy the summer sun! Please, If there is anything we can do to help you or your child; do not hesitate to contact us. We look forward to your questions, feedback, and conversation

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