



Bayou Colts Swimming 2019



Welcome to the Bayou Colts Swim team! I am so excited to have the opportunity to work with your children, help them develop their skills in the water, and learn to love swimming even more! I hope to answer all of your questions here, but please feel free to talk to me after practice or call/text me at 662-588-4493 (Barbara van Riessen).

- 1. What is the website address?** www.bayouacademy.net/swim Here you will find loads of information about the team, the coaching staff, practice times, the meet schedule, etc. It is a great resource.
- 2. Do I have to practice every day?** No. We would like you to attend practice as often as you possibly can. You can view the practice schedule below. We understand that life gets in the way. Since this is a very short season, and we want you to get the most out of this experience, make an effort to attend as much as you can based on your scheduling needs.
- 3. What is it going the cost?** The cost will be \$35/child, in addition to meet entry fees that will be communicated at the time of sign up. This can be put in an envelope labeled Colts Swimming, with your child's name and given to me (Barbara) at practice, their teacher or the front office.
- 4. What equipment do we need for swimming?**
 - Competitive Suit: Girls – one-piece, no suits that tie
Boys – trunks, speedo or jammers (whatever they are most comfortable in).
 - Competition Goggles: two-straps or split strap are the best.
 - Competition Swim Cap: Silicone is the longest lasting, but latex will work.
 - Towel(s): Remember your swimmer can never have enough dry towels!
 - A pair of flip flops or crocs are always nice to have on hand.
 - Label everything! It is amazing how things wind up in crazy places!

5. Practice Schedule

September, 2019



SWIM PRACTICE DATES:

Sept. 3rd - 7:00pm

Sept. 7 - 12:30pm

Sept. 10 - 5:30pm

Sept. 14 - 10:00am

Sept. 17 - 5:30pm



*Swimmers will be sorted in groups according to age and ability at their first practice.

6. What do I need to know about the MAIS swim meet?

- Arrive early (warm up times will be announced). Swimmers must check in with their coach upon arriving to the swim meet. This is not only essential for us to know who's there, but it will allow us to put together relays as well.
- Bring double everything – ideally, that means a suit, cap, and goggles in case something breaks, tears, or is misplaced.
- You can never have enough dry towels!!!
- Parents, expect it to be warm, if not hot, up in the stands where you will be watching your swimmer(s). In contrast, your swimmer(s) will be getting in

and out of cold water, so it is a good idea to pack a swim parka or sweatshirt to help your swimmer(s) to keep their muscles warm.

- Pack a small cooler with healthy snacks and water. Meets can be long, and you want to ensure your swimmer(s) stay hydrated and energized.
- The pool deck is a crowded place with bags, towels, and shoes everywhere! Somehow swimmers just make it work! But remember to label everything! For parents, the bleachers are usually pretty crowded as well. Dress in layers so you can be comfortable no matter what! (Remember those roasting temperatures up there).
- Bring cash. Parents will need to pay for entry and purchase a heat sheet for the meet so you will know the line-up and when your swimmer(s) will swim. This will also help you to gauge how long you will be waiting between events, and how long the actual meet will be. Parents usually highlight their child's races to make it easier to follow. In addition, it wouldn't be a swim meet if you didn't purchase snacks from the concession stand! 😊
- Bring a sharpie. Why? Depending on the age of your swimmer, they may find it helpful to write the event numbers, races, heat #, and lane # on their arms. This is a swimmer thing.
- The most important thing? Enjoy it! While swimming is considered individual sport, we are all on the same team, and everyone supports everyone else like a family! The web site is a great resource, to gather information and stay on task for practice changes etc., but so are other parents. So, if this is all new to you, don't be afraid to ask questions!

