

September 2024 TREX Parent Meeting Information

Hello everyone -Advance thanks for reading through this page that documents the information from our first parent meeting of the season!

Our TREX assistant coaches this year are Dylan Tingley, Mackenzie Wallich, Shiloh Helberg and Riley Long

Equipment needed in TREX: kickboard, pull buoy, fins (graduating to short fins), swim snorkel, finger paddles, and a mesh bag to keep your investment together. Swimmers name should be on all equipment. There is a lost and found at Foothills pool specifically for the UCSC swimmers, but again, name on everything and a mesh bag will reduce the need for a lost and found!

Training schedules are posted, specific to the month, on the TREX squad pages on the website. Be sure to check the specific month, not just the “training schedule,” as each month there will be holidays or meets or adjustments to the schedule that I will update in the monthly calendars. If a swimmer has another activity that conflicts with their regular training schedule, please contact me and I will do my best to accommodate. It is better to arrive late to their own group than to train with another. Please also inform me of absences, either illness or being away.

TREX focus and goals: The four pillars of group placement are also on the website group pages under “group descriptions,” they are Performance, Training, Attitude and Commitment. In TREX swimmers develop all four strokes, learn specific drills and learn a willingness to trying different technique to implement change. Swimmers improve their technical competencies in all four strokes. Swimmers establish or enhance their positive relationship with effort, bravely trying new things, and developing a healthy enjoyment of the sport. Swimmers are encouraged to participate in other activities while realizing that improvement requires consistency (striving for 100% attendance).

Competitions and meet declarations. There is at least one meet per month for TREX swimmers, and I encourage you to try to attend them all. If there is ever a question whether your swimmer is eligible for a meet, please email me to check before declaring. If there is a conflict with a day or a session of a particular meet that your swimmer will attend, please type it in the “notes” section of your declaration on the website.

You will find our competition schedule on the TREX squad pages on the website.

Thanks and GO DINOS!
Amy Bidrman