

Hello NEW Churchill and Shouldice Dino Families,

Welcome to UCSC! My name is Michelle Downey and I am the head coach of the Development Program. Your swimmers will know me as Coach Michelle and I look forward to getting to know all your swimmers over the next 9 months. I know you are receiving a lot of new information about the Club. Please read this email to the end as it has information to help get your swimmer started. If you have any questions, please reach out to me at michelle@calgaryswimming.com. Please note that parents are not to approach coaches. They are on deck to coach and all communication must go through me at the pools.

We will have a Parent meeting towards the end of September, which you should attend. When reading below note the following abbreviations and where to find a lot of additional information.

Read the hand book that you have been given with your registration package. It will walk you through a lot of questions you may have.

Abbreviations:

SD = Shouldice Pool

CH = Churchill Pool

The club's website is calgaryswimming.com. You will receive your log in info once the office has your registration forms and has added you to the website. They add everyone as fast as possible, so please be patient. If you have not been added within a week of sending your forms, please check in with them because sometimes forms get stuck together. Once they have added you, you will receive an email asking you to "reset" your password. You will have 24h to confirm your email and sign in once you receive the password reset email. When signed in you will see a "members" tab on the top. This tab is only visible if you are signed in. Under this tab you will see a lot of important information. Not all of the information will pertain to your swimmers right now but as your swimmers continue to move through our program you will continue to reference this tab.

Day to day things you need to know:

What to wear to swimming: To swim meets you must be in your team gear (Dino caps, Dino swimsuits, and Dino shirts). For practice swimmers must be in team caps and appropriate training suits. Most swimmers will train all year in the team suit provided in September. The suits will last a long time, so please do not worry about that! Some swimmers prefer to wear other training suits. If you choose to wear another swimsuit it must have no frills, ties, and be fitted to the body. Board shorts and 2-piece swimsuits are not allowed. Suits for all swimmers should be fitted and not baggy, they do loosen in the water and tighter is better than too loose (think of suits being teeny, tiny and tight!). If a swimmer comes in a suit that is not appropriate, I will reach out to you to discuss proper swimming attire. When in doubt, use your team suit.

What to bring to swimming: Bring a towel, team Dino cap, goggles, kick board and swimming fins. Please note that goggles are given to each swimmer at their tryout, if your swimmer is returning and needs a new pair, or is new and finds themselves needing a new pair, they are available for purchase from the Club at \$25/pair. Kickboards and swimming fins are also available for purchase through the Club, we will be holding a "gear day" for anyone who needs items, more info below! If you wish to get a

mesh training bag for your swimmer please label it, the swimmers are allowed to keep the gear in the mesh bag on deck (in the provided deck bins) during training. They will be carrying their gear to and from the pool. The Club has a discount card to Team Aquatic Supplies that will be sent out and is also available on the website.

Goggles and caps: I have both with me, if your swimmer needs either they can come to me and I will let the office know, so they can bill your account. Team caps must be worn at all times. Goggles can be the ones we provide or ones you purchase elsewhere. Goggles must be training goggles and have 2 straps to go behind the head. They cannot be too large or cover the nose (play goggles). If your swimmer's goggles are not fitting, I will reach out to you and you will need to replace them.

Clothing Bags and shoes: All shoes must be left outside of the changerooms, for parents too! Bags, clothes, and towels can be left in lockers in the change rooms or on the benches behind the starting side of the pool. **Parents**, if you are entering the change rooms (including the family change hallway) you must remove your shoes.

Gear Day: This is only for new swimmers. If you need new swimsuits, flippers, kickboards or other team gear please order it on our website or reach out to our office team. I will pick up orders weekly from the club office, if you need it quickly you may need to go to the office to pick it up yourself. If you have ordered an item and I am grabbing it from the office for you please come and collect it from me/ask for it, I tend to have them in my bag and will **not** hunt your swimmers down to hand them out. They need to collect them personally from me.

New/replacement Caps and Goggles: I will always have new Caps and Goggles with me and the swimmers/parents can ask for them directly from me. I will then note your swimmer's name and submit all cap and goggle purchases to the office monthly to be billed to your accounts.

Lost and found from meets: At the end of a meet we will collect all team gear and bring it to both pools for a full week. After that the items will go into the general lost and found. After a meet please make sure you have the correct child's team gear. They tend to grab any yellow shirt at the end of the day mistakenly taking the wrong kids gear home. **Label your child's team gear and re-label it as needed!**

Important dates found on our website I have added info for quick reference: Under our "Development Squad" tabs you will find the following links- all information that I update regularly throughout the season.

- Meet list – always subject to change
- List of Days off – All stat holidays are off.
- What to bring to meets and FAQ for meets **You must read this before your swimmers first meet**
- Monthly calendars – you will always attend during your scheduled group time unless otherwise indicated on the calendar or via email. We have 8 groups in each pool so only come during your group time. (ex: CH3 5pm will always show up at 5pm). Important dates or changes to the calendar will be listed. If the calendar day is empty assume normal training. Calendars can be uploaded to your phones from the website.

Below is each group and their slotted swim times:

<i>CH Pool Monday Wednesday and Friday</i>	<i>SD pool Tuesday Thursday and Friday</i>
○ CH1 4 – swims from 4-4:30	○ SD1 4 – swims from 4-4:30
○ CH1 4:30 – swims from 4:30-5	○ SD1 4:30 – swims from 4:30-5
○ CH1 5 - swims from 5-5:30	○ SD1 5 - swims from 5-5:30
○ CH1 5:30 – swims from 5:30-6	○ SD1 5:30 – swims from 5:30-6
○ Ch2 4 – swims from 4-5	○ SD2 4 – swims from 4-5
○ Ch2 5pm – swims from 5-6	○ SD2 5pm – swims from 5-6
○ CH3 4 pm – swims from 4-5	○ SD3 4 pm – swims from 4-5
○ Ch3 5pm - swims from 5-6	○ SD3 5pm - swims from 5-6

September: September is crazy, here is a quick list of important things to note below (also on calendars) *all dates/times/locations are subject to change.

Development Start week September 14th

Dare to Care CH3 KNB 236 Sept 14th – 4:30-5:30

Gear Day SD1 Tuesday 15 – during regular training time

Gear Day CH1 Wednesday 16th - during regular training time

Gear Day SD2 Thursday 17th - during regular training time

Parent meeting SD Friday 18th

Parent meeting CH Monday 21

Dare to Care SD1 KNB236 Sept 22 – 4:30-5:30

Dare to care CH 1&2 Oval room 54 - Sept 23 – 4:30-5:30

Dare to Care SD2 KNA160 Sept 24– 4:30-5:30

Dare to Care SD2 KNB 236 Sept 24– 4:30-5:30

Oct 1 SD picture days

Oct 7th CH picture days

Lastly, and most importantly, if you have any questions or concerns, please communicate with me. My staff are on deck to coach your children and are not to be approached. I coach, oversee, direct, and manage the programming for Churchill and Shouldice Groups and am happy to address any

questions or concerns you have. On Fridays I am split between the 2 pools. If you need me and I am not at your pool, please send me an email. Unless it is an emergency do not come on deck and talk to the other coaches. I am happy to set up times to chat in person if you would prefer and I look forward to meeting all the parents and swimmers.

My email is michelle@calgaryswimming.com and I check it frequently.