



Masters Welcome Letter

Regular Training Schedule

Monday 5:30-7am ACC (starting Sept 18th)

Wednesday 5:30-7pm ACC (starting Sept 20th)

Saturday 7:30-9am ACC (Starting Oct 14th)

We will keep the commit site calendar up to date and changes etc will be sent out via Newsletter and email as well. The season will run from Sept till June.

Coaching Philosophy: We will be challenging our Masters swimmers fitness and working to improve technique as well. We are starting with a shared pool time schedule but as our Masters Program grows we can dedicate more pool space to the program. We will be working towards our individual goals and the coaches will give you ways to get closer to those goals as the season progresses.

Equipment/Apparel: Swimmers will still get a cap included in registration this season. There will also be navy hoodies and t-shirts for purchase, forms for those will go out in Sept.

Swimmer's Equipment needed: Fins/Training Suit/Goggles /Paddles and Pull Buoys

Competition: We will see what options are available and if swimmers are interested as the season progresses.

Let us know if you have any questions or issues. We are looking forward to a GREAT season.

Thanks!

Kendra

