



Parent Meeting
October 13, 2009
5:30
minutes

Thank you for all of those who attended the meeting! We have a lot of new faces, and I love it! Welcome to all the new parents and swimmers and welcome back to all the returnees! I am so excited for this season.

Some important dates to note:

Monday October 19th – 1st day of practice and Todd Thimesch will be here at 6:00pm for suit try –ons. Please note that the suits are the same as last year. All order forms for suits, caps and team apparel will be handed out on Monday night and due back with payment by Thursday October 22nd.

Wednesday October 21st – Officials training in the board room @ 5:30pm. would like all parents if possible to get certified! This is a free class and childcare is available until 8:00pm if needed.

Friday November 13th – there will be no Family Fun Night and Dive in Movie. Sorry I am moving to State Center that day and will not be able to make it back into town. I will reschedule for a later date.

Just a friendly reminder that all information is now on our website:

www.bluewaveswimteam.com Please take the time to go through the information and print off the practice calendars. Calendars will be updated by the end of the week.

Attendance: I do not take attendance at practice, however please remember the more your swimmer is there, the more they will benefit! Please have your swimmer there on time as I do start practice promptly! This summer I have to admit that I got a little lackadaisical on this and had some swimmers walking in up to 45 minutes late. This will not be acceptable this winter and if the problem continues we will have to enforce disciplinary measures. However this does not mean that they can never be late! Please let me know if they have other activities going on and that they might be a little late for practice, I am ok with this!

Meets: Meets are not required but strongly encouraged. I would really like to get a higher attendance for away meets(we only have 2). Please remember that there are a lot of teams that come here and spend their money buying merchandise, concessions and in our community. We need to return the favor. We are going to Black Hawk in December(lots of malls and restaurants) and Knoxville in January(Kathy has always been fantabulous to us) please look at the schedule and try to plan to attend these meets. Thanks. There will be sign up sheets posted on the black board on the lap pool deck, usually 2 weeks prior to the meet. They will be taken down the Monday before the meet

as I have to enter the information and send it in. I will always send out emails to remind you when a new meet goes up and usually double check the kids that have signed up.

Nutrition: You will notice that your children become bottomless pits once the season starts. It is very important to make sure they are getting enough calories in their little bodies. This means good healthy foods! Carbohydrates should be about 50% of their diet(breads, cereals, potatoes, pasta) They also need plenty of protein, fruits and veggies! There should not be a drastic weight loss in your swimmer, if there is or you have concerns please let me know. It is also very important to replenish the calories lost in practice within the first 30 minutes after practice. Have the kids bring a granola bar or a small snack to eat after practice. It is also very important for the swimmers to have a snack after school(apples and peanut butter or a turkey sandwich) something with protein in it so that they will have enough calories or energy to make to through practice.

Registration forms are located at the registration desk. Please register your swimmers as soon as possible. Make sure I have a current email address for you as this is my lifeline to you. I send emails out pretty much on a weekly if not daily basis once the season starts.

I hope I have answered some of you questions. If you have any more please don't hesitate to ask.

Go Blue Wave!
Shelley Lechnir
Blue Wave Head Coach