

# Splash Aquatics

Welcome to our Junior Lifeguard training program!

Here are some [FAQ's](#) we get from parents each year:

**Practice locations?** Practices will be held at Fountain Valley High School until March 25<sup>th</sup>. Starting March 28<sup>th</sup> practices will be at Westminster High School.

**Our team communicates with the remind app?** The REMIND app is a text alert system that you be invited to join. If you choose to join you will get reminders when we run testing, alerts if workout ever gets cancelled, and program updates. Not everyone checks their email so this is the best way for me to reach all my parents.

**What should they wear?**

**Caps:** Every participant will receive a swim cap on their first practice day. Please put your swimmers LAST name on both sides of their cap. Extra caps cost \$5.00. We do have caps and goggles to borrow if they forget their equipment one night. The boys will want to wear their board shorts at first, no problem. Jammers are much easier for boys to swim in. They can be purchased from the team for \$30. If we do not have your swimmers suit size they can also be acquired at Competitive Aquatics Supply in HB.

**Goggles:** Not provided but highly encouraged to have for all workouts.

**Should they come to workout dressed warm?**

No. If they come dressed for a blizzard the water will feel like ice. Let them come to workout with shoes, no pants, just a sweatshirt to keep warm and maybe a towel around their waist. This will help to lower their body temp and the water will feel warmer. The water is heated to 80 degrees all year long. Bring warm clothes for the ride home. Some parents in the past have brought hot coco and even warm towels from the dryer to make getting out of the pool easier. Rash guards are permitted but not recommended because they tend to affect technique.

**Is there a place to change?**

No, please have swimmers change at home or in the car.

**What if we miss a workout?**

There are NO make ups for missed classes.

**Will practice ever be cancelled? We swim in the rain** but will cancel workout if there is lightning or thunder. You will be notified via our remind app.

**What about dinner?**

Try to eat dinner around 5 pm then have a snack after practice. Swimming makes you hungry!! Have swimmers bring a water bottle to practice.

**Do we have to test on Friday's?**

We will test swimmers twice a month. Testing will give them an idea of how close they are to their goals. They will be tested in all 3 requirements. Testing starts 7:00 with the 100 yard swim first, the underwater 10 yard swim second, and lastly the 5 min tread. If you are only interested in the 100 yd swim then you may leave after your swimmer is done. Testing will not take too long on Friday so please don't drop off your swimmer we encourage you to stay and cheer them on.

**Is there another day besides Friday that we can test? No, sorry but we will only test twice a month. No exceptions.**

**Do we have to stay during workouts?**

Parents are welcome to stay or drop off their kids for workouts, we have your emergency cards on the pool deck at all times if we need to get in touch with you. Please do not talk to your swimmer or the coaches during workout. Save questions or concerns for either before or after workout.

**Questions?** Email is the best way to talk to me. Every two weeks I will email out the test results. I hope your kids enjoy our program. The coaching staff is available for private lessons if you feel that your child is falling behind or if you just want some one on one instruction for them.

Cynthia Bandaruk

Head Swim Coach  
Splash Aquatics

[coachcynthia@splashaquatics.com](mailto:coachcynthia@splashaquatics.com) (email) (714) 775-0212