

Splash Aquatics

Welcome to our Splash Aquatics Summer Swim Program!

Program goals to teach your swimmer:

Proper stroke technique for all 4 competitive strokes
How to streamline and turn for all 4 competitive strokes
How to do a backstroke start and a racing dive
That swimming on a team can be a lot of fun!!!

Is class ever cancelled?

Yes, class will be cancelled if there is a swim meet or a social event for the team. I will always; announce future class cancellations during workouts, post them on our REMIND app, and email them out to the team.

What should they wear?

All girls must wear a swim cap to every practice, for boys it's optional unless their hair is in their eyes then it's required. Extra caps and goggles cost \$5.00. We do have caps and goggles to borrow if they forget their equipment one day.

Girls: Need to have swimsuits that are one piece with straps that cross in the back, our team suits are \$40. Boys: Jammers are \$30 and Briefs are \$25.

Is there a place to change?

We prefer that kids change at home. Bathrooms are available for emergency use only.

Do we have to attend all 5 days?

Workouts are held at Fountain Valley HS Monday – Friday, just come as much as you can. We realize that it is summer time and you may want to ditch swim and go do some fun activities. If you can't make it to practice you do not need to contact me, please send me an email if your swimmer will be absent for an extended period of time due to a sickness or vacation.

Do we have to stay during workouts?

At this time the HBUSD is limiting the amount of parents we can have on deck. **ONLY parents of swimmers ages 5 and 6 will be allowed to stay on deck, bring your own deck chair.** All other parents can drop off their swimmer or chose to sit in their own deck chair off the pool deck. Please do not talk to your swimmer or coaches during workouts. Save any questions or concerns for after workout. You may also email me with any concerns or questions.

What if I feel my swimmer needs extra work? All of the coaches are available for private lessons. Please feel free to approach them after swim team and set up a time that works best for you. All swimmers no matter what their level can benefit from private stroke instruction. Swimmers will always absorb information better in a one on one environment.