



Dear Marlins Parents & Swimmers,

A new season is underway and we are excited about record numbers and a new coaching staff! Rapid growth occasionally comes with growing pains; we appreciate your patience as we smooth out the bumps and make changes to ensure practices are both efficient and productive. Stroke mechanic workshops are now being integrated into daily practices. We created three practice times to ensure swimmers get the individual instruction and attention they deserve. The team website and Facebook page are great ways to stay in the loop. When in doubt, please ask a board member; each member will be happy to answer your questions and welcome suggestions. Positive attitudes and clear communication will ensure our swimmers a great season!

We would like to announce that our team practices are held rain or shine! When weather doesn't permit the team to swim in the pool, the coaches will lead conditioning exercises in the gymnasium in the Berkeley 2000 building next to the pool.

A select handful of parents publicized concern regarding the initial focus on front & back crawl strokes. We assure you that the implementation of stroke mechanics for other styles of swimming are already being incorporated into their regular practice times for each age group. Our coaches are highly-experienced, certified, professional swim instructors. We are confident that their initiation of team captains to help train our swimmers will prove to be quite beneficial to each swimmer. They are watchful to ensure that our swimmers develop proper stroke mechanics and avoid adapting poor habits which will cause them to swim inefficiently and possibly disqualify in their swim competitions. We appreciate the increasing numbers of parents who have come forth with their positive feedback regarding our new direction with the team! If there are any questions or comments, please direct them to the board of directors or email them to martinsburg.marlins@gmail.com. We are always open to constructive criticism and new ideas. Please keep in mind that the Berkeley County Parks and Recreation Parents' Code of Ethics applies to social networks as well as any other means of communication.

In an effort to keep our swimmers safe, we would like to remind everyone that parents, siblings and swimmers not attending practice are only permitted under the pavilion or on the grassy area behind the pavilion. We would appreciate **parent supervision over siblings at all times**. Please be especially mindful of your children when using the building facilities (changing rooms/bathrooms). We have experienced issues with horseplay and younger children deliberately entering the opposite gender's locker rooms. If this behavior continues to be an issue, we will be forced to inconvenience everyone and close off access to the entire building during practice and those who must use a restroom must do so in the Parks and Recreation building after 9am. With the exception of team captains, **NO ONE is allowed on deck with the coaches**. The coaches are our children's lifeguards & most, if not all of the captains are also certified lifeguards. Please do not approach any of them during practice hours as this poses a serious hazard to the team members in the pool. If there are any questions or comments, board members are available to address them during practices and the coaches are available before and after practices.

Regarding our upcoming swim meets **Monday 6/14 & Thursday 6/17**, swimmers are to **arrive at 4:30**, sign in and be in the pool for warm-ups at 4:45pm. **PARENT VOLUNTEERS ARE STILL NEEDED!** ANTICIPATE A PHONE CALL IF YOU HAVE NOT YET SIGNED UP FOR 4 VOLUNTEER SLOTS! If you are scheduled to work a meet, please be sure to arrive early as outlined on the volunteer roster. A list of volunteers will be put in the **team file box** no later than the morning of the swim meet. Please make advanced arrangements for substitutions if you are unable to attend. Swimmers must come to practice the day of the meet unless arrangements have been made and agreed upon by the head coach prior to the meet.

Practice Schedule on SWIM MEET DAYS ONLY:

7:15am-15 yrs & up

8:15am-Ages 11-14

9:15am-10 & Under

REMINDERS:

-**Team swimsuits** & swim accessories will be available for sale on **Friday June 11th from 8-10am**.

-**Black Dog Coffee Sales**: Order forms can be found & submitted in the black file box and will be picked up each Friday & delivered each Tuesday. (If each family purchased 1 bag per week, the team could easily earn \$134 per week/\$1072 for the season to go toward the purchase of much-needed team supplies!)

-**Papa John's Coupon Booklets**- Each \$5 booklet contains a coupon for a free \$11 pizza and pays for itself! 100% of sales will go toward the end-of-season party for trophies and food. Please buy a handful for your family's pizza nights!

-**Pizza Montese 6/24 & 7/24 /Uno's Chicago Family Nights 7/14**-Please bring the family for dinner after our swim meets!