

## Practice Times and General Information

### **Level 1: Currents**

Coach: Yvonne Grigg

#### Practice Time

5:45-6:30; Monday, Tuesday, Thursday

### **Level 2: Riptides**

Coach: Cassidy Brandes

#### Practice Time

5:30-6:30; Monday through Thursday

### **Level 3: Tsunamis**

Coach: Sarah Stains

#### Practice time

4:15-5:30; Monday through Thursday

### **Level 4: Junior/Senior**

Coach: Neil Yost

#### Practice time

4:15-5:45; Monday through Friday

- Parents are permitted to be present during practice times. All parents are to sit in the balcony area. Any questions for the coaches must be asked prior to, or after practice. In the event the coach is not able to discuss at this time, the coach will arrange a meeting at a different time.
- Mask mandate: Currently swimmers are not required by the YMCA to wear masks to enter and exit the YMCA. This is at the parent's/ swimmer's discretion.
- All swimmers must wear a swim team appropriate suit, swim cap and goggles. A team suit fitting (for competitions) and cap orders will be available in the future.
- USA Swimming- USA swimming is reserved for returning swimmers who are 10 years of age and older. If you have questions regarding whether your swimmer should participate in USA Swimming, please speak with your Sarah Stains directly. This is a separate non-refundable fee.
- Volunteers Needed: Please check your registration packet for more information.
- Remind App: Throughout this year we will use this app to send information on practices and upcoming events. Also, please remember to regularly check your email and ask your swimmer to check their mailboxes for additional important announcements.
- All billing will be done through Team Unify. You can access Team Unify through **wayswimming.com**. If you have questions about your billing, please direct them to Lisa Philip, team treasurer.
- Please become familiar with our website, **wayswimming.com**. This will be periodically updated and is where you will need to declare or deny upcoming events.