# Practice Groups

We have posted the practice groups for the season on the pool deck. If you do not see your name please ask me. We do not have much room to change groups as each group is overcrowded as they are (new pool can’t come soon enough) so please do everything you can to make accommodations for the group you are in.

|  |  |  |
| --- | --- | --- |
| Marina High | **2/9/2020** | [Edition 1, Volume 1] |

Marina Swim

# Welcome

02/11-02/14

Tue-Thur Gold 2-330 White 330-5 Blue 430-5

Fri Gold 12-130 White 130-3

Welcome to our first newsletter of the 2020 Swim Season! Things are starting to heat up as the days approach to our first swim meet on 02/25 at home vs Lakewood. Here are a few things to know for the next week.

# Practice Schedule

We will continue with our current practice schedule for this week. Gold group will begin morning practice (6-7am) this week on Wed and Fri. The new practice schedule will begin Tuesday 02/18.

Mon 02/17 Gold Practice Weight Room 8-9 Pool 9-10. White Group Pool 10-1130. No Blue Practice.

# pENTATHLON/pICTURE dAY

Picture day and pentathlon is currently scheduled for 02/22. Girls Water Polo qualified for the CIF Playoffs, and have a great chance of advancing to the Championship Game, which is on 02/22. Historically, the Div 6 game is played in the late afternoon, which will cause no delay to our plans. Should the game be earlier in the day, WE WILL RESCHEDULE the pentathlon and pictures so the program can attend the game. We will let everyone know as soon as possible, but it will be short notice either way.

# clearance

Thank you for all you do to help our program. We can’t be as successful as we are without you!

I have sent out emails the last few weeks to those missing online/physical/impact from their clearance. PLEASE COMPLETE THESE BY FRIDAY. The school has threatened to drop anyone who is not cleared by the end of this week. You also can turn in your trainer/transportation ($100) to me or the financial window at rm 301. You may also pay online at [www.marinavikings.org](http://www.marinavikings.org). You will find it under the Athletics/Marina Webstore.

# Uniform/Donations

Thank you to everyone who has turned in their team donations and have ordered their team gear. Team Gear is still available online at [www.casswimshop.com](http://www.casswimshop.com). If you have not ordered yet, please do so as soon as possible so you will have them in time for our first meet. Team donations can be turned in at anytime to myself, or paid online at [www.marinaaquatics.org](http://www.marinaaquatics.org). You can also venmo @marina-aquatics

# Volunteers

We are in need of volunteers for the upcoming pentathlon. We need someone to help run the timing system, and we will need some help with the food at the end of the meet. You can also start turning in food/drink donations for the snack shack. You can drop those off at the pool during practice times, or reach out to me and we can schedule a time to meet.

|  |  |  |  |
| --- | --- | --- | --- |
| Questions? Email [swimmarinahigh@yahoo.com](mailto:swimmarinahigh@yahoo.com)  Thank you,  Stephen Wight  Marina Swim | | | |
|  | |  |  |
|  | | | |
|  |  | | |