

What to Expect the First Week of Training

The first day of training can be a bit stressful. Here are some tips to help both your swimmer and you!

Swimmers need to bring:

- Swimsuit
- Towel
- Goggles
- Swim cap (if they wear one)

Once we have ordered equipment (01 Sept – 04 Sept) swimmers will be expected to bring:

- Kickboard
- pull bouy
- hand paddles.
- Specific requirement vary by squad level. Check out your swimmers specific requirements on the squad levels page

SAS Primary and Intermediate School students must sign in with our SACAC aide, Ms Salamah in the MS/IS cafeteria. Primary school students will be escorted from their classroom to the cafeteria – make sure to let their teacher know what day they are swimming so she/he can send them to the café and not home on the bus! Intermediate school students need to make their own way to the is/MS cafeteria. They will be supervised there until practice time (either 3pm or 4pm). Ms Salamah will walk the swimmers to the appropriate pool.

Middle and HS students must make their way to the pool on their own.

Once at the pool - all swimmers must sign in on the attendance sheet and change in the locker room. Valuables must not be left in the locker room! Swimmers more than 10 minutes late will not be permitted entry into the swim session (unless they have a note from a teacher or parent explaining the need for the tardiness) and will be sent back to the MS/IS cafeteria to await pick or bus time.

Children on the afterschool activity bus (3rd grade and above) will be dismissed in sufficient time to allow them to change and make it to the bus on time.

Parents may pick up non-bus swimmers at the pool. Swimmers in 2nd grade and below must be met at the pool per SAS rules.

Have a question and not sure where to start? Email Stephanie Guilfoyle at FightingFish@sacac.com