



Altoona Swim Club – Important Parent Information

Parent Mailboxes:

Parent mailboxes are located in front of the pool office during all practices. This is how the majority of communication is handled between staff and parents. The mailbox will have a file for each family. It is very important to check your file at every practice for the following: These are available Sundays at the Campus.

- Messages to you from the coach
- Updates and changes for any meets
- Parent meeting schedules
- Volunteer needs
- Ribbons that your child earns at each meet (any ribbons left in your file for 30 days after the end of the session will be discarded)

Workouts:

Designed to perfect each swimmer's technique and also provide aerobic conditioning. The first couple of weeks workouts will concentrate on stroke technique and conditioning. As the weeks progress, the focus will be on more conditioning and increased yardage with less emphasis on stroke technique. Some videotaping is also used.

Team Swim Suits:

The Altoona Swim Club uniform consists of a [Sapphire](#) swim suit with a [Yellow](#) swim cap and goggles. Team suits are available at Action Accents. For females, we recommend the Speedo Solid [Flyback](#), and for males the Speedo Solid [Jammer](#). Examples can be viewed at speedousa.com or www.actionaccents.com.

Please note: The purchase of a suit is entirely optional. The only requirement we have is that females **must** compete in a one piece suit.

Also, swim suits tend to deteriorate when exposed to the chemicals in pools. We recommend that you use your team suit for meets only, and that you rise it in clear, cold water, and that you allow it to drip-dry away from direct sunlight. Suits shouldn't be exposed to soaps or shampoos.

If you have any questions concerning the Altoona Swim Club, or the Altoona Swim Club website, please contact Head Coach Jim Clearman at chevyjim@covad.net or 515-681-4390 cell