

Welcome to 25/26 season

I am Coach Metzger (mom) Assistant coach Jordan Smith

Can contact either of us via email. I still have my school account. Jordans is listed in the Swim Handbook. Please only contact us through email or Parent Square. Do not text us. Your parents may text us if it is an emergency. If you are sick and will not make a practice or a meet, please email me. Swimmers for other High Schools will be added to OG's Parent Square.

### Expectations

- Cost of being on team is \$230 Price is up this year; Y increased cost last year and I missed it so we have less in account than I feel comfortable with. We most likely will have less swimmers on team this year with last years large graduating class. Additional cost is your swim suit and (not required) any other T-shirts/sweatshirts you wish to purchase. Cost can be offset by fundraiser.
- Info on fundraiser is linked in schoology if you are not at meeting or need more order forms.
- PLEASE COMPLETE REGISTRATION FORM BY OCT 28. ALL ORDERS WILL BE PLACED BY OCT. 29. MONEY IS NOT DUE AT THIS TIME!!1 Registration form is linked in schoology.
- The first day in the pool is Monday, October 27 unless you are still competing in fall sport.
- This is a varsity team.
- Practices are mandatory. Must tell me if you are going to miss via email. Failing to inform me could result in loss of Varsity/JV letter.
- Please let me know asap if you are going to miss a meet. Entry deadlines.
- I use schoology to communicate with you. Other HS's will use the putnamcoswimteamsEntries and results from each meet will be posted in the 2025-2026 file. You are responsible for looking up your entries before the meet. New swimmers either I or Jordan will help you or any returning swimmer. The event order is the same at every meet, once you get the hang of it you will be good to go.

- We do have practices over the holidays. All rules, expectations, Varsity qualifying times and practice times are listed in SWIM HANDBOOK, LINKED IN SCHOOLOGY
- Please respect the YMCA. Everyone else there pays a membership fee to use the facility. Please lock your lockers. Coaches, school, and/or Y is not responsible for stolen property. Certain Lockers?????

#### Schedule:

Practice is 5 days a week. 3 days in weight room

- 1st WEEK EVERYONE IS AT POOL.
- Goal is by second week to have groups (lanes semi set) so we can begin the schedule we will follow the rest of the season
- You will be in the pool 4 days a week. The 5th day (which will be different depending on the lane you're in) will be your hard day in the weight room. The other 2 days you are in the weight room will be lighter type of exercises. At first they may work on general strength and conditioning. Weight lifting is considered a part of regular or Varsity practice.
- AM practice is extra for those who choose it and have a YMCA membership. Looking to start AM practices on November 3.