

Weekly Update 5/12/25 – 5/18/25

AQUASTAR,

Happy Monday everyone! I hope everyone enjoyed the beautiful weather and of course Mother's Day weekend. Below is our weekly update so please give it a quick read!

Communication Update

- Due to a policy change with Remind, we will be switching to **SportsYou!**
- All the instructions to join the app are attached to this email.
- We highly encourage that you follow the instructions and join as soon as possible!
- Athletes and parents are highly encouraged to join.
- Please let me or any other lead coach at practice know if you're having trouble signing up.
- We plan to use this app for future communication along with emails.

Practice Schedule:

- **Oakbrook**
 - Monday 5/12 – 5/18
 - Normal schedule Monday through Friday- refer to the google calendar for practice times.
 - Saturday 5/18 – we will be adjusting practices due to training for Learn to Swim. Below is the schedule for this Saturday
 - B/G/S: 7 – 9 am
 - Aqua: 8:15 - 9:45 am
 - White: 8:15 – 9:30 am
 - Red: 9–9:45 am
 - Monday 5/17 – 5/23
 - Normal schedule Monday through Saturday- refer to the google calendar for practice times.
- **Clear Brook**
 - Monday 5/12 – 5/18
 - Normal schedule Monday through Thursday- refer to the google calendar for practice times.
 - Reminder there are no Friday practices.
 - Monday 5/19 – 5/25
 - Normal schedule Monday through Thursday- refer to the google calendar for practice times.

- Reminder there are no Friday practices.

Meet Updates

- May 17th SPA Developmental meet information will be sent out **tomorrow afternoon**.
- We will be sending out preliminary entries for the June 6th – 8th BATs LC invitational at UH out **Wednesday afternoon**.
 - UH is a fantastic pool so we hope to see many of you there!

SSDL Information

- **Athlete Educational Webinar:** "Biceps in Balance: The Shoulder Connection Every Swimmer Needs" by Bryan McPherson
 - **Time:** Sunday, May 25th, 2025 at 7pm EST, 6pm CST, 5pm MST, 4pm PST
 - **Join Zoom Meeting**
 - <https://us02web.zoom.us/j/83495550397?pwd=cLaZweRFYikxZjN7IMbl6S6D7TtLOu.1>
 - **Meeting ID:** 834 9555 0397
 - **Passcode:** 621000
- **Parent Educational Webinar:** "Leadership Themes From the 2024-2025 Season" by Sean Workman
 - **Time:** Sunday, May 25th, 2025 at 8pm EST, 7pm CST, 6pm MST, 5pm PST
 - **Join Zoom Meeting**
 - <https://us02web.zoom.us/j/87221481443?pwd=l89pQxZV5abb0JVjGCvhEkJd1il6jU.1>
 - **Meeting ID:** 872 2148 1443
 - **Passcode:** 155178
- **New SSDL Website Passwords. Case sensitive!**
 - **Training/Nutrition/Leadership/Webinars Tabs:** **Road2L@**
- **Parent Wellness Info Call - Date/Time will be announced soon.** This is for any parents who want to take ownership of their health and wellness.