

Weekly Update 5/19/25

Below is your weekly update! Please don't be afraid to ask me any questions about the information below.

Communication – **New App! (Sportsyou)**

- 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
- **We will no longer be using the Remind app!**

Practice Schedule - **Next two weeks and an update to the Summer Schedule!**

- **Oakbrook West**
 - Mon 5/19 – Sat 5/24
 - Normal practice as seen on the google calendar.
 - Mon 5/26 – Sat 5/31
 - No practice on Memorial Day 5/26. Enjoy your day off, give thanks for those who have died for our freedoms, and enjoy your time with your family!
 - Normal practice Tuesday through Saturday.
- **Clear Brook**
 - Mon 5/19 – Thurs 5/22
 - Normal practice as seen on the google calendar.
 - Mon 5/26 – Thurs 5/29
 - No practice on Memorial Day 5/26. Enjoy your day off, give thanks for those who have died for our freedoms, and enjoy your time with your family!
 - Normal practice Tuesday through Thursday
- Our **FINAL SUMMER SCHEDULE** is attached to this email!

Meet Information

- **June 6th - 8th we have the BATS Long Course Invitational at the University of Houston!**
 - This will be a great meet at a great pool, so we hope to see many of you there. Attached to this email are the preliminary events we would like for your athletes to swim.
 - **For the 12U sessions of the meet**, BATS are offering the same events each day with a couple slight differences.
 - For many of the 12U athletes, we picked what would be best for each athlete by day so everyone has options on which day, Saturday or Sunday, they would like to swim! If you want your athlete to swim both days, we can adjust their events to allow them to swim both days without repeat.
- **Please respond by email or in person with one of the following responses. The deadline to respond is today May 19th by 9 pm!**
 1. We approve of the events selected and which day or days your athlete wants to swim.
 2. What day or days your athlete want to swim but would like to request different events and why.
 - a. We always recommend this option in person with the athlete to allow coaches to better explain choices in events.
 3. My athlete cannot participate in the meet and why. We always appreciate the feedback to better help us decide the best schedule possible for our parents.
- **If you have any questions, please let me know!**

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=cLaZweRFYikxZjN7lMbl6S6D7TtLOu.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=I89pQxZV5abb0JVjGCvhEkJd1il6jU.1>
 - Meeting ID: 872 2148 1443
 - Passcode: 155178
- **New SSDL Website Passwords. Case sensitive!**
 - Training/Nutrition/Leadership/Webinars Tabs:
- **Parent Wellness Program Info Call Recording Link:**
 - <https://youtu.be/B1SFsK4qaPM>
- **Parent Wellness Program Free Trial Registration Links:**
 - Individuals: <https://swimstrongdryland.com/subscription/parent-programming-monthly-plan/>
 - Couples: <https://swimstrongdryland.com/subscription/parent-programming-monthly-plan-couple/>
 - If you have any questions, contact Coach Greg Tymon at: swimstrongdrylandops@gmail.com