

SWORDFISH SWIM LEAGUE

FAQS

1. **Must my swimmer attend every practice?** No, your swimmer does not have to come to every practice. We encourage at least one practice per week. If he/she can make it to both, they are gladly welcomed!
2. **What should my swimmer wear?** Swimmers must wear goggles during swim practices at all times. Girls are encouraged to wear a swim cap or have their hair pulled back. Team suits will not be used this season, however, bikinis and loose suits are not suitable for this league.
3. **What tips should be enforced recreationally?** Although the Swordfish Swim League is a developmental league, many swimmers will want to join a team year-round. We will work on techniques necessary to be successful in that endeavor. Swimmers should remember the breaststroke and butterfly stroke require a two-handed touch on the wall upon completion of his/her race; freestyle and backstroke are one-handed touches; Individual Medley has a specific order of strokes. The swimmer first swims butterfly, then backstroke, breaststroke and finally freestyle. If any swimmer would like additional technique training, private lessons are available to be scheduled with Coach Liz Noonan.
4. **What if there is a rain-out day?** The team will swim in the rain and wind, however, if the alarm goes off, practice will be canceled. If two practices are rained-out during the week we will make it up on Friday. Attempts will be made to notify parents in advance of a canceled practice by email or text.
5. **What should my swimmer bring to each practice?** Goggles, swimsuit, swim cap (recommended, especially for long hair), sunscreen and towel. Swimmers should be ready to get in the water 5 minutes before each practice.
6. **How can I reach Coach Liz Noonan?** You may often find Coach Liz Noonan at the Laurel Oak Tennis Shop, or feel free to contact her via email email: Inoonan@laureloak.com or by calling her cell: 941.400.8999.



For more information, please contact Liz Noonan at the Tennis Shop:

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