

Welcome to OST Summer Swim Team 2025!

1. First Practice: May 12th!
 - a. Updated Schedule will be posted to OpelikaSwim.com.
 - b. Sorry for the change in date. Year-Round team leaves town for a meet in Florida on Thursday and I'd like to start on the first full week.
2. Familiarize yourself with Active Parent Portal.
 - a. (Link will be added when emailed out).
 - b. This is where you will mark attending to meets. No response = not attending. This is also where you can sign up to volunteer at our home meets.
 - c. Results from meets will also be on parent portal.
3. Respond to Tyler Email with additional email you'd like to add.
4. Primary Communication out – Active Text (no reply) and Group Email.
5. Primacy Communication to Tyler – Email or Text (Tyler Cell: 334-750-5348)
6. First Practice is May 12th.
 - a. Expect practice to go from 4:30 – 5:45p. New Swimmers and 8 and Under swimmers can end as early as 5:30p.
 - b. Practices will be outside. The pool will be set up for short course.
 - c. Groups and Practice Organization will be sent out by Monday afternoon.
7. Practice and Meet Expectations:
 - a. Your goal is to attend 2 practices each week.
8. Meet Expectations:
 - a. ATTEND ALL MEETS
 - b. Expectation vs Reality vs Our Goal for you kids
 - c. Let them be kids. (difference between swim / soccer / other sports).
 - d. Volunteer for 1 June Meet
 - e. If attending Districts – Volunteering at districts is required.

9. District Meet Requirements (Only Participation Requirements):

- a. Reside in Opelika.
- b. Go to school in Opelika.
- c. Reside in another town that does not offer swim team and Opelika is nearest option.

10. State Meet Requirements:

- a. Participate in the District Meet
- b. Achieve State qualifying time
- c. Or – Place top 4 in your individual event
- d. Or – Swim on a relay that places top 6

11. Know the different swim groups that swim with Opelika Swim Team

- a. Year Round Team: White / Red / Black / Senior
 - i. You can ignore any information you see that references these groups
- b. Summer Swim Team:
Traditional Park and Rec Programming. You'll be looking for information that is for "Summer Swim" or may specifically reference "Summer Swim (Age Group)".

12. Team shirts have been ordered and will be here in time for our first meet and pictures.

13. Team suits information will be emailed out again.

- a. Sizing kit on deck.
- b. Free shipping if order by May 7th!
- c. Team picture TBD but will be at normal practice time in June.

14. More team caps ordered – make sure that new swimmers have cap.