

MARCH - APRIL 2026

OST Newsletter

Stay in the know!



IT'S A
NEW
SEASON!



**FROM THE
COACHES:**

Looking Back on Fall - Winter

Tyler McGill - Head Coach

OST-

What an amazing season it has been! I cannot thank all of our families, swimmers, and support staff enough for making the 2025-2026 Short Course Season one to remember. Beyond time drops or starting swim team for the first time; my hope is this season has brought new friendships, challenges, joy, celebration, and growth for everyone.

While this initial newsletter is short, I hope it can be a starting point for a way to share information, upcoming events, reminders, accomplishments, and encouragement to the team.

If you ever need anything please don't hesitate to reach out (tmcgill@opelika-al.gov)

Fundamentals Group:

We are only a two weeks away from the end of the current season for Fundamentals. The first question we get around this time of year for these groups is “what’s next”. Below is a quick break down of what to expect in the coming weeks:

- Fundamentals: Last practice is March 19 followed by our mini meets on March 24 and 26. Make sure to log onto your swim portal to let us know if you’ll be attending the mini meets. This is a great opportunity for the young ones to showcase the progress they’ve made.
- We have two options for these swimmers at the end of March. Option 1: Join Camp OST for April and then roll into summer swim team for May. Option 2: Use the month of April to take a small break and then get starting back with summer swim in May.
- Links for Camp OST:
<https://www.opelikaswim.com/camp-ost/>

Dawgs Groups:

Like Fundamentals the season is wrapping up for Dawgs Group and again the question is always “what’s next”.

- Make sure to sign up for the mini meets on March 24 and 26. You will need to do this through the swim portal.
- If you just started Dawgs Group, especially those in Dawgs Developmental Groups, in January then we would like to to stay in the water and Join Camp OST.
- Swimmers in Dawgs Performance or in the Dawgs Hybrid group will receive an email when Phoebe gets back from vacation on group advancements. Those who advance to White Group or Red Group will start with those groups April 1.
- Swimmers who do not advance will have the month of April off and should sign up for summer swim team. This information will be at OpelikaSwim.com by the end of March.

White / Red / Black / and Senior Groups:

Long Course Season is officially here!

Updated March Calendars have been sent out and we are going to balance practices so that White and Red Groups get at least two long course practices in each week. Our challenge right now is getting through this last cold snap. Hopefully after this week the low temperatures are not in the 30s and 40s for multiple days in a row. If need be - we will shift Black and Senior Group practices to 6:15 - 7:45p so that everyone can swim inside.

Speaking of Long Course, you can find our long course schedule in the Parent Information tab at OpelikaSwim.com. We’re also thankful that Jennifer Eck sets up hotel blocks for us at all of our travel meets. These links are posted to the Facebook “OST Parent Connection” Page. You can also email me if you need the link.

We do not have any major announcements for White - Red - and Black Groups at this time. We do have one major need to know for Senior Group starting in April.

- On Thursdays in April OST will be offering FREE swim lessons to 6th Grade Students in Opelika. ALL Seniors will help to grow the next generation of swimmer in our community. This will be part of their practice on Thursdays from 4:30 - 5:30p. Half of the group will be working with swimmers with NO swimming experience and the other half will be working with swimmers who have experience but need help with any technique. This will be a requirement for swimmers in Senior Group and I will talk individually with anyone that has conflicts on Thursday afternoons.

Finally, we will have a few group advancements for these groups. Coach Phoebe and I will communicate to these families so they can start training with their new groups April 1st!

End of Season Party!

This year we will not be doing a formal OST Banquet. Instead, we will have a party outside after the mini meet on March 26. Swimmers in Red / Black / and Senior Groups will still have practice on this day. After the mini meet we will hand out Medals from the Southeastern Championships and NEW "IM Ready" Certificates for swimmers in White Group and below.

I do want to have some special time with the group of graduating seniors. They've invested so much into this team and have made a lasting impact on the program. This year I would like all the graduating seniors to get together for dinner.

New "IM Ready" Certificates:

This year we introduce some group advancement standards. One of standards, for our younger swimmers, is to complete a legal 50 in all four competitive strokes and a 100 IM. Congratulations to the list of swimmers below in Dawgs Groups and White Groups who have completed their "IM Ready" goal. An email will be sent to all the families in these groups with details on missing events and strokes.

We will be doing all of these events at the mini meets next week! Swimmers who complete their "IM Ready" goal will receive their certificate at the party after the meet on March 26th.



- Ava Chang
- Tennant Lane McGill
- Eliza Byars
- Norra Byars
- Iris Carpenter
- AnnaMae Cawley
- Scarlett Chesser
- Emma Choo
- Anna Dileonardo
- Roa Lee
- Marris Ralph
- Stella Whitfield
- Ian Cho
- Ransom Douthit
- Gale Capuano
- Sawyer Nichols
- Randall Plaisance
- Judah Strand
- Jiho Won
- Ella Kim
- Kennedy Sellers
- Piper Hines