

Welcome to Shark School



Shark School director Coach Becky and Assistant Coach Andy can't wait to get started. It's going to be a fun and fantastic year.

1. **Practice starts Tuesday, September 3rd**
 - a. Please note that **your swimmer must attend his or her assigned class time.** This is a safety issue as we limit the number of swimmers per coach.
 - b. **We guarantee six practices per month.** If due to weather or pool availability fewer than six practices are possible, a makeup date will be offered.
2. **Parking is in the lot to the WEST of the 9th Grade Center.** During football season the THS band practices in the lots behind the school. *You risk having your car towed if it is parked in the area allocated for the band.*
3. **Enter the school through the main gymnasium entrance.** Use the glass double doors furthest from the parking lot. The pool is down the corridor to the left.
4. **Parents may not sit in the stands inside the pool area or in the wooden crow's nest designated for THS coaches.** You may stand at the main pool door or sit outside in the hall. All adults on deck must pass a USA Swimming background check.
5. **The pool is cold.** You can help your swimmer stay warm by reminding him or her to stay in the water (it's the jumping in and out that causes shivers), wearing a swim cap, and wearing a rash guard shirt to provide extra insulation. If they are really uncomfortable they should **tell the coach.**
6. **Equipment.** Swimmers should have **goggles, towels, and water** with them every day. A **kickboard** is helpful. Be sure to label everything with your swimmer's name. **Swim suits** should be appropriate for physical activity.
7. **We do not have access to locker rooms.** Swimmers who wish to change clothes may do so in the restrooms located in the corridor to the west of the pool.
8. **Training fees are due by the 1st of each month.** You can pay online via PayPal (link at the website) or drop a check off at practice. Look for a cash box on the table near the door. **A \$10 late fee** is assessed for all payments received after the 10th of the month.
9. A copy of the **Parent Handbook** is attached for your convenience. Please also look for our weekly **Newsletter** every Wednesday evening for detailed information pertinent to practice and other important announcements.
10. Please sign up for **Remind 101 text notifications** for up-to-the-minute announcements regarding practice times, etc. Text your group code **@pflss1** to **510-447-1105**

SAVE THE DATE:

Team Kick-Off Party is Friday, September 6th

- 5:30 PM to 8:00 PM at the Creekstone pool
- \$5 per person (includes sandwich, chips, cookie, and drink)
- You will receive a Sign-Up Genius email shortly to RSVP
- Siblings welcome but only Shark School and PFL registered swimmers may enter the water