

TigerSharks Practice Guide

TigerSharks practice 5 days a week, from May through mid-July.
Refer to the schedules page for the current practice times.

Practice is a vital part of swim team. It is important and necessary to arrive at the pool on time.

If your child will be missing more than two practices a week for any reason, please inform your coach.

The TigerSharks have limited pool time and therefore, we must make the best use of the time we have.

What To Bring To Practice

- Towel
- Goggles – have an extra pair in your bag
- Swim Cap – not mandatory, but hair needs to be pulled back and off the face
- Sunscreen
- A good fitting Swim Suit
- Flip Flops or Shoes – The concrete gets very hot!
- Make sure all items are labeled
- A GOOD ATTITUDE!

Daily Practice Routine

- Sign in on the clip board each day
- Listen for a coach to call your practice group to start practice
- Do Not Enter the pool until instructed to do so by a coach
- WALK to where you are going, NO RUNNING on the pool deck
- Stay out of the zero entry and slide areas of the pool, this includes parents and siblings
- Be Respectful of everyone on the pool deck; including coaches, teammates, parents, other adults and siblings.
- Have fun and work hard!

Weather

TigerSharks practice even if it rains. In the event of thunderstorms, there will be no practice.
If you aren't sure call the TigerSharks hotline (988-1285) for a message.
Please do not call the front office for this information.

Family Folders

Family folders are our mail delivery system for each family.

The file boxes are pulled out during practices times and placed on a table near the soda machines.

Each family will have a folder, filed in alphabetical order by last name. In the event that a family has more than one last name for different swimmers, each last name will have a folder. (This helps our ribbons volunteers on meet days)

After meets, the swimmers will be able to collect their ribbons from their family folder.

This is also where we will distribute other information like the picture forms, swim-a-thon sheets, event flyers and where we deliver pictures once they ready.

Finally, any information filed in these folders must be reviewed and approved by the board or OV Parks.

Please ask before distributing other event information, coupons or party invitations.