

We finally have some plans for the upcoming swim team this summer. There is a lot of information in this, but should answer all of your questions.

COACHES:

Head Coach- Shelby Crouse

Assistant Coaches- Brandon Harvey, Emory Sproull, Emily Stevens

JUNIOR TEAM: At the youngest, your child should be a rising 1st grader by June 2023 (in kindergarten the 22/23 school year). Your swimmer should be able to swim, this is not a substitute for swim lessons!! This team is just for the child who may not be able to swim the full 25 meters across the pool, however they should be able to swim at least ½ of that. Once your child can swim a full 25 meters, they can move mid-season to join the Makos swim team and participate in a swim meet.

PRACTICE SCHEDULE:

May 22- June 15 Practice Schedule

Monday-Thursday pm practices

4:30-5:30pm- 9 and older

5:30-6:00pm- 8 and under (Last names A-K)

6:00-6:30pm- 8 and under (Last names L-Z)

June 19- remainder of season Practice Schedule

Monday-Wednesday and Friday am practices

7:30-8:10am- 8 and under

8:10-9:05am- 9 +10 year old

9:05-10:00am- 11 and older

Monday-Tuesday pm practices

5:00-6:00pm- 11 and older

6:00-7:00pm- 9 +10 year old

6:00-6:45pm- 8 and under

Thursday Fun Practice

9-10am - 11 and older

5:30-6:30pm- 10 and under

***No practice on Memorial Day and 4th of July.**

***Please note you do not have to attend all practices, and once school gets out you will choose which practice to attend either the am or the pm practice not both on the same day.**

SWIM MEET SCHEDULE: For our home meets, swimmers should be at the pool by 4:45pm for check-in and warm-ups, and at away meets by 5 pm. The meet will start at 6pm. As in the past, Thursdays are our make-up date if the meet is postponed due to weather. Please note you DO NOT have to attend every swim meet.

- June 14- Milestone at Rockville/Dolphin Club
- June 21- Atlee at Milestone
- June 28- Milestone at Chestnut Oaks
- July 5- Wellesley at Milestone
- July 12- Milestone at Goochland YMCA
- July 18 (Tues) – The Federal Club at Milestone (Wed is rain make-up day)
- July 30-31: Champs at Collegiate (child must qualify for this swim meet)
 - July 30 (Sun)- 12 and under swimmers
 - July 31 (Mon)- 13 and older swimmers

TO REGISTER FOR A MEET (ATTEND OR DECLINE)

1. From email you will receive
2. Go to website: www.milestonemakos.com
3. Click on parent portal (black column on left side, keep scrolling it's there)
4. Log in to your parent portal
5. Click on view meets
6. Check whether or not you are attending or not attending the meet.

Ordering Papa Johns for home meets: <https://www.pjcheese.com/makos> Orders must be in on the Sunday before the 6/21, and 7/5 and Saturday before the 7/18 meet.

Address to away meets:

Rockville/Dolphin Club

16238 Pouncey Tract Rd, Rockville, VA 23146

Chestnut Oaks

2204 N Parham Rd, Richmond, VA 23229

Goochland YMCA

1800 Dickinson Rd, Goochland, VA 23063

COMMUNICATION REGARDING RAIN DELAYS AND CANCELLATIONS

This season we will be using the Remind me app to communicate with parents about practice cancellations (due to weather), swim meet information and to call swimmers to the clerk of course. THIS IS A DIFFERENT CLASS THAN LAST YEAR. Please be sure to download this app and register for the Milestone Makos class which can be done using this link once you have downloaded the app. <https://www.remind.com/join/2e8b9923>

OTHER IMPORTANT DATES THIS SEASON:

1. Registration-April 1 (this link will not be active until 4/1)
 - a. <https://www.active.com/water-sports/swimming-registrations/gral-milestone-summer-2023>
 - b. \$20 late fee if register after 6/2
2. Parent Information meeting – April 24 (6-8pm) at clubhouse
 - a. Disco Sports will be at meeting and will have a bathing suit fitting if unsure of child's size. They will also have suits available to purchase. We will have our swim caps available to purchase and our "Go Makos" signs available to rent for the season.
3. Swim Kick-off- May 21 (5:00-6pm)

4. 1st practice- May 22
5. Pictures: June 24 (8am)
6. Neighborhood Pool Party Fundraiser- June 24 (11am-3pm)
7. Awards banquet- July 24 (5-8pm)
8. Champs social- July 28 (6-7pm)

MAKOS FEES (Please make sure you have a Milestone pool membership as well, you cannot swim on the team without being a member of Milestone pool). Milestone pool membership info found here: <https://www.milestonecommunity.com/downloadscategory.cfm?DownloadCategoryID=153>

1. 1st child- \$115
2. 2nd child-\$100
3. Each additional child-\$75
4. 15-18 year old child: \$45
5. Plaque: \$20 (for new swimmers and returning swimmers whose plaque is full)

*In order to receive the multiple children discount please register all of your children 14 and under in one transaction. If you have a 15-18 year old child, please see next bullet.

* If you have a 15-18 year old child and you are registering a child under the age of 14 too, then please do the transaction separately as you should not be getting the discount on the child under the age of 14 as the discount will be with your 15-18 year old child.

* If you have multiple children that are in the 15-18 year old age group then please do each of those transactions separately as well so you do not receive the multiple child discount, again the discount is already taken with the older children.

* If you have questions regarding the discounts please reach out to cshier2@gmail.com

COACHES IN TRAINING (CIT)

We will be offering our coaches in training program this summer. Please reach out if your child is at least 12 years of age and interested in being a CIT this summer.

SPIRIT WEAR

Orders for spirit wear can be placed May 1- May 29. This is a fundraiser for the team and we must have 25 T-shirt orders to fulfill the orders, so please order. Link for spirit wear will be active May 1.

TEAM SUITS AND SWIM CAPS

Bathing suits can be purchased at Disco Sports. If you do go to the store, just tell them you are with Milestone Makos and they can point you in the right direction. Disco Sports will also be at our parent information meeting 4/24 (6-8pm) and will have suits available to purchase. If you wish to purchase the suit at a different vendor (amazon or swim outlet), this is the uniform.

Girls- (red/black/white)

https://www.amazon.com/gp/product/B00DUJ6G0Q/ref=ox_sc_saved_title_3?smid=A3VX72MEBB21JI&psc=1

Boys- (red/black/white)

https://www.amazon.com/gp/product/B00DUJ9PXQ/ref=ox_sc_saved_title_4?smid=A218NCVVSLQN1Q&psc=1

Swim caps- The team has these available to purchase (\$6 latex; \$15 Silicone). I will have them available to purchase at the swim kick-off and they will be sold at concessions at every home swim meet. I recommend the latex for our younger swimmers because they will hate whatever is on their head, so you might as well buy the cheap one. Performance wise, silicone is better and it will last you more seasons (my kids are going into their third season now with their silicone caps, however I would not be surprised if it rips this season). If your child has a lot of hair, I definitely recommend the silicone caps.

I know this is a lot of information but hopefully I have covered it all. I am very excited for the season!!!! Please let me know if you have any questions, concerns, or need clarification on anything cshier2@gmail.com . I look forward to this season!!

Best,
Makos Board

Milestone Makos website: <http://www.milestonemakos.com/teams/830292-Milestone-Makos-swimming-team-website>

Milestone Makos facebook page:
<https://www.facebook.com/groups/780874032017897>