



Keep the momentum going!!!!

Have a little extra time on your hands without swim practice everyday? Here are a few ways for you and your parents to get ready for the next season.

For Mom and Dad

- Make sure to **Register** for the new season, www.swimfsc.org, make sure to choose “online registration” on the right hand side. (Long Course Annual members are already registered). Please contact the office if you have questions!
- Practice is more fun with friends. Please **Refer** swimming friends that are looking to get ready for the summer or want to splash into year round swimming. (we do offer team discounts for referrals)
- Start marking the **Calendar**. Fall is a busy time for many families with school and activities crowding the calendar. We try to get dates for meets and team activities out as soon as we have them nailed down so you can make sure to attend. Please keep check the calendar and emails for upcoming events and the **Meet Schedule**.

For You!

- 1) **Go outside!** Winter is just around the bend and it will be tough to enjoy the great outdoors! Everyday is a great day outside: go for a run, ride your bike, visit a forest preserve. Swimmers tend to be fish out of water so anything is better than nothing. Start small with a 10 minute run and add a minute a day. Or take a 20 minute trek going 2minute run/1 minute walk!
- 2) Do your dryland warm up! It short and sweet but will keep you up to speed after break. Keeping your body parts healthy with our **Dynamic Shoulder Warm-up** will keep the swimming parts in good working co0ndition.
- 3) You can do **Pushups/Situps** anywhere so make yourself a check off challenge of all the places you did push-ups/situps and how many.
- 4) Pump up those tires grab your friends and go for a **Bike Ride**.
- 5) Check your swim bag, now is the time to get new equipment if it is lost or doesn't fit.
- 6) **Give your swimming brain a break!!!** Have fun and try to be a land animal for a few weeks ☺

