

# WELCOME TO WATERLOO HOMESCHOOL Training!

Welcome to the Waterloo Homeschool Program. We are excited to have you join us. We want this to be a positive experience for you and your swimmers. This information will hopefully help to guide you to your first day of programming

If you have any questions, please email us at [info@waterlooswimming.com](mailto:info@waterlooswimming.com), or see us at the front desk.

-Mike & Gwyn Varozza  
Waterloo Swimming

## WHAT TO BRING

Your swimmer will need the following equipment besides goggles:



- Swimming Snorkel
- Kickboard
- Fins
- Mesh Bag

We sell these items at Waterloo, but you are not required to purchase them through us. No other competitive team gear is allowed except summer league swim caps.

## WHAT TO EXPECT

Our home school practice is a fun class for swimmers to improve their technique and work on physical endurance. Our practices will be geared to create an exciting and motivating atmosphere for instruction, create a lifelong love for the sport, and instill positive sportsmanship.

## HOMESCHOOL 1 & HOMESCHOOL 2

Homeschool 1 (Fridays) and Homeschool 2 are 45-minute workouts for those looking for a fun, noncompetitive workout. It is a great opportunity to improve your swimmer's technique and work on endurance.

## HOMESCHOOL 5

Swim Fit 5 is a 75-minute workout offered Monday – Friday for experienced swimmers who want to keep in shape or use this time for their Off Campus PE Credit. This is a much more intense workout for swimmers who have a fairly high level of endurance.



### \*\*\*\*PARKING LOT\*\*\*\*

#### SAFETY & ETIQUETTE

**DO NOT DROP OFF SWIMMERS AT THE FRONT DOOR...even if it's raining!** The same is true for picking up swimmers. This causes gridlock and frustration. Please pull up to the RIGHT / BACK side of the building to let them out. If there are cars behind you, please pull further up the RIGHT side of the building. Drive slowly around the building as there may be swimmers doing their dryland workouts. **DRIVE SLOWLY** through the parking lot. We have many young children who take swimming lessons in the afternoons. Little ones don't pay attention, so you must!

## COACH EMAIL ADDRESSES

Please contact your coaches if you have any questions about programming or about your child's progress.

Coach Amber

<mailto:Amber@waterlooswimming.com>

## SWIM MEETS FOR HOMESCHOOL

We will be hosting swim meets for our Homeschool swimmers. These are a great way to get a taste for competition and to see how our swimmers are progressing with their fitness goals