

# Parent Zoom Meeting

Tuesday, October 13, 2026 | Fall season update

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01

## Practice progress

Updates on training, including endurance, interval control, race-pace work, turns, starts, and underwaters.

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02

## Practice times and attendance

Review each group's scheduled start time, arriving ready to train, and why consistent, punctual attendance matters.

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03

## Milbank drylands update

Discuss the addition of dryland training at Milbank and how it fits into the practice routine.

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04

## Coaching team

Introduce our new coach and explain how the coaching team will support swimmers this season.

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05

## October 17 swim meet

Preview the upcoming meet at Milbank, including participation, arrival information, and race-day expectations.

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06

## Equipment, suits, and meet opt-outs

Review swim caps, goggles, training equipment, and team swimsuits; explain where and when families should submit meet opt-outs.

**Please come ready with questions and your swimmer's meet availability.**

We will close with parent questions and next steps.