

DT Howard Swim Parent Meeting 8/14/2023 Zoom @ 7:30 pm

History of the Team:

- Began the team around 3-4 seasons ago. Current sophomores were the first group of 6th grade middle schoolers.
- Started as a mindfulness program centered around swimming. Mindfulness is still a main focus of the team. We are creating a positive social emotional environment, thinking about body imaging, and self esteem. This is especially important for middle schoolers. This was very successful last year. Mindfulness session is held before each practice and during swim meets. Great way to reduce anxiety, especially at meets. Parent Carrie McKinnon discussed using mindfulness routines throughout the swim season.

2023-2024 Season:

- Middle school will have a dive team. Divers will practice with Atlanta Dive with the High School swimmers. The details are still being worked out.
- Five meets- Invited to a tri meet at Lovett and Beacon Hill Middle on October 25th. Meet dates are being worked out.
- Season will start earlier.
- Conditioning will begin at the end of August. This will mainly be dry land but we are waiting to hear if we can use Inman Park pool.
- Season begins October 15th.
- Tryouts will be October 3rd, 4th, and 5th
- Swimmers should be able to swim at least 25 yards. Their strokes do not need to be perfect, they just need to be able to swim. Tryouts are not about cutting swimmers but being sure that all swimmers are pool safe.
- Be sure you have completed dragonfly paperwork and Team Snap with Howard.
- Ms. Cason (6th grade teacher at Howard) will be helping to coach this season.