

12/1/09

Dear FCA Swimmer and Parents,

The team practice schedule for the upcoming holiday break (December 21st through January 3rd) is attached. Please note that there are additional practices and several time changes--especially for the Junior II and Senior Groups. This schedule is attached in the email and will also be posted on the FCA bulletin board in the pool foyer.

This is a standard and very important training period in the world of competitive swimming. Athletes across the country will be working hard during this break, commonly referred to as "Holiday Training," in order to get a leg up on the second half of the season. The attached article by Arlene Douglas, "Missed Opportunity," is an enjoyable and informative piece which helps illustrate why this break serves as an excellent opportunity to work hard, improve and bond with your team. FCA wants swimmers to take advantage of this moment, to make as many practices as possible, and to put themselves in the best possible position for the rest of the season.

If your family is going out of town, please let us know when and where you plan to go, so we can help you find a place to train. There are many USA Clubs in the United States and chances are good that there is a viable option nearby. Feel free to take advantage of [US Swimming Club Search](#) and please send your email well in advance, indicating "Holiday Trip" and the respective training group in the memo space, so the coaches have time to help with this process. If we can not find a team for you to practice with, we will be happy to give you some workouts to do at a local pool. You can send an email to fcaquatics@friendscentral.org.

Thanks for your attention, have a great holiday and keep swimming!

Sincerely,

FCA Staff