May 31, 2012

Dear Parents and Swimmers:

We would like to welcome you to the Forest Hills Synchronized Swim Team for the summer of 2012. The theme for this year’s show is “Wonderful World of Disney,” and is scheduled for Sunday, August 5th.

Attached is a schedule of practices for June and July. It is essential that each family understands the importance of attending practices regularly and promptly. The availability of the pool for practices is limited so we must make good use of each practice time. Also, since our group session times run back to back and we do not want to take away from group practice time, please call or email us with questions and concerns you might have.

We would like to stress that it is very important during synchro week your child(ren) attends every morning and evening practice. If you know you are going to have a conflict, please see one of the coaches immediately to discuss this problem. Upon the discretion of the coaches, if your child(ren) cannot make it to all of the practices during this week, they might not be able to participate in candles or the finale.

For all updated information, including practice cancelations, please call the synchro hotline number at 412-351-7330 ext. 273. On stormy days, we will still hold practice inside the lodge unless the hotline states otherwise. If practice is canceled, the notification will be on the hotline by no later than 7:45 P.M. on that night. Throughout the course of the season, we will also be keeping you updated with information through email.

Each swimmer is required to have a pool pass and a plain black bathing suit for the show. Costumes will be given to each swimmer and will need to be sewn or securely pinned onto their suit for picture day, dress rehearsal and of course for the day of the show.

A reminder from Lynn (pool manager) is that she does not want anyone in the water, in the grass, or on the pool deck if they are not practicing with their group. There is only one lifeguard on duty during synchro practice and there are regulations regarding the number of people allowed in the pool at one time with one guard. Older girls coming earlier or staying later to work on individual routines must ask the lifeguard on duty and be PRACTICING in the water!

The Synchronized Swim Team is a volunteer run organization that depends on the assistance of all of the families. Each family is encouraged to volunteer to help with at least one activity in preparation for the annual show. The show would not be possible without your help and support! We want to make this a fun season for everyone as well as put on another unforgettable show. If you have any questions throughout the season, please feel to call or email us. Thank you for all of your time and cooperation!

Truly yours,

Anmarie Rodrigues
Head Coach

Laina Cross
Assistant Coach