

Hello Swimmers and Divers,

My name is Laurie Torrence and I am extremely excited to be your coach this coming season. Although this is my first season coaching you ladies, it is not my first time as a coach. I have an extensive swim background as I started competing at the age of 5 and continued through college. I also have experience as a swim official, a US swim coach, a modified and high school coach. I have basically covered all areas of the swim world. I currently work at the Ginther School as a physical education teacher. When I am not at work or coaching I'm very busy with my 4 active kids. My nights take me to lacrosse, a barn, fishing holes, and overseeing lots of homework.

I am so grateful to have a season with you ladies this year. Although there are new guidelines and procedures to follow, I do feel it will be a successful season. There are a few details that you need to be mindful of as we start the season. First, tryouts start on September 28th at 3:30 - 5:30. You will need a suit, cap, goggles, water bottle, mask and a towel. Prior to entering the building for try outs/practices you will need a health screening completed. I am requesting that you take a screenshot of the green check mark and show it to me upon entering.

The first week of practice is going to consist of stroke work, turn work and starts. The practices will be a mix of endurance, skills and technique. Practices start promptly at 3:30. This means you are expected to be on the deck, fully ready by 3:30, not strolling in the doors. If you are in school on the day of practice you are to report to sports study hall in the HS cafeteria. This is mandatory. The pool will not be open earlier than 3:25. Lanes will be assigned and starting points predetermined. The first day there will be a bit of "housekeeping" to go over. Every practice will have a warmup set, main sets and then a cool down. I am also building in a team building opportunity during practices. All work and no fun is not good for anyone. Dryland workouts will be assigned to you to complete independently as I want to maximize the time you are in the water. Since we have limited days prior to our first meet, it is important that you attend all sessions to make the requirement of 10 for the first meet. We will be practicing 6 days a week (Monday-Saturday). Wednesday practices will be at the same time 3:30-5:30. Saturdays will be early morning 8-10.

Divers, Coach Lesniak will be working with you. You are required to be at practice at 3:30 as well. Please come prepared with a suit, towel, mask, shorts, shammy, goggles and cap. All practices will be at the Brockport pool. You are going to get plenty of board time working on technique and approaches. Prior to getting on the board you will complete a short swim warm up and stretch.

I am looking forward to seeing everyone on the 28th. I will reach out to all if anything should change. In the meantime if you have any questions feel free to email me at Laurie.torrence@bcs1.org

~Laurie~

*Student Athletes must complete our district health screening prior to being able to participate in practice. If students attend school the day of practice, their health screening from the morning will be sufficient. However, full remote and hybrid students that are at home on the day of practice/athletic events will need to complete a health screening and provide proof of approved status (green checkmark) prior to being allowed to participate.