



WMST Practice Time Slots & Sign-Up Genius

Practice Time Slots

- We will begin hosting practice on Monday, May 18, 2020 at the [Northampton Pool](#) located at 6012 Root Rd, Spring, TX 77389.
- We will start with **5:30am** practice Monday through Friday, and **6:15pm** practice Monday through Thursday for the first week.
 - Note that the practice schedule/times/slots that are offered will likely be changing from week to week as a function of pool availability
- We will begin workouts by limiting the number of swimmers to **one person per lane**, this means at Northampton, we will have a maximum of 6 swimmers per practice.
- You will be signing up for one of six lanes per practice, and your coach will direct you to which lane would be most appropriate so that you are surrounded by swimmers of similar speed and ability.
- We are aware that most swimmers have been out of the water for at least seven weeks, as such we will be starting back to practice slowly.
 - Drills, technique, regaining a feel for the water

Sign-Up Genius

- You will only be able to sign up for a practice slot if you are an Active member of WMST, and in good standing.
- You will have to sign-up for each practice on a weekly **Sign-Up Genius** link that will be emailed, posted on Facebook, and located on our website.
- All of the practices for the week (Monday morning, Monday evening, Tuesday morning, Tuesday evening, etc.) will be listed on the weekly Sign-Up Genius link.
- The link **will be emailed out each week** on Friday at 7pm for the entire following week (starting with Monday morning practices).
- You will be **limited to signing up for only TWO practices for the week** so that we can try and get as many members in as possible.
 - If you attempt to sign up and lanes are full, please send the Team Administrator an email at wmst@wmst.net. We have limited lanes and a lot of swimmers, and our goal is to get anyone who wants to swim time in the water.
 - If, after 7:00pm Sunday evening, there are additional open slots to sign up for, you may sign up for ONE additional practice for the week. Please call our Team Administrator, Stacey Eicks, at (281) 414-2377 to be added to an additional time slot.
- **You will be charged for the number of practices that you sign-up for, regardless of whether or not you show up to that practice (\$10 per practice)**
 - If a practice is canceled due to weather or other mitigating circumstances, you will NOT be charged. Practice cancellations will be announced as quickly as possible via email, Facebook, and the WMST website.
 - If you sign-up and do not show, you will be taking away from a swimmer who wanted to swim.
- Do not swap time slots, the coaches will be expecting the swimmers who are signed up online.
- There is a **COVID-19 Waiver and Release of Liability** form that will need to be acknowledged on Sign-Up Genius each week that you sign up for a practice slot.