

Swim Team

Registration for the swim team will begin on June 7 and will continue throughout the summer. Team information will be available at the pool. Call the Recreation Department for details. Swimmers are expected to attend all practices unless they have spoken to coaching staff in advance. Those swimmers who both attend practice and work hard in practice will be given preference for swims at meets. If the your child can not make the practice time for his/her age group but can make one of the other times, please come speak with coaching staff so we can make arrangements for your child. **There will be practice on days of away swim meets (evenings only)! **

***Note for all 8 & Unders:**

All 8 & Unders interested in joining the team must be proficient in freestyle and backstroke and must be able to complete one length of the pool (50 meters) without stopping. In addition, they must have a basic understanding of breaststroke and butterfly, as these strokes will be refined in practice. It is assumed your child has completed the Journey series at the MCP or another comparable program elsewhere, no exceptions. If you are unsure if you child meets this criteria, or you child needs a little more work, you are allowed to join the team at any point during the season. Private lessons are available.

Meet Schedule/Procedures:

There are a total of 8 Dual Meets and 2 Championship Meets during the season. There are 4 Home meets (which are morning meets), and 4 Away Meets (MOST of which, but not all, are evening meets this season). Swimmers are expected to attend all meets, both Home and Away, unless they have spoken to me in advance. Swimmers who attend both home and away meets will be given preference for swims at meets. Rain dates for meets will occur on Fridays. In order for your child to be eligible to compete in the Divisional meet, s/he MUST have attended at least 4 regular season meets. This is a qualifying meet for Meet of Champions, and your child's time in the Divisional meet will determine his/her qualification for the Meet of Champions.

• HOME MEETS:

o Warm-ups will start at 8:00 am sharp. Please have your child arrive at least 15 minutes prior to warm-ups so that they can get in the pool on time. Swimmers MUST check in with Melissa when they arrive so that they do not get scratched from the meet.

• AWAY MEETS:

o Warm-ups generally start at 5:30 sharp. Swimmers should arrive at the pool at least 15 minutes prior to warm-ups and MUST check in with coaching staff so they do not get scratched from the meet. Directions to away meets will be available at the pool, please contact coaching staff if your child needs a ride and they can make arrangements.

**** Parental support is necessary to the running of all swim meets. We need parents to time, ribbon write, score, announce, etc. at all of the meets, home and away. If you are new to the team and have never completed any of these tasks before, Melissa would be happy to teach you!!! ***

Dive Team

Diving experience is not needed when joining the diving team! Everyone is welcome!

Registration for the diving team will begin on June 7 and will continue throughout the summer. Team information will be available at the pool. Call the Recreation Department for details. All divers are required to come to practice. If divers cannot attend practices or certain days of practice, the coach is willing to work with the diver's schedule. There will be 4 practices a week. The 12 and under age group will practice for the first hour and the 13-18 age group will practice for the second hour. The practice schedule will be determined closer to the summer. Private lessons are available.

Meet Schedule/Procedures:

The season runs from the end of June to the end of July. There are about 6 Dual Meets and 1 Championship Meet during the season. The Diving Meets will start at 6PM except for the Championship Meet. For the home meets, warm-ups will start at 5PM sharp and for the away meets, warm-ups start at 5:30PM sharp. The meet usually ends by 8PM. The actual schedule will be determined before the season starts. In order for your child to be eligible to compete in the Championship meet, s/he MUST have attended and been considered an official diver in at least 3 regular season meets. If the diver does not have the minimum dives required for the age group than s/he will be considered an unofficial diver, but can still dive during the dual meets. Parental support is necessary to the running of the diving meets. We need parents to announce, work at the scoring table, ribbon write, etc. There will be a parents meeting the first 10 minutes of the first season practice. During this time the coach will explain more specifics about the diving season and a sign-up sheet for parental volunteering will be passed around. If you are new to the team and have never completed any of these tasks before, the diving coach will be happy to teach you!!!

If you have any questions please feel free to email me at elizabeth.hennings@gmail.com