

2018-2019 Boys Swim Team Expectations

Head Coach: Ms. Annie Cook 506-9509 acook@fergflor.org

Athletic Director: Mr. David Kastrup 506-9400 dkastrup@fergflor.org

- First day of practice: August 6 2:30-5:00. A bus will take us from the McCluer M4 Gym to MSB and back.
- All practice times are 2:30- 5:00, Monday-Friday. Practices are held at the MSB Natatorium.
- Athletes will not be allowed to participate until ALL physical forms are completed and turned in.
- Swimmers are required to ride the practice and meet bus unless prior approval is given by the Athletic Director, required paperwork is submitted, and the AD has communicated such to the coach.
- The practice and meet bus leave M4 gym at 2:30. **DO NOT BE LATE.**
- **Swimmers are required to attend all practices.** If a swimmer must miss a practice, Coach Cook must be informed prior to 12 pm. Failure to inform Coach Cook or could lead to a Behavior Intervention.
- Swimmers must participate in 14 practices prior to being eligible to compete.
- Swimmers are to provide their own practice and drag swimsuits, goggles, towels, water bottles, and swim caps (swim caps are not required for practice or meets)
- Swimmers are to bring practice suits, drag suits, goggles, and water bottles to EVERY practice. Swimmers must wear swimsuits: gym shorts and underwear are NOT acceptable as swimsuits.
- Competition suits will be ordered once the roster is complete. If a swimmer completes the entire season, the swimsuit will be theirs to keep. **Any swimmer who does not complete the season for any reason will be fined the cost of the competition swimsuit.**
- Swimmers are required to shower prior to entering the pool as well as at the end of practice. The purpose of these showers to rinse off the oils and grime from the school day for the health of the pool, and to rinse off the pool chemicals after swimming for your health. This does NOT mean a 10 minute soak, but a quick 2 minute shower before and after being in the pool.
- Swimmer may not practice or complete with any jewelry of any kind on their person.
- Swimmers are required to dress for competition for every meet, and are to remain on the pool deck in their competition suit until after the team handshake at the end of the meet, regardless of their participation in the meet.
- Swimmers are advised to not leave any belongings in locker rooms during practices or at meets. The school is not responsible for your personal items.
- Swimmers may get rides home with their parents after swim meets with prior approval EACH TIME from Coach Cook.
- Swimmers are responsible for arranging rides home from M4 after away meets.