

## Monroe Girls Swim and Dive Team Fall 2019

Hello! The purpose of this letter is to inform MHS and Jefferson female athletes about our girls swim team for this fall. **Anyone who can swim one length of the pool using a front crawl under 30 seconds is welcome to join our team.** All practices and meets are mandatory: This is a varsity sport and the attendance expectation reflects the commitment to a varsity sport.

The fall girls' season begins Wednesday, August 14 at the Monroe High School Pool. Our practice times prior to September 4 are 2:30pm-4:30pm, Monday-Thursday. After September 5, our practice times will go from 2:30pm-4:30pm, Monday-Friday, and Saturday from 10:00am-noon. The last meet of the season for most of our swimmers is Saturday, November 9 at the SEC RED Championship. PLEASE SEE THE ATTACHED SCHEDULE AND PLAN TO ATTEND ALL MEETS!

NEW THIS SEASON: Athletes are expected to attend five practices per week. There will be six practices offered each week. This change was made to accommodate our swimmers who are also in marching band. There are 10 conflicts currently on the schedule. All can be made up by swimmers by attending Saturday practice which will be optional for athletes who have already attended five practices for the week. This will allow our athletes to participate in other activities one night per week and still practice and compete at the same level as our athletes that solely focus on swimming and diving. Please note, that swimmers who miss one practice during the week **MUST** make it up that Saturday or they are choosing to sit out the next meet.

Before any of our athletes will be allowed to participate this season, an updated physical must be handed to the coaches or turned into the athletic office at Monroe High School. For a physical to be current, it must have occurred on or after April 15<sup>th</sup> of this year. No exceptions will be made for athletes that have not taken care of this responsibility.

We will try host one dual meet this season. It has been our tradition to provide a meal for both teams after home dual meets. The expectation is that all families of the team will provide some type of food for this event. I would like this tradition to continue; we need a parent to help organize these meals. If you are willing to help organize these meals, please contact Coach Schade at [coachsshade@live.com](mailto:coachsshade@live.com).

If you have any questions, please contact me at [coachsshade@live.com](mailto:coachsshade@live.com).

Looking forward to a great season this fall!

Coach Schade