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## Blanchet Swim Team 2018-2019 Information

### Swim practice will start **Tuesday, November 13, 2018**

**Team Athlete Limit:** The first week of practice is crucial for determining team makeup and flow of practice for the rest of the season. If registration exceeds 28, we may adjust components of practice, such as lane assignments.

### Lettering & Attendance

Swimmers are expected to attend all practices and meets. If you have conflicts with practices or meets, let us know early!

**Lettering breakdown:** practices with school or club are worth 100 pts total, regular meets are worth 5 pts each, district meets are worth 10 pts. 140 pts are required to earn a letter. Excused absences will earn half the original point value.

### Practices & Schedules

Monday through Friday after school	Tuesday early morning	Meets
The Courthouse Athletic Club - <b>3:45 - 5:00 pm</b> 4132 Devonshire N, Salem	The KROC Center - <b>6:15 - 7:15 am</b> Bill Frey Drive, Salem	Finalized schedule will be available online in the coming weeks

On Tuesday afternoons, we incorporate a dryland workout into practice. Swimmers must bring gym clothes and shoes.

**We will have two morning practices that occur on Thursday instead of Tuesday: November 15 and January 3**

### Gear

Bring your own	Provided by the school
<ul style="list-style-type: none"> <li>• <b>Practice suit</b> (one-piece for girls, jammers for boys). We recommend using swimoutlet.com and purchasing a TYR or Speedo grab bag suit. They are economical and will hold up well against the Courthouse chlorine.</li> <li>• <b>Goggles</b> – we recommend Speedo Vanquishers, which can be purchased at Dicks, Big 5, etc.</li> <li>• <b>Water bottle</b></li> <li>• <b>Towel</b></li> <li>• <b>Practice swim cap</b> (optional, but recommended)</li> <li>• <b>Lock</b> for the locker room (optional)</li> </ul>	<ul style="list-style-type: none"> <li>• Team suit</li> <li>• Team cap</li> <li>• Mesh equipment bag with pool buoy and paddles</li> <li>• Kickboard</li> </ul> <p>Team suit is included in registration fee. Each swimmer will be fitted and suits ordered by Thursday Nov 16th. Latex caps will be given out as well and Silicone caps will be available to purchase (\$10) while supplies last.</p>

### Transportation

- Our plan is for the Blanchet bus to take swimmers to practice on all days school is in. For the early morning session, the swimmer needs to arrange transportation to and from practice.
- Students that drive may provide their own transportation for practice.
- Swimmers need to arrange for pick up from the practice location when practice is over. This also includes transportation to school after early morning practice

### Other important items

- We will practice Mon/Tue/Wed the week of Thanksgiving and Wed/Thurs/Fri both weeks of Christmas break
- We have a **PARENT MEETING** scheduled for **Nov 15<sup>th</sup> at 5:30pm** in the Lee Student Center
- Optional team t-shirts and sweats will be available for purchase shortly after our practice season starts