

Franklin Middle School Swimming 2017

Dear Parents and Swimmers,

Welcome to the 2017 Franklin Swim Team season. My goal, is to provide a positive experience for each swimmer on the team. The focus at this level is to learn the four competitive strokes, other basic mechanics, and how to be a part of a team. I hope to give each athlete an introduction to competitive swimming. Please read all the information carefully.

Before you are allowed to practice you MUST have a physical and concussion forms on file at Franklin and a consent to treat form filled and turned in to the coach.

Equipment: Each swimmer will need their own one piece swimsuit (you don't need a speedo), goggles and a towel. Swim caps are provided by the school. PLEASE DO NOT LEAVE ANYTHING IN THE LOCKER ROOM AT WASHINGTON, EVERYTHING SHOULD BE WITH YOU ON DECK!

Practices: Swimmers will be transported by bus to Washington High School pool. It's located on the Cottage Grove Ave. side of the school. Practices are from 3:00 -4:10pm. A calendar of the swim schedule practice will be provided. There will be no practice the day of a meet or when there is no school. This includes breaks, in-service days(including half days) and weather cancellations. Club swimmers are excepted to practice on the day prior to a meet and at least two other times during the week. This is to build team unity.

Transportation: A bus is provided to all afternoon practices and meets. A bus will also bring athletes to Franklin after away meets. No bus will be provided after evening practices or home meets. Rides from afternoon practices should be arranged by the athlete and their family. PLEASE PICK YOUR SWIMMER UP PROMPTLY!!!!Anyone NOT riding the bus home from an away meet MUST have a parent permission form filled out and turned into a coach. If not, they will be on the bus NO EXCEPTIONS. I have provided transportation form for each away meet.

Meets: Begin at 3:30 and last about 2 hours. Meets in Iowa City begin at 4:00. City Meet starts at 4:00.

Schedule: Look at attached calendar with practice time and meets. We will be having a City Meet at Linn-Mar

Communication: It is extremely important for parents and athletes to let the coach know if they will be gone the day of a meet or go home ill. Also, we are very flexible with scheduling conflicts, but they need to be communicated to us prior to missing practice. Please do not hesitate to call or email with any questions or concerns you may have at anytime.

Thanks,

Mercedes Hayes 319-573-9785, email mhayes@cr.k12.ia.us

Melissa Williams