

# Centennial Swimming

Head Coach Kristi Lee 761-0006 home, 350-4340 work, or lee.kristi@meridianschools.org  
Assistant Coach Kristy Sligar 855-4252 or sligar.kristy@meridianschools.org

Welcome to Centennial Swim Team,

Coach Sligar and I are looking forward to a successful season. There are a few items that swimmers need to be aware of before the season starts regarding practice, meet expectations and lettering requirements. Please review them, and we look forward to seeing you at the first practice on August 20.

Coach Kristi Lee

## **Practice Expectations:**

- Be prompt. Swimmers need to be in the water at or before 3:30. Failure to be in the water on-time will result in a tardy.
- All swimmers are expected to make practices. If you have a medical issue or special case that prevents you from practicing, you must contact Coach Lee or Sligar in order for the absence/tardy to be excused.
- Bring a water bottle and extra goggles.
- Demonstrate good practice ethics: Be supportive of your teammates, follow coaches' directions, and give your best effort.

## **Lettering requirements:**

It is possible to earn a letter for swimming if the following requirements are met:

- Have no more than three unexcused absences and attend all meets.\*
- Demonstrate good practice and meet ethics.
- Achieve at least one state qualifying time.\*\*

\*Please note that three tardies will equal one unexcused absence.

\*\*Seniors may letter without a state qualifying time if all other requirements are met.

## **Meet Expectations:**

- Arrive at the pool at the beginning of the warm up session and check in with one of the coaches.
- Attend all meets, and let one of the coaches know ASAP if you have a conflict.
- Practice good meet ethics: Swim the events in which you are placed without complaint, cheer for your teammates, and always check with a coach before leaving the pool.