

# 2011 Centennial Swim Team Information

**Coaches:** Kristy Sligar & Eddie Larios

## **First Practice Requirements: (Aug. 15<sup>th</sup>)**

In order for your swimmer to get into the pool and participate in tryouts they must bring the following to practice on Aug. 15<sup>th</sup>: (Please print each form on a separate piece of paper)

1. Registration Form and Fees Worksheet
2. Physical Fitness Form or Interim Questionnaire
3. TVHSS Insurance Confirmation
4. Emergency Form
5. Check for fees

## **Family Requirements:**

**Swim Team Parent Volunteers.** All families are required to assist in at least **2** swim meets. There will be an important **mandatory parent meeting Thursday, August 18<sup>th</sup>**, at 7:00 p.m. in the little theater at Centennial High School. At this meeting we will sort out all the volunteer assignments. If you can not make this meeting then contact Jean Schneider at [jeans@medgroupadvisor.com](mailto:jeans@medgroupadvisor.com) and specify how you want to volunteer.

**Stroke and Turn Officials Training** will be held Thursday, August 25<sup>th</sup> or Monday, August 29<sup>th</sup> at the West YMCA both times at 6:30pm. All parents interested in serving as stroke and turn officials must attend this training even if they have done the training before.

## **Meet Schedule for Centennial:**

All meets are on Tuesday evenings and begin at 5:00pm.

Regular season meets: Sept. 6, 13\*, 27 and Oct. 4, 11 \*Cent. hosts this meet

District meet: Oct. 29<sup>th</sup> and starts at 9:00am

State meet: Nov. 4-5<sup>th</sup> and starts at 1:30pm on Friday and 9:45am on Saturday

## **Practice Schedule:**

Before school starts: Aug. 15<sup>th</sup> – Aug. 29<sup>th</sup> Monday through Friday 3:30-4:30 at West YMCA

After school starts: Monday, Wednesday, Thursday, Friday 3:30-4:30

Non-meet Tuesdays starting Aug. 30<sup>th</sup> the team will meet for a team social event. Time TBD

## **Fees: (see fee worksheet)**

Total fees for YMCA members: \$195

Total fees for non-YMCA members: \$225

Checks should be payable to *Centennial Swim Team*.

**Items not covered:** Team suit, entry fee for State Meet (approx \$16), and State Meet T-shirts (approx. \$12). Other personal gear such as goggles, towels, athletic bag, practice suit and practice cap, and physical exam cost.

**Remember:** No refunds after September 1, 2010. If you need to make financial aid arrangements please contact Jean Schneider 376-4332 for your options.

### **Physical exams:**

**All new to Centennial sports, Freshman, and Juniors** must have a physical exam and have their doctor fill out and sign the Physical form attached to the welcome email. If you are in this category, you do **not** need to fill out the below Questionnaire. . If this exam was done at BSU in the summer, than this part is already done for you.

**If the above does not apply to your swimmer (i.e. they are a sophomore or senior and have participated in sports at Centennial in a previous year)** then they only need to fill out the Interim Questionnaire, also attached to the email.

### **Team Suits:**

Each swimmer is required to have a team swimsuit no later than Tuesday, September 6<sup>th</sup> (our first meet). The Swim and Run Shop on Fairview has the suits and offers a discount to swim team members. This will be your meet suit; we recommend you also have a practice suit of your choice. (Note: polyester suits last longer). One team meet cap is included in your fees. You may want to have a different one for practice.

### **Awards Banquet:**

The awards banquet is usually an evening in mid-November. Information will be sent out toward the middle of October. The cost for the swimmer to attend the banquet is part of their required fees. There will be a cost for all non-swimmers attending the banquet. This money will be collected at the District meet.

### **Parent contact:**

Jean Schneider (376-4332)  
[jeans@medgroupadvisor.com](mailto:jeans@medgroupadvisor.com)