



Dear Rocky Mountain Swimmers:

We are very excited for this coming season and can't wait to get started! A few important dates to remember:

First day of swim practice: Monday August 22nd 9:00am-10:00am @ Meridian Pool

Mandatory Parent Meeting/Meet the Coach: Tuesday August 23rd 6:30pm @ Rocky Mountain Cafeteria if unable to attend, you will be assigned volunteer dates and will need to find a replacement if unable to make that time slot. So let me know your preferences. **EACH FAMILY IS REQUIRED TO VOLUNTEER A PARENT TWO TIMES DURING THE REGULAR SEASON**

The following forms and check (made out to RMHS Swim Team) will need to be completed and brought to the first day of practice on August 22nd or can be sent to Sari Trompke, 1291 W. Newfield Dr. Eagle ID 83616. You must have the forms and check turned in before you can swim:

- Registration Form (including \$225 fee)
- Physical (if you are an incoming Freshmen or Junior or a new athlete at RMHS)
- Insurance Questionnaire
- Insurance Form (TVHSSA)
- Parent Volunteer Form (All swimmers are required to have a volunteer for 2 meets)
- Release of Liability form

Swimming is not a sanctioned high school sport (we operate under the jurisdiction of the Treasure Valley High School Swim Association (TVHSSA)). As such, parents and volunteers are necessary to help run the swim meets. We are required to have at least 6 – 8 volunteers at each meet or we will not be allowed to participate. In addition, we do not receive any funding from the schools, so participants are required to come up with all of the money necessary to run the organizations. The fee for each swimmer is \$225 and covers pool usage fees, TVHSSA fees (this includes a supplemental insurance for all swimmers), swim meet entry fees, coaches fees, banquet, team shirt and swim cap. We will also have a supplemental fund raiser in the fall to help with buying equipment for the team. We will go over the ideas we have at the team meeting in August. Team swim suits are extra and can be purchased at the **SWIM AND RUN SHOP** on Fairview. **WE STRONGLY ENCOURAGE ALL SWIMMERS TO PURCHASE TEAM SUITS.** Girls are \$45 and boys are \$36-this include the 25% off discount for team members. This year the suit is a brand new SPEEDO design called LIGHTNING STRIKES. VERY cool!

As with any program, we are only as good as the people involved! We would love your input, help and there are several positions that will be open to volunteer with and to get involved with the team so we are looking forward to meeting you and having **YOU** onboard as well as you swimmer.

All meets will be held at the West YMCA (including district and state championships). A schedule of swim meets; criteria for Lettering and State Championship qualifying times are attached.

If you have any questions, please feel free to contact me.

GO GRIZZLIES!

Sari Trompke

Swim Team Mom

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208-841-5496