

Middle School Swim Team Basics

- Practices Start Monday Feb. 24 - (SEE ATTACHED SCHEDULE)
- Practices run 3-5:00 on Monday and 3:00 – 4:30 on Tuesday and Thursday.
- Meets are every Friday during the season with the exception of the Girls Festival Meet which will be held on the last Thursday.
- Bus will leave Moore and Lincoln for the Riverton Pool at 2:20 from the main school lobby. King will be picked up at 2:35.
- The bus will return to Moore and Lincoln at 5:30 Mondays, and at 5:00 Tues. and Thurs.
- The bus will return to King by 5:45 Mondays, and 5:15 Tues. and Thurs.
- The Friday night meets bus will return to the schools around 6:30. Swimmers can call or text parents when we board the bus to give them a specific arrival time.
- Parents can pick up their child at the pool at the end of practices or meets, PARENTS MUST SIGN THEIR CHILD OUT.
- If the student is traveling home with another parent, the coaches need a note providing permission and the other parent must sign them out at the end of practice or the meet.
- The bus leaves 15 minutes at the completion of each practice or meet. If your child has not been signed out they must take the bus at that time.

WHAT TO BRING

- Athletic Swim Suit - Boys Suit, Jammers, Girls One Piece Suit (rule of thumb – the suit needs to stay on when diving into the water)
- Towel
- Goggles – all swimmers need their own goggles – these are a very important piece of equipment so get a good set! Ask a coach about how to know if goggles fit before buying a pair.
- Bathing cap for shoulder length hair. There are larger caps for very long hair.
- Plastic bag to put their wet suit and towel in when leaving the pool.

Before you can practice

**You need a signed Permission Slip
AND**

A doctor's physical examination must be on file at school.

Portland Middle School 2020

Team Rules and Regulations

Welcome to the 2020 Middle School Swim Team! By the end of the season we hope you will have learned a lot about yourselves, swimming, and being part of a team. Because this is a difficult task to accomplish in only five weeks, we will have to work very hard as a team to reach our goals. This includes everyone abiding by the same set of rules.

General Rules

1. There will be practice every day at Riverton Pool at 3 o'clock (except Wednesdays). Unless a student is absent from school, he or she is expected to be at each practice. (see schedule)
2. If you miss more than three unexcused workouts over the course of the five-week season, you will be excused from the team. If you miss a workout the day before a meet, you will not be entered in the meet.
3. If you are in school and cannot attend practice, one of the coaches must receive a note, email, or a phone call from your parent or guardian stating why you will not be at that particular practice. **This note must be given to the coaches before the practice. Otherwise it is considered one of your unexcused absences.**
4. Missing practice because of *detention will count* as an *unexcused* absence. If you need extra help with your classes and must receive it after school, talk to your coaches to make a plan.
5. Everyone is expected to attend every meet. **We are a TEAM - Swimmers must stay for the entire meet to support the TEAM** - we do a lot of cheering!
6. **You are required to bring a bathing suit, goggles, towel, and if you have long hair, a bathing cap to practice each day.** Shoulder length hair is classified as long hair. If you do not have a bathing suit or goggles, please purchase them before the first practice. Please buy quality products, especially goggles. Our team suit color is black so if you are purchasing a suit, black would be a great choice. If you already have a suit it does not need to be black.
7. ****Parents** who are picking up their swimmer from the pool on practice days or from swim meets **MUST sign out their student EACH TIME** on provided sheets, hanging outside the locker rooms at Riverton, and usually on clipboards at swim meets. ***This is very important!!!***

PLEASE SEE BACK OF SHEET....

Rules of Individual Behavior

1. All swimmers will follow all pool rules during practices.
2. Since training time is so limited the coaches will operate on a two strikes – you're out philosophy. This means that the first time your coaches ask you to listen, behave, stop running, etc., you will receive a warning. The second time will result in you sitting out the rest of workout and possibly further action.
3. We will travel to Riverton each day on the bus. Practice begins each day when you step onto the bus. You are expected to remain in your seat and obey normal bus procedures.
4. When we arrive at Riverton, you will have five minutes in the locker room. Swimmers will change in a quiet, orderly fashion. **Everything that you bring into the locker room comes on deck with you while you swim and when you go home.** Once practice ends, swimmers have 15 minutes to change and be on the bus to return to school.
5. Swimming each afternoon will be both athletic and instructional. Your coaches will teach you and help you become better swimmers. Respect them and listen to them and your season will be successful.
6. Swimmers who do not follow the rules stated will:
 - 1st time – receive a warning
 - 2nd time – be asked to sit out a practice
 - 3rd time – not swim in the next meet
 - 4th time – be excused from the team.

If you have any questions, feel free to contact one of the coaches:

Steve Carroll	King M.S.	W: 874-8140	carrost@portlandschools.org
Rhonda Janelle	King M.S.	W: 874-8140	janelr@portlandschools.org
Andrea Reising	Lincoln M.S.	W: 874-8145	reisia@portlandschools.org
Greg Cavanaugh	Lyman Moore M.S.	W: 874-8150	cavang@portlandschools.org

SWIMMERS MUST RETURN THE ATTACHED FORM, SIGNED BY **BOTH** PARENT AND SWIMMER, TO THEIR COACH BEFORE BEGINNING THE SEASON!!