



# Frassati Catholic Academy

## Swim Team Information and Registration



Welcome to the Frassati Catholic Academy Swim (and Dive) Team! Swim team is open to students in kindergarten through 8<sup>th</sup> grade, but all swimmers must be able to swim one length of the YMCA pool (25 yards) unaided, without touching the sides or bottom.

### Information

- Practices:** Sundays from 12:30 – 2:30 p.m. starting Sunday, January 6 through March 24, 2019 at the White Bear Area YMCA, 2100 Orchard Lane, White Bear Lake. Swimmers must be able to attend most practices in order to participate in the meets.
- Meets:** We anticipate 2-3 meets prior to the Prelims at Skyview Middle School on March 23 and the finals at the U of M Aquatic Center March 25 (boys) and March 26 (girls).
- Cost:** A fee of \$100.00 is required to help cover pool rental costs and meet entry fees. Please make checks payable to Frassati Catholic Academy. Team swim caps and swimsuits orders will be available for purchase during the first few practices.

**Authorization forms and fee are due Friday, December 14, 2018.** Please complete one form per swimmer. Every swimmer must have a sports physical on file in the health office in order to participate on the team.

The first practice will include a parents meeting. Please meet on the far bleachers at the pool and have your swimmers ready to swim! Families and swimmers are not required to be members of the YMCA. Adults and swimmers are required to check in at the front desk for every practice. Adults **MUST** show a picture ID and sign in, if you are not members. Adults must stay onsite during the entire practice – carpooling is allowed. Full details on the practice schedule and meets are available at the first practice and/or via email correspondence.

We are renting the pool from the YMCA and are only allowed to be in the competition pool during our practice times. Swimmers are not allowed to swim in other pools prior to or after practice unless they are members of the YMCA. Those swimmers who are members must adhere to the YMCA wristband policy for swimming in the pools outside of our practice time.

We require that **swimmers be able to swim one length of the pool without touching the sides or lane markers** to be a member of the swim team. The YMCA does provide lifeguards, but for the children's safety, they must have some level of competence to participate and compete. Swimmers who are unable to swim this distance will have their fee refunded and are welcome to try again next season.

If you have any questions, please contact volunteer coach/parent Ben Meyer at [Frassatiswim@gmail.com](mailto:Frassatiswim@gmail.com).