



A. Swim Team Requirements:

- a. Ages 5-10 years of age - 25m freestyle or backstroke (unassisted)
- b. Ages 11-14 years of age - 50 m freestyle (unassisted)
- c. Ages 15-18 years of age - 100 m freestyle (unassisted)
 - i. Safety is a BIG concern of such a large swim team.
 - ii. Inexperienced swimmers will have a two-week time period to meet the requirements to be on the swim team. After two weeks if the swimmer has not met the requirements, we will work with the parents and CPKD to place them in lessons.
 - iii. If by July 1 the swimmer is able to then complete the above for their age they will be able to return to the team.

B. Practice requirements:

- a. At least 3 practices a week are encouraged
- b. Coaches would like swimmers to practice all 5 days. They want the swimmers to get the most out of practice and the summer swim season.

C. Meet Expectations

- a. Swimmers are encouraged to attend home meets and away meets, especially home meets.
- b. We understand other sports, vacations, and other obligations may limit what swimmers will be able to attend and understand, however it is expected to attend as many as you are able.

D. Parent involvement:

- a. This is a requirement, especially as we move forward. The swim team relies heavily on Parent Volunteers. We need as many parents as possible to help run a smooth Swim Meet and Invitational.
- b. Rule of thumb: If you have a child swimming, you should sign up to work or have someone fill in for you.
 - i. Parents/Volunteers of younger swimmers should sign up for 1st shift duties.
 - ii. More experienced swimmers Parents/Volunteers should sign up for 2nd shift (you will be there until the end of the meet anyways).
- c. We do allow a \$150 buyout. Pay the swim team \$150 to not volunteer for Tue/Thurs dual swim meets ONLY.
- d. This does NOT include Invitational volunteer lists. If your swimmer is swimming the Invitationals you will have to help out.
- e. If you do not volunteer or pay the buyout, your swimmer will be excused from the meet that evening.