

Fraser Swim Club 2019

Head Coach: Danielle Woody
Assistant Coach: Sarah Kijek

As well as swimmers on the Fraser
Varsity Swim Team!

Runs April 16th to May 24th



Welcome to the annual Middle School Swimming and Diving Season! The intent of this team is to give 6th, 7th & 8th grade boys and girls a head start to their potential High School Swimming career!

Needs and Information:

- ✓ One-piece swim suit, goggles, and a swim cap. Jammers are recommended for boys.
- ✓ FEE for the team will be \$45 which can be paid at the April 11th meeting or the first day of practice. Please make check payable to Fraser High School.
- ✓ Need to be comfortable with submerging face and body completely under water with supervision.
- ✓ **MUST HAVE A PHYSICAL ON FILE BEFORE ANY TYPE OF PARTICIPATION MAY OCCUR!**
- ✓ **7th & 8th GRADE PRACTICE DAYS AND TIMES:**
Mondays, Tuesdays, and Thursdays: 3:15-5:30, Wednesdays 3:15-5:00
- ✓ **6th GRADE PRACTICE DAYS AND TIMES:**
Mondays, Tuesdays, and Thursdays: 4:00-5:30, Wednesdays 4:00-5:00
- ✓ Practice and Meet schedule will be issued first week of practice
- ✓ **TRANSPORTATION** must be provided by a parent or guardian to and from all competitions and practices.

FIRST OFFICIAL DAY OF PRACTICE WILL BE APRIL 16th... This will allow you to obtain a fresh physical by the first practice day that will carry over for the next school year.

NOTE: Both Boys and Girls compete against each other and practice with each other.

I suggest looking at swimoutlet.com or Dunhams outlet store for swim suits!

MANDATORY PARENT MEETING ON THURSDAY APRIL 11th AT 6:30PM! This meeting will take place at the Fraser High School media center. The meeting will not take long, but will provide necessary information and schedules.

Please email me if you are not able to attend our parent meeting! Any questions/concerns are also welcomed!

ramblerswimming@gmail.com

