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PARENT MEETING

Monday, June 17, 2019

5:30 pm

● **Requirements**

- Potential Swim Team swimmers must try out at 4pm on June 10th or June 24th at OLQH FLCC pool. Results will be emailed June 24th.
- Swimmers must attend at least three practices per week; only exceptions are Spartan swimmers and athletes involved in another SLC sport.
- Swimmers missing or leaving practice early for an appointment/illness must bring a note/excuse to Coach Melinda.
- Swimmers receiving an F on progress report/report card will be placed on probation until proof of improvement is provided.
- Swimmers who are suspended from school or receive any other severe disciplinary action will not be allowed to compete in the following meet.
- Parents will be required to work at least 1 timing shift in lieu of fundraising (SLC is required to provide 6 timers per meet). Signups will be emailed at a later date.

● **Paperwork**

- Paperwork will be distributed by email once the team roster is announced.
- Contact information and required parent signups will be in the form of Google documents. All other forms will need to be completed and emailed along with a copy of your swimmers birth certificate to mrichard@slchs.org **BY AUGUST 1st**.

● **Uniforms/Equipment/Fees**

- Administrative fees for the swim team will be covered by the SLC athletic budget.
- Under the new guidelines for the new SLC rebranding all items considered consumables must be covered by parents.
- Majority of the team items will be purchased through www.SwimOutlet.com. A link to the SLC Swim Team store will be emailed once the roster is finalized and the store is completed.
 - ALL Swimmers MUST purchase the equipment under required items **BY MONDAY AUGUST 12th**.
 - Swimmers (new or past) may purchase a backpack, warm-up suit, sweatshirt or towel if they wish.
 - The only items that will need to be purchased separately are swimmer/parent t-shirts. Pricing, styles and payment instructions will be emailed at a later date.
- Team t-shirts that are being donated by a sponsor will be worn for the team picture on August 7th.

- **Volt App**
 - The Volt workout app has been purchased for the SLC Swim Team.
 - Once the roster is finalized, instructions on how to register will be emailed.
 - Volt workouts will begin June 24 and end Nov 21st (State).
 - All swimmers are encouraged to complete workouts in order to stay in shape.
 - Drylands will be assigned through Volt in case of inclement weather.

- **Calendar**
 - SLC athletic physicals are Tuesday July 23.
 - Practice starts on Monday, August 5 and is M-F 3:30-5:00 pm at the OLQH FLCC pool.
 - Swimmers **MUST** wait in the lobby of the FLCC until a coach is present and ready to escort them to the back.
 - Swimmers **ARE NOT** allowed in the hot tub as per FLCC rules.
 - Swimmers must be completely dry and fully clothed before walking into the hallway of the FLCC.
 - Swim meets take place in Lafayette and Sulphur (SPAR).
 - 4 Lafayette meets - Dates TBD
 - Sulphur meets - TBD
 - Calcasieu Champs (SPAR, Sulphur) - Oct 24
 - District Championship
 - Top 24
 - State Team Swim Meet - November 20 & 21

- **Contact/Communication/SLC Swim Team Social Media**
 - Mrichard@slchs.org will be the main contact for SLC Swim Team. Please do not text the coach unless it is an emergency.
 - Communications will be primarily sent through email, the SLC Swim Team Facebook & Instagram page and the Remind app. Instructions for the Remind app will be sent out once the roster is finalized. But please feel free to follow us on Instagram @slchsswimming & on Facebook <https://www.facebook.com/groups/slchs.swimming/>
 - If any parents would like to help Support Our Swimmers (**SOS**) by volunteering throughout the year, please contact Jodi Schlang @ jodischlang@yahoo.com and/or Kendra Cutrer-Diedrich @ kcutrer-diedrich@bellsouth.net.