

Franklin/McKinley Middle School Swimming 2023

Dear Parents and Swimmers,

Welcome to the 2023 Franklin Swim Team season. Our goal, is to provide a positive experience for each swimmer on the team. The focus at this level is to improve the four competitive strokes, other basic mechanics, and how to be a part of a team. We hope to give each athlete an introduction to competitive swimming. **This is not swim lessons**, swimmer must know at least free-style. Please read all the information carefully.

Before you are allowed to practice you MUST have a medical eligibility form, concussion forms and activities code of conduct filled and turned into Patrick Stanek/Aaron Allred

Equipment: Each swimmer will need their own swimsuit (you don't need a speedo), goggles and a towel. Swim caps are provided by the school. **PLEASE DO NOT LEAVE ANYTHING IN THE LOCKER ROOM AT WASHINGTON, EVERYTHING SHOULD BE WITH YOU ON DECK!**

Practices: Swimmers will be transported by bus to Washington High School pool. It's located on the Cottage Grove Ave. side of the school. Practices are from 3:00 -4:00pm. A calendar of the swim schedule practice will be provided. There will be no practice the day of a meet or when there is no school. This includes breaks, in-service days(including half days) and weather cancellations. **Club swimmers are excepted to practice on the day prior to a meet and at least two other times during the week. This is to build team unity.**

Transportation: A bus is provided to all afternoon practices and meets. A bus will also bring athletes to Franklin/McKinley after away meets. **No bus will be provided after evening practices or home meets.** Rides from afternoon practices should be arranged by the athlete and their family. **PLEASE PICK YOUR SWIMMER UP PROMPTLY!!!!Anyone NOT riding the bus home from an away meet MUST have a parent permission form filled out and turned into coach. If not, they will be on the bus NO EXCEPTIONS. We will provided transportation form for each away meet.**

Meets: Begin at 3:30 and last about 2 hours. Meets in Iowa City or with Linn Mar begin at 4:00. City Meet starts at 4:30.

Schedule: Look at attached calendar with practice time and meets. We will be having a City Meet at Linn-Mar

Communication: It is extremely important for parents and athletes to let the coaches know if they will be gone the day of a meet or go home ill. Also, we are very flexible with scheduling conflicts, but they need to be communicated to us prior to missing practice. Please do not hesitate to call(the best way to get ahold of us) or email with any questions or concerns you may have at anytime.

Thanks,

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