

## **2019 Woodside Swim and Dive Team Information**

**Swim team tryout dates:** Tue - Thur, Jan 22-24, 6:15-7:30, you have to come all 3 days if not in club

**Club swimmers**, please attend on Wed, Jan 23, 6:15-7:30  
Team selection on Thurs, Jan 24  
(Practice times M-Th, 6:15-7:30 pm; no practice on Fridays)

**Dive team tryouts:** Tue - Thur, Jan 22-24, 4:15-5:30 pm

**Club divers**, please attend every day  
Team selection on Thurs, Jan 24  
(Practice times M-Th, 4:15-6:00 pm, no Friday practice)

### **Important Dates:**

- Coach Loy unavailable at practice/meet: **Feb. 14th; Match 11th**
- No practice dates: **Feb. 18th (President's Day)**
- End of Season Celebration: **TBD**

Swimming/Diving is open to 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> graders, but pool space requires us to limit our team. This is not a "learn to swim" program. Following is the swim selection criteria.

1. Must be able to swim with face in the water and use good rhythmic breathing.
2. Must be able to swim at least 2 full lengths of the pool without stopping.
3. Must be able to listen and follow directions.

It is possible that a swimmer may meet all the criteria but still not make the team if there are many swimmers that try out.

**No locker rooms will be available after swim practice.** Please bring all your things into the bleacher area.

Swimmers should come to the pool with their swimsuit on and be seated in the pool bleachers **NO LATER THAN 6:15 PM**. Divers should be seated in the pool bleachers **NO LATER THAN 4:15 PM**.

**Students need to be picked up no later than 15 minutes after practice is dismissed.**

Please know that the SACS grades policy will be in effect for the swim/dive season. Refer to the school website for a full explanation of the grades policy.

### **The following forms need to be on file before a student can try out with the team:**

1. Medical Authorization and Contact Info Card
2. ISHAA Physical form (one per school year, completed before the first day of tryouts)
3. Concussion and Cardiac arrest form (one per school year, completed before the first day of tryouts)
4. Random Drug Testing form (one per school year)

Please turn these forms into the office **before the first day** of tryouts.

**Each swimmer/diver that makes the team will be asked to pay a mandatory \$10 transportation fee.**

### **Team Apparel**

\*\*Required Team T shirt (ordered online- MUST HAVE last name on the back)

Snack and end-of-year-party donation \$10

**Team suit-** TYR Phoenix, girls, boys brief, boys jammer (ordered online)

- Girls Suit: <https://www.tyr.com/shop/women-s-phoenix-ssplice-diamondfit-swimsuit.html>  
(Black/ Red Color #002)
- Boys Brief or Jammer: <https://www.tyr.com/shop/tyr-boys-axis-racer-swimsuit.html> (Red)  
<https://www.tyr.com/shop/tyr-boys-sagano-blade-ssplice-jammer-swimsuit.html> (Red)

### **Swim coaches for the 2019 season are:**

**Lauren Loy:** cell, 260.450.0627, email [lloy@sacs.k12.in.us](mailto:lloy@sacs.k12.in.us)

**Co-Coach still to be determined**

**Dive coach:** Amy Johnson, cell – 260.414.6856, email [bytheseasj@yahoo.com](mailto:bytheseasj@yahoo.com)