**Practices starts the week of August 5th**

Days: TBD

Location: TBD

Time: TBD

Attire: Swimmer Bathing Suit

**Meets**

Swim meets are mainly on Saturdays and a few during the week after school. Meets = TBA

**Events**

50 Freestyle (2 laps of Freestyle)

100 Freestyle (4 laps of Freestyle)

200 Freestyle (8 laps of Freestyle)

500 Freestyle (20 laps of Freestyle)

100 Backstroke (4 laps of Backstroke)

100 Breaststroke (4 laps of Breaststroke)

100 Butterfly (4 laps of Butterfly)

200 Individual Medley (50 of each stroke: Butterfly, Backstroke, Breaststroke, Freestyle)

200 Freestyle Relay (4 Swimmers: each swim a 50 Freestyle)

200 Medley Relay (4 Swimmers: each swim a different 50; 50 Backstroke, 50 Breaststroke, 50 Butterfly, 50 Freestyle)

400 Freestyle Relay (4 Swimmers: each swim a 100 Freestyle)

**Equipment**

All: M.G.M. caps (provided), and swim equipment (board, buoy, fins, googles).

Girls: Solid Black – One-piece bathing suit

Boys: Solid Black – Jammer or Racer bathing suit

\*\*\*Each swimmer is responsible for his/her own bathing suit and equipment\*\*\*

**Participation Paperwork**

All paperwork must be on file with your coach **BEFORE (August 5th)** you can participate in practice and meets.

* Physical (signed by a DOCTOR)
* Swimmer/Parent Contract
* Concussion Form
* STAR Sportsmanship (only have to do once)
* Insurance Wavier
* Drug Form
* YMCA Wavier Form
* Transportation Note from Parents

**Fees/Fundraisers**

Each swimmer will be expected to pay for swimmer/pool fees and equipment.

Each swimmer will also be expected to participate in our fundraiser, the M.G.M. Swim-a-thon to raise money for our program. This will take place sometime in late September-early October.

**Coaches Information**

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