

# Chargers Swimming 2017-2018

Welcome to a new season of Charger Swimming! The coaching staff is looking forward to a great year. Here is a checklist for the first month of school to have a successful year:

- \_\_\_\_\_ 1- Get signed up for the swim team with Coach Pat. This includes providing your name, phone number, and email so that you can be contacted.
- \_\_\_\_\_ 2- Get sized for a warm up jacket if you are new to the team or needing a new jacket. It is the same Under Armour jacket that was introduced last year.
- \_\_\_\_\_ 3- Get sized for a swim suit, once the suits arrive. Suits can sometimes take a month or more to arrive, so we are trying to get this taken care of as soon as possible.
- \_\_\_\_\_ 4- Go to Registermyathlete.com and get registered. All swimmers need a current physical on file. Please see your doctor or anyone who is registered to perform a physical on you as soon as possible. You may turn in the physical to the main office or upload it directly onto the website. The rest of the steps should be self-explanatory. If you are new to the school, get started on this TODAY! You will NOT be able to tryout until every step is taken care of on this website!!!
- \_\_\_\_\_ 5- Complete the Dimple Dell waiver. Coach Pat will pass these forms out once they are available. This form needs to be filled out by each swimmer to get the pass to use the pools. This pass will ONLY give the swimmer access to the pool on the days and times that are scheduled for high school practice.
- \_\_\_\_\_ 6- Come to the conditioning and stroke workshops that are offered during September. The more preparation that takes place now will pay off dividends during the season. If you are doing Cross Country, Football, any other Fall Sport, or training with a USA team, please keep doing what you are doing. Please let Coach Pat know. Here is the schedule for the first month:

September 5-15	Dry land conditioning at Corner Canyon HS at Portable 8 2:45 to 4:00
September 18-29	Stroke workshops at Dimple Dell A Day 4:30 to 6:00 B Day 3:00 to 4:30
October 2-February 9	Swim Season with competitions beginning November 8

There will be practice Monday-Friday every week, but the team will be divided into groups to accommodate the size of the team. Some groups will swim every day for the full 1.5 hours; others will mix in some dry land conditioning. It is expected that swimmers make every attempt to attend every practice. Exceptions will be made as needed. A detailed practice schedule and list will be determined during try-outs in October.

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