Chargers Swimming 2019-2020

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 year it is online, so if you have already filled out a Google Form, you are signed up!

_____ 2- Get sized for a warm-up jacket if you are new to the team or needing a new jacket. The jacket is different this year, but you are not required to get a new one as long as you are happy with your jacket from 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- Order any extra gear that you might want by September 5. The gear is optional, but looks good and feels great. Go to https://ccswim19.itemorder.com/sale to place your order.

_____ 5- 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!!!

_____ 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 3-13	Dry land conditioning at Corner Canyon HS at South Portable 5 2:45 to 4:00	
September 16-27	Stroke workshops at Dimple Dell	M and W 4:30 to 6:00 T and TH 3:00 to 4:30
September 30	Swim Season with competitions beginning November 4	

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.

Contact Info Coach Thurman email – patrick.thurman@canyonsdistrict.org
website - cornercanyonathletics.com