

## Redmond High School Swim/Dive 2019-2020

First Day of Practice: August 26, 2019

Swim Practice – TBD - Information will be posted when practice location is determined

Dive Practice – TBD

### What to bring:

Swimsuit, towel, cap, goggles, water bottle.

### Things to know:

Meet schedule has not been finalized, but will be available sometime during the first week of practice.

Tentative schedule can be found at [kingcoathletics.com](http://kingcoathletics.com)

We will go over team expectations the first week of practice, most important expectation –

### **Practices are mandatory.**

Practices are short and intense, come prepared and in shape for the start of the season.

All athletes must have 10 practices in to be eligible to compete in the first meet.

### Things to do right now:

Be sure your physical is up to date.

Complete FinalForms online clearance

Check the swim Facebook page for updates and team socials.

Get active – do not wait for the first day of practice to get in shape.

Go for a swim, run, walk, bike, boot camp, lift weights, yoga...

### **\*\*\*\*Swim Team Safety Expectations: \*\*\*\***

**For the safety of the swimmers and coaches, it is expected team participants are able to swim at least 50 yards of continuous freestyle with face in the water, 50 yards continuous backstroke, are comfortable swimming in the deep end of the pool, and have a basic knowledge of all four competitive strokes (butterfly, backstroke, breaststroke, freestyle)**

### Upcoming Information:

The Captains have already decided on the suit and apparel for the season.

You will have the opportunity to purchase items online when we are closer to the start of the season.

You will be given a latex team cap at the first meet.

### Questions:

Head Coach: Julie Barashkoff – [coachjulieb4@gmail.com](mailto:coachjulieb4@gmail.com)

Assistant Coach: Alison Kairis – [akairis@lwsd.org](mailto:akairis@lwsd.org)

Dive Coach: Skip Hulet – [bhulet@lwsd.org](mailto:bhulet@lwsd.org)