

Redmond High School Boys Swim/Dive 2019-2020

First Day of Practice: Nov. 18th, 2019
Swim Practice – Monday – Friday 2:50-4:05
Strattonwood Swim Club
7616 139th PL NE
Redmond WA 98052
Dive Practice @ Juanita Pool – 4:00-5:25

What to bring:

Swimsuit, towel, cap, goggles, water bottle.

Things to know:

Meet schedule has not been finalized, but a tentative schedule is posted on 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.

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:

Suit information will be available the first week of practice

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 – jbarashkoff@lwsd.org

Assistant Coach: Josh Fleming – josfleming@lwsd.org

Dive Coach: Skip Hulet – bhulet@lwsd.org