

Dear Parents & Swimmers,

Although the 2022-2023 swim season may seem far away, it will be here before you know it! Hope and I will be returning for our fourth year of coaching with Rowland Hall and are excited for what the upcoming season has in store for the student -athletes. We are both tremendously eager to make sure that the season is not only extremely organized, but is also a fun environment for every swimmer.

Practices will begin at the Salt Lake Sports Complex (645 S Guardsman Way) on **Monday, October 3, 2022, at 3:30 PM**. Parents must register their swimmer via the UHSAA "Register My Athlete" site by July 20 to participate in the program, an email to be sent out by the Athletics Department with instructions as to that process.

PLEASE NOTE: Every student-athlete must have a **physical examination ANNUALLY** and must submit a Form A Physical examination form to the Athletic Director by July 20 or before. The form has been attached to the email that accompanies this letter. The **TRANSPORTATION PERMISSION** form also needs to be completed and submitted.

Practices are currently scheduled after school from 3:30- 5:00 PM Monday through Friday (except on meet days); however, start time may change depending on the school schedule for the year. The swim meet schedule has not yet been planned, but will be up to date on the team website once all is finalized. As of last year, we have been placed in a 3A Region with South Summit, North Summit, Summit Academy, Grantsville, Judge, ICS, and Draper APA and will once again be competing in the State 3A Meet at the end of the season.

Regarding practice attendance, Hope and I both understand that high school is busy and other things do come up (we have all been there)! However, practices are extremely important to the overall function of the swim team and are mandatory unless brought to our attention at least 24 hours in advance by a parent or the student-athlete. Please understand, as well as make sure the swimmers understand, that they can have a total of **THREE** unexcused absences before being suspended from competition. A total of **FIVE** unexcused absences can lead to dismissal from the team. Please also understand that tardies and unexcused absences can negatively affect a swimmer's grade.

Our expectation as coaches is that swimmers will be in attendance starting on **October 3rd** to begin preparing for the season. **The only exception to this would be a swimmer who also plays another fall sport at Rowland Hall (e.g., girls' soccer, volleyball, cross country, boys' golf, girls tennis);** however, those athletes are expected to begin regular swim team practices as soon as their other sport season concludes.

Swimmers are required to bring swimsuits, fins, caps, and goggles (a back- up cap and pair of goggles is recommended) to practice. They can be purchased at swim shops such as Pool 'N Patio, Poco Loco, or Aquaholics. Please write your name visibly on your fins.

The **required parent meeting** will be held prior to the start of practices on **Thursday, September 29th from 6:00 to 7:00 p.m., via Zoom**. At least one parent or representative of each swimmer must be present at this meeting.

We will be continuing the use of TeamSnap. This app makes it easier than ever for parents and swimmers to receive important weekly announcements, see events on the calendar, find contact information, etc. rather than weekly emails (which often get lost in a sea of other emails).

Please make sure to be a regular user of the app!

Again, Hope and I cannot wait to see what the team will accomplish this season! Please feel free to contact Hope or me with any questions.

Sincerely,

Cole Jackman
Co-Head Swim Coach
cjackman2016@gmail.com
(801) 450-7310

Hope Feliciano
Co-Head Swim Coach
hopefeliciano98@gmail.com
(385) 229-9924