



NKCS Middle School Swim Team 2024

Who: Any NKCS 7th or 8th Grade Middle School Athlete

When: After School from 3:00 – 4:30 p.m. Monday – Friday; Practice starts Monday, February 26th.

Where: Gladstone Community Center

Physicals: Swimmers will need to complete a physical form and have it on file at their middle school.

Activity Fee: Swimmers will need to pay the yearly activity fee to their middle school by February 23rd. This fee should be paid online through MyPaymentsPlus. If you participated in a previous sport this year, you do not have to pay this fee again.

Transportation: Busses will take athletes from their middle school to the community center. Parents **MUST** pick their athlete up by 4:30 p.m. There are **NO RETURN BUSES** available.

Supplies: Each swimmer will need to provide their own **SWIMSUIT** (this needs to be a competitive racing suit, no tie-back suits or Tech suits for meets), **GOGGLES, WATER BOTTLE, WORK OUT CLOTHES** and **TENNIS SHOES** for dryland. Caps are optional as you will receive one after 14 practices. If you have long hair, you may want one for the time being.

Parent Meeting: A parent meeting is planned for the first day of practice. Parents can come in to the community center when they arrive for pick up for a short meeting with the coaches.

Questions: Contact Riley Byrne
riley.byrne@nkcschools.org

