

## **RMS 7<sup>th</sup>/8<sup>th</sup> Grade Swim & Dive Team**

- **Open to all swimmers, from beginner to experienced (club level) swimmers. There is no experience required and swimming is a great way to get in shape!**
- **The season begins Monday, February 26th and ends on Friday, April 12th.**
- **Sign up on MyPaymentsPlus from the RMS Homepage. Students need a physical on file with the school to sign up.**
- **Practice Times/Schedule**
  - **Swimmers: practice daily from 3:20-4:45. We also offer optional morning swim practices on Monday and Wednesday for kids with busy schedules (morning takes the place of afternoon practice) from 6:30-7:40. They do not need to sign up or let us know if they want to attend morning practice.**
  - **Divers: have morning practice from 6:30-7:40 on Monday and Wednesday. There is no afternoon practice for divers because our diving coaches are high school athletes involved in spring sports. However, divers are welcome to attend afternoon swimming practices.**
- **Students can get picked up at 5:00 or take the activity bus home. The bus leaves RMS at 5:00 and brings them to a neighborhood stop.**

- **We do not practice during spring break**
- **Meets: We have about one meet per week at various District 196 pools (see attached schedule). Swimmers will be placed in events to compete against swimmers with similar abilities.**
- **Swim gear need for practice:**
  - **Suit (any suit will work and we can help you find a competitive one if you decide you'd like one)**
  - **Swim Cap (not needed for divers)**
  - **Goggles (not needed for divers)**
  - **Towel**
  - **Water Bottle (optional)**

If you have any questions, please email coach:

[nate.ilse@district196.org](mailto:nate.ilse@district196.org)

**RMS MEET SCHEDULE:**

2024 MS Swim/Dive Meet Schedule	*Meets to be completed by 6 PM			
Away	Home	Day	Date	Start Time
RMS	VM	Tuesday	March 12	4:00 PM
BH	RMS	Thursday	March 14	4:00 PM
SH	RMS	Tuesday	March 19	4:00 PM
FR	RMS	Thursday	March 21	4:00 PM
RMS	DH	Thursday	April 4	4:00 PM
Diving Champs @ DHMS		Wednesday	April 10	4:00 PM
Swim Champs @ Blue Water Aquatic Center		Thursday	April 11	4:00 PM