

2024 - 2025 Grassland Middle School Swimming

Practice Starts October 16th, 2024

Ensworth Aquatics

Head Coach: Andrew Perry

- 6th Grade Science
- Swim Coach
- Building Level Mentor
- Webmaster

Welcome to the new season! This is my 3rd year coaching at Grassland Middle School. I am proud to remain a part of such an incredible and successful program.

I began my career as a middle school teacher after graduating with my master's degree from Vanderbilt University in 2014. Additionally, I received my administrative credentials from the University of Tennessee in 2019.

I have worked with middle schoolers my entire career and plan to do so until I retire. I love what I do! Swimming has been a passion of mine since I was a child. I grew up in Southern California where I was fortunate to have a pool at my childhood home. I was a competitive swimmer at College of the Canyons near Los Angeles California where I finished in the top 15 in the 100 Breaststroke in the State of California. I am married with three children (ages 15, 13, and 9) and we currently live in Nolensville. I am looking forward to seeing your children compete at a high level this upcoming 2024-2025 season!

About the Team

The GMS Swim Team is a club sport that both practices and competes in local and regional swim meets. Unlike most of the middle schools in WCS, swimmers (who are not part of an outside club) have the opportunity to practice as well as swim in competition.

- Open to boys and girls
- All grade levels/ages
- Most levels of swimmers welcome
 - Must be able to swim a minimum of 50 yards (back and forth once on a short course, as this club is not intended as a class to learn how to swim)

Practices

- We offer three practices a week at Ensworth (likely one of the most beautiful facilities your child will ever swim – including if they become professional swimmers one day).

These practices will be Monday, Wednesday, and Thursday every week during the regular season.

- Practice and Meet Schedule Practice is Monday, Wednesday, and Thursday 3:10-3:50
Location: Ensworth School Natatorium 7401 Hwy 100, Nashville, TN 37221
- Similarly to previous seasons, swimmers should change into their swimsuits at GMS BEFORE arriving at Ensworth. We are NOT allowed to use the locker rooms BEFORE practice due to Ensworth activities. Swimmers may use the locker rooms after practice. HOWEVER, we STRONGLY encourage swimmers to bring clothes/shoes to throw on over their wet suit (shorts, t-shirt, sweats, flip flops, slides) to wear home.
- Although we pay Ensworth to use their lanes, we need to ensure respectful and orderly behavior in the facility. Poor behavior may jeopardize facility use in the future.
- Swimmers will not enter the pool before the coaches arrive.
- Practice is short (begins at 3:15 and ends at 3:50) – swimmers need to be ready to dive in the second I say.
- I need one parent per practice to volunteer to be a lane watcher. Whichever side of the lane I am giving instructions/observing, I need a parent on the opposite side watching with a close eye (safety is number one for me). Other than that, parents are welcome to watch practice as there is bleacher seating upstairs above the pool, but it is not necessary for a parent to attend practice.
- Some swimmers will get there before me, please try to stretch before getting in the pool – it makes a big difference.
- There will be a dedicated spot for us to leave our belongings (to be determined where).
- Please attend practice as often as possible. The more practices attended, the quicker the development. Our three days a week provides ample opportunity for swimmers to enjoy other sports/clubs and still be on the swim team.
- Not all, but some kids may need a small snack before practice and a water bottle during practice. This could be beneficial if your child develops headaches or low energy because they need protein. A small cereal bar or other item may help this issue.
- Water bottles help limit breaks to the water fountain during practice (or just have them drink plenty before practice).

Meets

- Everyone, regardless of where they are developmentally should plan on swimming in the meets. For non-year-round swimmers, the meets are not required, but very strongly encouraged. The meets boost confidence, promote comradery, and are extraordinarily fun (and memorable)

- For the context of being competitive as a team (not necessarily looking at the individual scores), swim meets are often a numbers game of how many swimmers compete. The more who sign up, the higher we will finish in a meet.
- Year-round swimmers (students who swim for an outside club) are expected to attend meets but are excused from GMS practice.
- Swimmers will swim their assigned events in the meets. Scratches are not allowed unless authorized by a coach prior to the start of the meet.
- Coaches will obtain swimmers' preferred events and try to accommodate those requests prior to the meet. Relays will be determined based mostly on the best times.

Registration

Open October 1-15th 2024

Late registration will be open until October 23rd (\$25 late fee)

Please use TeamUnify and Final Forms to register for the season. Final Forms is the site used by GMS (and Williamson County) for all sport registrations. Select "Coed Swim Team" under the winter sports section.

An updated school physical is required for registration. Once the parent has completed TeamUnify registration, the swimmer will need to login to their school email and sign their own student registration forms. Registration will be marked as complete once your swimmer is registered in TeamUnify, payment has been made in TeamUnify, and Final Forms are complete. You will receive an email stating you are approved once these steps are done.

- TeamUnify: www.teamunify.com/rectngs
- Final Forms: wcs-tn.finalforms.com

Athletic fees

- Covers: MTHSSA fee, insurance, Final Forms fee, t-shirt, swim cap, Ensworth facility fee, meet fees, coach's stipend, socials.
- \$395 for swimmers practicing at Ensworth with GMS
- \$150 for year-round club swimmers (not practicing with GMS but with another year-round club – Ensworth Aquatics, NAC, Excel, Swim615, etc.)
- Financial scholarships are available if needed.
- Please email grasslandswimming@gmail.com for more information

Meet Schedule Tentative (more likely to come):

- November 2nd @ EAQ (5PM)
- November 30th @ ISC (2PM)

- December 14th @ EAQ (2PM)
- December 22nd ISC (2PM)
- January 25 Middle School Championship

Uniform/Equipment

- Swimsuit, goggles, swim cap, kick board, pull buoy.
- Girls should wear a one-piece racing suit.
- Boys should wear a competitive suit called a jammer.
- Any suit can be worn at practice.
- For meets, wear a solid black suit. Those can be order through our team store, swim outlet or Amazon
- GMS swim caps will identify us in the water. A silicone swim cap is included in your registration.

Communications

- After registration is complete, all communications will be sent via email through TeamUnify.
- You will also be added to the team GroupMe upon registration completion.
- For questions or to contact Coach Perry, please use the Grassland email address andrew.perry@wcs.edu.
- Please use our new email address: grasslandswimming@gmail.com for any questions or communication.

Socials/Sweatshirts

Kick-off party and End of the Season party details to be announced. Additional option t-shirts and hoodie sweatshirts will be available this year for an additional fee. You will receive a link to purchase these, as well as additional T-shirts if desired, once your registration is complete.

Governing Body: MTHSSA, Middle TN High School Swimming Association