

Cypress-Fairbanks Independent School District
Special Olympics
Swimming 2026

Dear CFISD Special Olympics families,

The 2026 Special Olympics swim season will soon begin. ***All athletes must be at least 8 years old, attending a CFISD campus this fall, and must have a current athlete medical completed before participating in the first swim practice.*** All athletes must have a portal created with a current medical/registration form. All 4 pages must be included, as well as page 5 filled out by a physician. Please upload your registration forms to the portal and bring a copy with you to turn in to at the first practice you attend. Practice attendance is important throughout the season, until the meet, which we will discuss as a group at practice. Coaches will provide more detailed practice and competition information as the season progresses. We may have to change the practice times depending on the number of athletes and their abilities. This will be determined after the first few practices, so thank you in advance for your patience and flexibility!

Swimming Schedule:

*** The first practice on Monday August 3rd at 6:30 p.m.***

Practice days: Mondays and Thursdays

Start/End Date: Monday August 3rd—TBD in September

No Practice on the following dates: Thursday Aug 13th and Monday Sept 7th

Practice Time: 6:30 -- 7:30 p.m. to begin, times may change as needed.

Skills athletes may be divided into 2 groups and will be either from 6:00—6:30 or 6:30—7:00 each night

Athletes will not swim for longer than 45 minutes--1 hour per night

Location: * * Cypress Ranch High School Natatorium 10700 Fry Rd, Cypress TX 77433**

Please note: Location is different than last year

•Area Tournament: Will be discussed and determined at a later date

Swimsuit attire is required for all athletes, one-piece suits for girls. All suits need to provide adequate coverage, and a Speedo style suit is recommended. Cap and goggles are optional, and long hair needs to be tied back. Our colors are red and royal blue if you want to purchase a suit in our team colors. And please bring towels!

Again, all athletes are required to be at least 8 years of age, attending a Cy-Fair ISD campus for the 2026-2027 school year and have a yearly physical before they can practice or compete. The medical form must be current, physician signature less than one year old and all pages complete. Only the Special Olympics Athlete Enrollment/Medical Release Form will be accepted. The new form is attached with this email or can be printed using the following link:

<https://www.cfisd.net/fs/resource-manager/view/83a10b68-93c3-4bee-b108-70ebf4eab056>

PLEASE BRING YOUR ATHLETE'S CURRENT REGISTRATION/MEDICAL FORM TO GIVE THE COACH ON THE FIRST DAY OF PRACTICE. A copy will be required for each sport so please make and keep a copy (i.e. participation in swimming and basketball will require two copies—one for the swimming coach and one for the basketball coach and so on.)

*** ALL swim athletes must also be potty trained. No diapers (even swim diapers) are allowed in the CFISD pools. ***

The following guidelines are used in determining swim levels:

Level I

- Unable to swim one length (25 yds) of the pool unassisted
- Entered in individual skills events last season
- Beginner swimmers with or without prior aquatics experience
- Needs physical assistance in the water
- Needs close adult supervision

Level II

- Swims 25 yds. or more without assistance
- Entered in Level II skills (freestyle, backstroke 25 yds. or greater) last season
- Has prior aquatics experience in either Special Olympics or an organized swim program
- Independent in the water
- Participates in a group setting with minimal adult supervision

Adequate training for athletes is a priority as an average swim time for competition is required by August 11th for tournament entries. Attendance will be very important those first few nights. Any new or current athlete entering the swim program after this date may not be entered in competition due to lack of timed trials and training. Following August 11th, at the discretion of the coordinator and head coach, athletes can join the swim program at this point, practicing only and not competing.

Attendance and punctuality at practice are important to success. Coaches reserve the right to not enter an athlete in competition due to poor attendance. Please discuss any scheduling conflicts you may have with your team coach. Any further questions please email me at melissa.mckay@cfisd.net.

Go Cy-Fair!

Melissa McKay

CFISD Special Olympic Coordinator