

Things to Know for Middle School Swimming- Tryouts 10/20- 7-7:45 Parent meeting 10/22 7-7:20

Practice: 6:45-7:30 Monday, Tuesday, and Thursday unless there is a high or middle school HOME meet

- Be ready to practice at the time indicated on the calendar. We have short practice times, so we will start promptly at the time listed.
- Wear appropriate swimsuits
- Have a positive attitude

Meets:

- Bring two towels, swimwear, cap, goggles, non-carbonated drinks (water, Gatorade, etc.) and healthy food
- Please wear a solid black swimsuit
- You must ride the bus to all meets. Students will be allowed to ride home with parents if a parent signs them out. ***If you can't attend a swim meet because of illness, contact a coach by noon the day of the meet. There are no other excuses for missing a meet. One person being gone can affect the lineup for the entire meet.-

Middle School Parents

- Please encourage your swimmer. This is a fun experience.
- Feel free to ask any questions you have after practice or after meets. If you need to get a hold of me, please do so by e-mail or Parent Square.

CGMS Swim Practice Policy

Everyone is required to be at all practices on time.

If you have to miss practice, you need to notify your coach before the practice. It is the coach's decision whether it will be excused or unexcused.

If you miss a practice and neglect to tell the coach prior to practice, it will count as an unexcused absence. **If you are going to be absent at school, please call or e-mail before practice.

An unexcused absence will result in not participating in the next scheduled meet. Three total unexcused absences will result in dismissal from the team.

Rules set up by the athletic training department will be strictly enforced. They are for your safety.

Not following pool safety rules can cause personal injury or death and result in dismissal from the team.

If you have to miss a swim meet you must notify the coach by noon the day of the meet. An unexcused meet absence will result in removal from the next meet.

Additional Items & Reminders

***** Everyone is REQUIRED to purchase a red Center Grove Middle School swimming shirt*****

- Homework is **NOT** an excuse to miss practice. You have made a commitment to this team and **MUST** be at practice.
- Girls and Boys **MUST** wear their team shirt for team pictures.
- Calendar attached is subject to change Contact Information
- Boys' Swim Coach- TBS
- Girls' Swim Coach- Samantha Dikeman: Dikemans@centergrove.k12.in.us
- The year we will be using the BAND App and the Center Grove Middle School swimming Facebook page as the way to communicate to you, please scan the Band app qr code. Both sites will contain the same information, so you do not need to be on Facebook also.

We will always leave and drop off at Door 3 (West Gym off Morgantown Rd) at the high school.***

This is how teams will be divided up.

Red team will have 20 slots for boys and girls will have 25, Black and White will be divided up equally,

CGMS BOYS & GIRLS SWIMMING/DIVING 2026 MEET SCHEDULE

<u>Date</u>	<u>Day</u>	<u>Opponent</u>	<u>H/A</u>	<u>Time</u>	<u>Teams</u>
11/05/26	THUR	Franklin Comm.	H	6:00PM	Red
11/10/2026	TUES	Ben Davis(High School)	A	6:00PM	Red and Black
11/12//2025	THUR	Franklin Township(High School)	A	6:00PM	Red and White
1/17/26	TUE	Greenwood/John Wooden	H	6:00PM	Red and White
11/19//2026	THUR	Paul Hadley	H	6:00PM	Red and Black
12/1/2026	TUES	Plainfield/Perry (Plainfield High)	A	6:00PM	Red and Black
12/3/2026	THUR	Clark Pleasant(Whiteland High)	A	6:00PM	Red, White
12/16/2026	WED	COUNTY DIVING	WHITELAND	5:30PM	Team Selected by Times
12/17//2026	THUR	COUNTY SWIM	WHITELAND	5:30PM	Team Selected by Times