

Rex Putnam Swimming 2016-2017

Welcome Swimmers to a new season!!!

Who: Everyone is welcome! The only swimming ability I require is that you can survive on your own one length of the pool without needing to touch the bottom or the lane lines/walls. That's it! You say you only know dog paddle? No problem, I take it from there!

Swim Season - Officially runs from Nov 14 to February 11, culminating at the 2-day meet of Districts (a Friday/Saturday event). Everyone competes at Districts. Don't worry, you Will be ready.

Pre-Season Conditioning – Oct 31-Nov11 [Mon-Fri 3:30pm-4:45pm school weight room, *Fri Nov 11 Time TBD] – optional but Highly recommended you attend as many of these opportunities as you can. (especially as meets begin 2 weeks after in-water training begins! Pre-season helps gives you closer to a month to help get you in shape) Extra credit for Season Attendance points given for making a pre-season effort.

Official Water Practice Begins– Mon, Nov 14

Mon-Thur Team Meetings and Dryland 7:30pm-8pm, Swim 8-9:30pm, self-transportation both ways.

Friday: TBA – Last year was Swim 4-5:30pm (Bus transportation provided from the school to pool, one-way only). I'll post to the Facebook page and team website as soon as I find out.

Expectations: A good attitude and ready to learn!

Be Responsible! Practices and Meets are all mandatory. Swimmers must notify coach for each practice missed (with reason why), and Well in advance if there is going to be a known meet conflict. I cover a lot of important technique material every practice, and so new people especially can get behind real fast if you start missing a few. Meets take a lot of personal time to plan, so if one person last-second doesn't show, it makes things very difficult real fast for the rest of our line-up potentially! So this is responsibility to yourself, and to the team!

Home Pool for practice and meets: North Clackamas Aquatic Park (behind Toys-R-Us and near Clackamas Town Center Mall.)

Participation Cost

General participation fee: \$300

Equipment: Team Cap \$TBD, *Team Suit (roughly - girls \$65, boys \$47) Goggles: \$6-\$25

- have your own goggles and any practice suit for Nov 14th, Day 1 in the water! (ask if you want suggestions on decent goggles and what to look for)

*team suit is same each year, so only necessary for New swimmers, or you're old one needs replacement.

Coach Contact:

David Hay,
cell 503.891.5981 (text preferred)
david@nwninjawarrior.com

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Team Suit purchase may be made at any time. Allow for a week or two for delivery. Specific team suit link on the website (left side of page)

Optional Apparel: team T-shirt (~\$12), hoodie (\$25-\$30). Swimmers' t-shirt designs due 1st week of official practice, Fri Nov 18th for voting. Feel free to work up a potential design!

CLEARANCES: Must be completed BEFORE you can enter the water on Mon, Nov 14. Clearance not needed for pre-season conditioning. Pre-season Dryland Conditioning is a great time to bring in some new recruits without any obligation.

Those with insurance limitations can get medical clearance via the mobile medical van, which is at the school on Wednesdays and Fridays. Make appointments well in advance.

Online Athletic Registration: <https://www.familyid.com/organizations/rex-putnam-high-school>

Meets: Dates and time TBA. They usually begin 1st week of December, 2 weeks after our in-water practices begin. Typically we have 1 meet per week. I won't have official meet dates/times until after the Nov 3rd all Winter coach meeting. I will post it on the team website.

Home meets: Volunteer mandatory effort as we host those meets. We need all and as many parents, siblings and friends to help out (setup, breakdown, timers, starter, score keeping, snack list). No experience necessary. All jobs can be learned on-the-go for the most part.

Varsity Lettering: Attendance is a Very important part to Letter. It is possible to not be a big scorer, but with perfect attendance can really make it possible. Lettering Requirements breakdown will be available on the website in the next few days.

Fundraising: Some swimmers are already working up ideas and plans for fundraising efforts. These are super helpful to help bring future cost down and attain good equipment. Talk to Elizabeth Rainville and Grace Hancock if you have ideas or want to help!

Team Website: Rexputnamswimteam.org

All news and other info throughout the season will be posted and available on the website.

Facebook: "like" [Rex Putnam Swim Team](#) for spur-of-the-moment news notes (that will then usually go to the team website as well)

And importantly,

RECRUIT! RECRUIT!! RECRUIT!!!

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