
**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.
Traditionally I have never had to do cuts. If numbers are really high, I may consider it as we only have pool capacity for 50 tops, maybe less.

**Swim Season**  - Officially runs from Nov 13 to mid-February, culminating at the 2-day meet of Districts (Feb 9-10 Friday/Saturday), with State qualifiers the next weekend. EVERYONE competes at Districts.
**Pre-Season Conditioning** – Oct 30-Nov 10 [Mon-Fri 3:30pm-4:45pm school weight room] – 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 before the meets begin) Extra credit for Season Attendance points given for making pre-season effort.

**Official Water Practice Begins**– **Mon, Nov 13**
 **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: $275 (additional current sibling discount 15% = $233.75)
 Equipment: Team Cap ($included), \*Team Suit (roughly - girls $65, boys $47) Goggles: $6-$25
 - have your own goggles and any practice suit for Nov 13th, 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.
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 and may be included this year pending team size), hoodie work up a potential design!

**\*CLEARANCES:\*** Must be completed BEFORE you can enter the water on Mon, Nov 13. Clearance not needed for pre-season conditioning. Pre-season Dryland Conditioning is a great time to bring in some new recruits without any obligation.
**Online Athletic Registration:**
<https://www.familyid.com/organizations/rex-putnam-high-school>
 **Meets:** All meets are mandatory.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 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.
**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!!!**