

Rex Putnam Swimming 2018-2019

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. Last year we had around 33.

Swim Season - Officially runs from Mon, Nov 12 to mid-February, culminating at the 2-day meet of Districts on a Friday/Saturday, with State qualifiers the next weekend. EVERYONE competes at Districts. Only those who qualify for State go to State.

Pre-Season Conditioning – 3 opportunities only this year – Tue Oct 30, Thu Nov 1, Tue Nov 6 – all 6p-7:30 meet in school weight room] – optional but Highly recommended you attend as many of these opportunities as you can. Extra credit for Season Attendance points given for making pre-season effort.

Official Water Practice Begins– Mon, Nov 12

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 can confirm.

We practice through Winter Break. They All Count. If you have to leave out-of-town, understand your body will atrophy so far as it's like starting the season over again if you are out of the water for two weeks straight.

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). For meets, coach needs to know Well in advance if there is going to be a known meet conflict. 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! Practices: 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....ESPECIALLY the first few days! (In the 1st week, also known as bootcamp for the beginners, I cover learning the basics of all four strokes, dives and flipturns, so don't miss!!!).

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

Participation Cost / Refunds

General school participation fee: \$300 (each additional sibling discount 15% = \$255). \$50 of the \$300 user fee will be non-refundable, due to the booking/planning needs for pool rentals. After that refund is on case-by-case scenario. No refunds after Dec 17th.

Team Cap (\$included). Additional cost: Team Suit* (roughly - girls \$65, boys \$47) Goggles: \$6-\$25. Have your own goggles and any practice suit already purchased and with you for Nov 12th, Day 1 of in the water! (ask if you want

Coach Contact:

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suggestions on decent goggles and what to look for.)

*team suit is the 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). At some point, we'll have a team picture, so best get that team suit asap, and for our first meet on Dec 11.

Optional Apparel: team T-shirt (~\$12 guesstimate), hoodie maybe. Students each year work up potential designs to vote on beginning of season for team t-shirts. Anyone may participate!

CLEARANCES: Must be completed BEFORE you can enter the water on Mon, Nov 12. 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. I'll put the preliminary meet schedule on the team website this week.. The 1st meet currently is Tues, December 11th, 4 weeks after our in-water practices begins. Typically, we have 1 meet per week, although currently I see 6 dual meets planned thus far before Districts. Only 1 meet in December before Winter Break, then the rest start in January. I won't have the finalized meet dates/times until after the Nov 8th, all-Winter-coach meeting. I will post it on the team website as soon as I have it.

Home meets: Volunteers are a mandatory effort as we host those meets. We need all and as many parents, siblings and friends to help out (setup, breakdown, relieve 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 and does really make it possible. Lettering Requirements breakdown will be available on the website in the next few days.

Fundraising: We could use a lot of help here! These are super helpful to help bring future cost down and attain good equipment.

Team Website: Rexputnamswimteam.org

All news and other info (including this document) throughout the season will be posted and available on the team website.

Facebook: "like" [Rex Putnam Swim Team](https://www.facebook.com/RexPutnamSwimTeam) for spur-of-the-moment news notes (that will then usually go to the team website as well)

RECRUIT! RECRUIT!! RECRUIT!!!

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