

# Rex Putnam Swimming 2021-2022

Welcome Swimmers!!!



**Skill Requirement:** The only swimming ability is that you can make it, on your own, one length of the pool without needing to touch the bottom or the lane lines/walls.

**Swim Season** - Officially runs from **Mon, Nov 15** to mid/end of February. The season ends with a 2-day meet of Districts on a Friday/Saturday mid February, with State qualifiers the following weekend. EVERYONE competes at Districts. Only those who qualify for State go to State.

**Pre-Season Conditioning** – Unfortunately, we will not be having any pre-season practices this year.

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

## Official Water Practice Begins– **Mon, Nov 15 2021**

**Monday-Thursday** Team Meetings and Dryland 7:30pm-8pm, Swim 8-9:30pm, self-transportation both ways.

**Friday:** TBD – Previous years have been 4-5:30pm or 4:15-6:pm with one way only bus transportation provided from the school to pool. I'll send out an email and update the team website as soon as I know the timing.

We practice all through Winter Break. I would recommend coming to as many practices during Winter Break as you are able to make but I also understand that family comes first.

**\*CLEARANCES:\*** Must be completed BEFORE you can enter the water on **Mon, Nov 15**. I'll send out individual emails to those who have not yet been cleared according to FamilyID.

### Online Athletic Registration:

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

### 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 in advance if there is going to be a known meet conflict. Meets take a lot of 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!

At practices, a lot of training and technique material are covered at every practice, and it's important to be at as many practices as possible especially during the first couple of weeks.

### Participation Cost / Refunds

General school participation fee/refunds: Please check in with the schools athletic department for more information.

Team Cap (included in above costs and will be provided to you).

Additional cost: Team Suit\* (roughly - girls \$65, boys \$47)

\*team suit is the same each year, so only necessary for new swimmers, or if your 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 or go to <https://www.swimoutlet.com/collections/rexputnam>. I'll remind people about this through the first

### Coach Contact:

**Steffany Bixby** – Head Coach

cell 503.481.2408 (text preferred)

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week but best to try and a suit ordered the first few weeks of practice. You are welcome to attended practices in this suit as well, it does not have to just be for meets!

Goggles: \$6-\$25. Have your own goggles and any practice suit already purchased and with you for Nov 15<sup>th</sup>, Day 1 of in the water!

Optional Apparel: team T-shirt, hoodie, or any other spirit team gear (~\$15-20 as an initial estimate). Students each year work up potential designs to vote on beginning of season for team t-shirts and we'll get this figured out early on in the season.

**Meets:** All meets are mandatory. Dates and time TBD. I'll know more about the dates and times soon and will email/update the website as soon as I know more. Typically, we have 1 meet per week.

**Home meets:** Volunteers are a mandatory effort as we host the home meets. We need as many parents, siblings and friends to help out (setup, breakdown, timers, relieve timers, starter, score keeping). No experience necessary. All jobs can be learned on-the-go.

**Varsity Lettering:** Attendance is a very important part to Letter. It is possible to not be a big scorer at meets, but perfect attendance can and does really make it possible. Lettering Requirements breakdown will be available on the website soon.

## Team Website: [Rexputnamswimteam.org](http://Rexputnamswimteam.org)

All news and other info (including this document) throughout the season will be posted and available on the team website (it is not currently update to date at this time).

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

**IF YOU KNOW SOMEONE WHO IS INTERESTED IN  
SWIMMING, INVITE THEM TO JOIN!**

### **Coach Contact:**

**Steffany Bixby** – Head Coach  
cell 503.481.2408 (text preferred)  
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