

Dear Parents & Swimmers,

Although the 2023-2024 swim season may seem far away, it will be here before you know it! Nick and I will be returning for another year of coaching with Rowland Hall and are excited for what the upcoming season has in store for the student-athletes. We are both tremendously eager to make sure that the season is not only extremely organized, but is also a fun environment for every swimmer.

Practices will begin at the Salt Lake Sports Complex (645 S Guardsman Way) on **Monday, October 2, 2023, at 3:30 PM**. Parents must register their swimmer via the UHSAA "Aktivate Registration" site by July 14th to participate in the program, an email to be sent out by the Athletics Department with instructions as to that process.

PLEASE NOTE: Every student-athlete must have a **physical examination ANNUALLY** and must submit a Form A Physical examination form to the Athletic Director by Friday, July 14 or before. The form has been attached to the email that accompanies this letter. The **TRANSPORTATION PERMISSION** form also needs to be completed and submitted.

Practices are currently scheduled after school from 3:30-5:00 PM Monday through Friday (except on meet days); however, start time may change depending on the school schedule for the year. The swim meet schedule has not yet been planned, but will be up to date on the team website once all is finalized. As of last year, we have been placed in a 3A Region with South Summit, North Summit, Summit Academy, Grantsville, Judge, ICS, and Draper APA and will once again be competing in the State 3A Meet at the end of the season.

Regarding practice attendance, Nick and I both understand that high school is busy and other things do come up (we have all been there)! However, practices are extremely important to the overall function of the swim team and are mandatory unless brought to our attention *at least* 24 hours in advance by a parent or the student-athlete. Please understand, as well as make sure the swimmers understand, that they can have a total of **THREE** unexcused absences before being suspended from competition. A total of **FIVE** unexcused absences can lead to dismissal from the team. Please also understand that tardies and unexcused absences can negatively affect a swimmer's grade.

Our expectation as coaches is that swimmers will be in attendance starting on **October 2nd** to begin preparing for the season. **The only exception to this would be a swimmer who also plays another fall sport at Rowland Hall (e.g., girls' soccer, volleyball, cross country, boys' golf, girls tennis);** however, those athletes are expected to begin regular swim team practices as soon as their other sport season concludes.

Swimmers are required to bring swimsuits, fins, caps, and goggles (a backup cap and pair of goggles is recommended) to practice. They can be purchased at swim shops such as Pool 'N Patio, Poco Loco, or Aquaholics - Amazon carries them as well. Please write your name visibly on your fins.

The **required parent meeting** will be held prior to the start of practices on **Friday, September 22, from 6:00 to 7:00 p.m via Zoom**. At least one parent or representative of each swimmer must be present at this meeting.

We will be utilizing Google Groups this upcoming season. This is an easier way for us to share information about practices, meets, or any pertinent information. Please make sure to accept the email invite and check postings regularly.

Again, Nick and I cannot wait to see what the team will accomplish this season! Please feel free to contact Nick or me with any questions.

Sincerely,

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