

2020 CHS Modified Swim Team

Coach Ann Marie Crittenden: ACrittenden@buffaloschools.org

Overview:

Modified swimming is a fun opportunity for swimmers to represent City Honors. Swimmers will work on stroke technique in the four competitive swimming strokes: butterfly, backstroke, breaststroke and freestyle. They will also on racing starts, relay starts, flip turns and open turns. We will discuss goal setting and have many opportunities to set and attain goals throughout the season.

Registration Packets/Physicals:

- Registration paperwork (registration form) is due no later than **January 17th.**
 - You may turn in your registration paperwork to us directly after today's meeting.
 - Registration paperwork can also be turned into the Main Office.
- All **health related** paperwork (pre-participation form, health interval form) must be turned in to the nurse no later than **January 24th.**
 - Students must be cleared by the nurse in order to participate on the first day of practice.
 - Health paperwork can be turned into the nurse beginning 1/20

Materials needed:

Swimmers should come prepared to the first day of practice with the following:

- goggles
- swim caps
- a one piece swimsuit for girls
- a jammer style swimsuit for boys.
- a water bottle

The District will be also be providing a swim uniform for swim meets, cap and goggles.

Practice Schedule for February:

Grades 5-6: Mondays and Wednesdays beginning on Monday, February 3rd

Grades 7-8: Tuesdays and Thursdays beginning on Tuesday, February 4th.

Practices will be held from 3:30PM to 4:45PM. Pick up by 5:00 PM from the Atrium

First Day of Practice

Swimmers should report to the LGI room following dismissal until a coach arrives. Swimmers will be escorted to the locker rooms to change. Swimmers should be ready to swim by 3:30pm.

1. Swim Test
2. Swim practice based on their ability level.

Attendance:

Swimmers are expected to participate in all practices and swim meets. If a practice or a swim meet is going to be missed because of a scheduling conflict, please communicate with one of the coaches before the absence takes place so that we are aware of it. Obviously certain things such a family obligations, academic tutoring etc. Please give one of us a "heads up" so that the absence is not unexcused. This is especially important on meet days. Writing lineups and assigning swimmers to events for swim meets becomes challenging when some of the team is missing. Please email Acrittenden@buffaloschools.org as soon as possible if you cannot attend a practice or an upcoming swim meet.

Behavior Expectations: As members of the City Honors modified swim team, it is expected that you are treating each other with respect, are kind and supportive to everyone. Student athletes not only represent themselves when they are a part of a team, they also represent the school.