

RUSSELLVILLE HIGH SCHOOL SWIM TEAM

INFORMATION AND REQUIREMENTS

1. 2.0 GAP (MUST HAVE PASSED 4 SUBJECTS)
2. **PHYSICAL – coach must have before you can get in the pool**
3. DRUG TEST CONSENT FORM ON FILE
4. Practice suit, goggles, and swim cap

REQUIREMENTS: Items 1 – 3 are required before you will be allowed to participate and actually be allowed in the water.

All forms are now available on the RHS Athletics webpage - <http://rdsports.russellvilleschools.net/>. You can access this webpage for all the forms you will need for your students physical, physical history evaluation, drug test consent and emergency consent. Click on the links icon and then select Important Documents and a new page will show up with all the forms listed. This webpage will also have other pertinent information regarding swimming and diving under the swimming icon. Please try to have the physicals, drug consent and emergency contact information ready for the first day of practice. New physicals are required every year.

SEASON: The season runs from October through the end of February and the State Swim Meet. All swimmers are expected to participate through the entire season whether they qualify for state meet in individual events or not. We will try to attend 10 meets through the season and some will be away meets. We will be co-hosting meets with Clarksville in their facility. I will need strong parent participation at these meets. The schedule is not set yet for away meets but our home meets will be Nov. 14, Dec. 12, Jan. 28 and Feb. 13th. Please keep your calendars clear for these dates because I will need parental help at these meets. The complete schedule is attached. State Meet this year is being held at the new Bentonville Pool, so this may be an overnight trip depending upon how the team and individuals do throughout the season.

PRACTICES: Swim practices are being held at the Clarksville Indoor Aquatic Center on Monday, Tuesday, Wednesday and Thursday afternoons. Due to our drive the hours will be different. Monday, Tuesday and Thursday we will be in the pool from 5:30 - 7:00 and on Wednesday from 4:30 - 6:30 pm. Diving practices will be on Tuesdays and Thursdays with the swimmers. We will bus the kids to Clarksville all four days. I will pick up at the High School first right after school is out (bus will leave at 3:25) , then drive to the Jr. High to pick up the 9th graders (arrive about 3:40). **For those days that we don't get into the pool until 5:30 we will have a room where we can study or have team meetings, view videos pertinent to competitive swimming or do exercise programs which will help with conditioning and swimming.** Drop off after practice will be at the High School for everyone. First swim practice is Oct. 5th and first dive practice is Oct 6th.

TEAM SUITS: We will order team suits sometime in October so they will be here for our first meet. Team suits are for swim meets only – each swimmer needs to provide his/her own practice suits. Team caps will be ordered with suits, they may be used for practice, but each swimmer needs to have a spare cap for emergencies and practice.

The only equipment the swimmers will need are practice suits and goggles.

If you have any questions call me at 479 970-5574 or e-mail me at gdknudsen@yahoo.com. I do not work for the school system, but am a certified volunteer, so I would prefer calls in the evening or e-mails.