

RUSSELLVILLE HIGH SCHOOL SWIM TEAM  
INFORMATION AND REQUIREMENTS

1. 2.0 GAP (MUST HAVE PASSED 4 CORE SUBJECTS)
2. PHYSICAL – coach must have before you can get in the pool
3. DRUG TEST 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://rsdsports.russellvilleschools.net/>. You can access this webpage for all the forms you will need for your students physical, drug test consent, early release and participation information. 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.

SEASON: The season runs from September 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 new facility. I will need strong parent participation at these meets.

PRACTICES: Swim practices are being held at the University of Ozarks pool on Monday, Wednesday and Friday afternoons from 4 – 6 pm and on Saturdays mornings from 9 - 11. The schools are bussing the swimmers with pickups starting at the Pottsville Junior High moving to the Pottsville High School, then to the Russellville High School and finally the Russellville Junior High. Drop offs during the week are at the High Schools. Order depends on which school's bus is being used. Right now it is RHS bus on Mondays, Fridays and Pottsville bus on Wednesday. This means that on Mondays and Fridays the Pottsville swimmers get dropped off first and then on Wednesdays the Russellville swimmers get dropped off first. Saturday practice pickups and drop offs are always at the Russellville High School. On Saturdays the bus will leave there at 8:30 sharp. We will continue to practice at U of O until the new Clarksville indoor facility is ready and then we will move practices there.

Diving practices are up in the air right now. We are trying to work with Hendrix College, but so far the times they have made available are not acceptable. If we cannot get in there we will have to wait until the Clarksville facility opens around the first of November. More on this later.

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](mailto: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.

Cyclone & Apache Swim Teams 20012-13  
Tentative Meet Schedule

November 20, 2011 8:00	Siloam Springs	3:30 –
November 30, 2011	El Dorado	3:30 – 8:00
December 20, 2011	Bryant	3:30 – 8:00
December 13, 2011 9:00	Fayetteville Invitational (Jones Center)	3:00 –
January 10, 2013	Bryant	3:30 – 8:00
January 14, 2013 8:00	Siloam Springs	3:30 –
January 26, 2012	Hendrix Invitational, Conway	9:00 – 5:00
January 31, 2013	Bentonville Invite (Jones Center)	9:00 – 2:00
February 7, 2012 8:00	Har-Ber Invitational, Springdale	3:30 –
<b>February 15 and 16, 2012</b> <b>4:00</b>	<b>Central District Champs, UALR</b>	<b>9:00 –</b>
<b>February 22 and 23, 2012</b> <b>5:00</b>	<b>State Champs, Fayetteville, UA</b>	<b>9:00 –</b>