**Glencoe High School Swim Team - 2016-2017**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date of Birth:\_\_\_\_\_\_\_\_\_\_\_\_

Circle One:

FR SO JR SR Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone # :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Welcome to Glencoe HS Swimming. Please fill in the information below so we can do our best to support you in the 2016-2017 season.

Our team includes both Varsity and Junior Varsity athletes.

**Varsity Athlete** (2 options):

1) High School Swimmer (*not* swimming on a competitive club team)

* Swimming Experience:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Best/Favorite Events:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* To Letter as a Varsity Athlete:
  + Score 10+ total points at Dual Meets ***or***
  + Attend 90% of all swim team practices
  + Attend all high school dual meets and team meetings
  + Communicate with Coaches regarding any conflicts with meets, practices, or meetings

2) Competitive Club Swimmer

* Team:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Practice times:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Best/Favorite Events:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* To Letter as a Varsity Athlete:
  + Score 10+ total points at Dual Meets
  + Attend all club team practices
  + Attend all high school dual meets and team meetings
  + Communicate with Coaches regarding any conflicts with meets or meetings

**Junior Varsity Athlete**

High School Swimmer:

* Swimming Experience:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Best/Favorite Events:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + Expectations: attends a minimum of two swim team practices weekly and dual meets. Swimmer will communicate with Coaches regarding missed practices & meets.

Our home pool is the Shute Park Aquatic & Recreation Center (SHARC) in Hillsboro. Listed below are our team’s practice times. Please list any specific reason why you would not be able to attend. Our expectation is that you will attend all practices and meets.

|  |  |  |
| --- | --- | --- |
| Monday | 5:45-7:30am (Bus to Glencoe) |  |
| Tuesday | 5:45-7:30am (Bus to Glencoe) or 7:30-9pm (No Bus) |  |
| Wednesday | 3:30-5:30pm (Bus from Glencoe) |  |
| Thursday | 3:30-5:30pm (Bus from Glencoe) *or* Swim Meets 2:15-6pm |  |
| Friday | 5:45am-7:30am (Bus to Glencoe) |  |
| Saturday | 10-11:30am (No Bus) |  |

Our season runs from November 14th - February 22nd. We understand that other obligations may arise during the season. Please list below any other obligations such as family vacations, club swim meets, performances, work, or other activities when you would be unable to attend swim practices or meets. Please list all dates.

Parent/Guardian contact:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Email(s)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parental support is key with having a successful season. We have pot luck dinners throughout the season and we will be hosting the Metro District swim meet Hospitality Room this year. We also need timers, judges and other help running the home meets. Please let us know how your parents/siblings/loved ones can help.

Please check any options:

* Monetary donation
* Timer at swim meet
* Runner at swim meet
* Starter/Judge at swim meet
* Announcer at swim meet
* Help with fundraising
* Help with Hospitality room February 10-11, 2017
* Help with potluck dinners

Potluck dinner schedule: Our potluck dinners are held at the SHARC immediately following practice on Wednesday. Parents, siblings, family friends are encouraged to come and eat with us as well. This is to have some team bonding time and to encourage healthy eating habits. Please bring something to share. Coach will post a shared google document to sign up for particulars. Time is 5:30pm-6:30pm.

Wednesday December 7

Wednesday January 11

Thursday February 8