

## COLUMBIA/FRONTIER GIRLS' SWIM TEAM

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## MRACHEK MIDDLE SCHOOL GIRLS' SWIM TEAM

Welcome to the middle school girls' swim team. We hope you are ready for an exciting season. The teams we compete against are combinations of middle schools. They are as follows:

Columbia – Blue Caps

Mrachek – Green Caps

Frontier/Murphy Creek – Silver Caps

Aurora Hills/East – Yellow Caps

Quest/Vista Peak – Orange Caps

North/South/West – Purple Caps

Our teams will practice at Rangeview High School (17599 E. Iliff Ave) Monday through Friday from 4:30-5:45 p.m. Transportation **WILL NOT** be provided for the practices, but **WILL be** provided for the meets. All the swim meets will be held at Hinkley High School (1250 Chambers Rd) every Wednesday starting August 27<sup>th</sup> at 4:30 p.m. with the City Meet on Saturday, September 27<sup>th</sup> at 8:00 a.m., at Hinkley High School.

Practices for this season will begin on Monday, August 11<sup>th</sup>. Swimmers need to have a current physical and parent permission form turned in to Lisa Valente or myself (for Columbia Middle School) and turned into Jennifer Minor or Kristin Denner (for Mrachek) before they are allowed to practice on the 11<sup>th</sup>. Swimmers will need to bring a swimsuit, towel and goggles. Also, bring something comfortable to slip on over your suit if you choose not to change back into your clothes before leaving the pool area/locker room. Due to Rangeviews pool schedule, we will not be showering at Rangeview and need to be out of the area by 5:45. Parents **PLEASE** have your swimmers picked up at Rangeview no later than 5:45 p.m. daily. Thank you!!!

The Athletic fee of \$33.00 needs to be paid before the first meet. Our team suits are a solid black Speedo racing suit with a blue swim cap (Columbia)/green swim cap (Mrachek) and can be purchased for \$30.00, making the total swimming fee \$63.00.

Swim Team pictures will be during normal practice time. The pictures are tentatively scheduled for Thursday, September 4, 2014. Students will bring home a picture packet. Cost is extra. Swimmers need to be in the picture even if they do not purchase pictures. The picture will be in the yearbook.

The swim meets are listed on the following page and the events to be swum are as follows:

Event 1 – 100 Medley Relay – 4 people, each person swims one length of the pool using the following strokes in this order – Backstroke, Breaststroke, Butterfly, and Freestyle.

Event 2 – 100 Freestyle – one person swims 4 lengths of the pool Freestyle.

Event 3 – 100 I.M. – one person swims 4 lengths of the pool using all 4 strokes in this order – Butterfly, Backstroke, Breaststroke, and Freestyle.

Event 4 – 25 Freestyle, one person swims 1 length of the pool Freestyle

Event 5 – Diving – Each person will dive 3 dives, 1 forward dive, 1 back dive & 1 optional dive.

Event 6 – 50 Butterfly – one person swims 2 lengths of the pool Butterfly.

Event 7 - 50 Freestyle – one person swims 2 lengths of the pool Freestyle.

Event 8 – 200 Freestyle – one person swims 8 lengths of the pool Freestyle.

Event 9 – 100 Freestyle Relay – 4 people with each person swims 1 length of the pool Freestyle.

Event 10 – 50 Backstroke – one person swims 2 lengths Backstroke.

Event 11 – 50 Breaststroke – one person swims 2 lengths Breaststroke.

Event 12 – 200 Freestyle Relay – 4 people, each person swims 2 lengths of the pool Freestyle.

Each swimmer is allowed a maximum of 2 individual events and 2 relays OR 1 individual event and 3 relays per meet. Each swimmer is guaranteed 1 event per week as long as the swimmer has been at regular practice. Please send a quick note if you are aware of any dates your swimmer will not be at practice. Students should bring healthy snacks to the practices and meets. Student must have a water bottle as hydration is very important.

We are looking forward to a FUN season. See you at Rangeview on August 11<sup>th</sup>.

Sincerely,

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