

2018-2019 Carmel Greyhound Swimming

Thanks for your interest in joining the 2018-2019 Carmel High School Swim Team. The Carmel Swim and Diving team has enjoyed unprecedented success, winning a total of 51 State Championships (33 Girls/18 Boys). This is a difficult and challenging team to be a part of given the physical and mental demands of the schedule, practices, and attendance requirements. At the same time, hard work, dedication, and a sense of true accomplishment are intrinsically rewarding. This leaves each athlete more prepared for the rigors of life.

Girls First Official day of Practice: Monday, October 22nd

Boys First Official day of Practice: Monday, November 5th

PRACTICE SCHEDULE *Winter Break Schedule Attached *

3:20- (5:30/5:45/6 PM) Depends on group and day

3-4 AM Practices for all groups – AM practice is from 5:15/5:30/5:40-7:15 AM

Group Expectations:

- 1) **Forms** - You **MUST** have your **CHS consent form and IHSA physical form** turned into the **Carmel High School Activities** office **before** you can participate in any team function (practice, meet, etc)
- 2) **Standards** - There are standards to be on both the boys and girls high school swim team.

| Freshmen: | Sophomores, Juniors, and Seniors: |
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| <ul style="list-style-type: none">• Swim three of the four strokes legally• Swim a 200 freestyle continuously• 8 X 50 Kick – With a board on 1:00• 12 X 50 Swim – 3 of each stroke on 1:00• 8 X 100 Swim - Freestyle on 1:35 | <ul style="list-style-type: none">• Swim four strokes legally• Swim a 300 freestyle continuously• 8 X 50 Kick – With a board on 1:00• 12 X 50 Swim – 3 of each stroke on :55• 8 X 100 Swim - Freestyle on 1:25 |

- 3) **Open Swim** – There will be “open swim” offered three times per week at the following times starting the week of September 24th: Tuesday and Thursday 3:20-4:30 PM, and Saturday 12-1 PM. We will run the standards testing the first week of practice.
- 4) **Attendance** - The girls first day of mandatory practice is Monday, October 22nd and the boys first day of practice is Monday, November 5th. ***Attendance at practice is mandatory and we do practice and compete over school breaks. Attendance of all meets is mandatory including break.***
- 5) **Varsity Letter** – There are time standards to earn a Varsity Letter.
- 6) **Practice Groups** – The practice groups are determined by the coaching staff. There can be no crossing over of groups for practice attendance purposes.
- 7) **Equipment** – minimum equipment – Speedo Fin, mesh bag, paddles, a pull buoy, and a snorkel. You must also bring dryland clothes to every practice (shorts, running shoes, and t-shirt).
- 8) **Monetary Commitment** – girls around \$125 and boys around \$100.
- 9) **Parental Commitment** – Parents will need to volunteer at meets to be timers, concessions, announcers, etc.