ROOSEVELT HIGH SCHOOL

2023-24 SWIMMING TEAM

Website: roughrider-swimwp.weebly.com

REQUIREMENTS

PRE-CONDITIONING (Starting August 15, 2023)

 Pre-conditioning is optional, but highly recommended for those who do not have a competitive swimming background or are interested in joining girls water polo in the spring.

 Practice Schedule (practices are from 1 – 1.5h, 2.5h for advanced)

 Mondays, Tuesdays, Thursdays (check website for specific practice times)

 Wednesdays and Fridays will be added in coming weeks.

 **Pre-conditioning Requirements**

* Clearance from the athletic trainer – A clearance form will be given to athletes when the following forms are turned in to the athletic trainers: Physical, Assumption of Risk, Concussion, Publication. Give the clearance form to the coach.
* Able to swim 25 yds. without stopping.

TRY-OUTS (November 6-17, 2023)

Students who are in fall sports should complete their fall season sport then start swimming immediately thereafter.

Practice Schedule (practices are from 1.5 – 3h)

 School days – Monday through Friday (check website for specific practice times)

 Saturdays and school day holidays – 8:30A

**Try-out Requirements (in addition to Pre-conditioning Requirements)**

* At-Risk meeting mandatory for parent/guardian and athlete.
* Attendance is mandatory.
* Weekly grade check (done by the Athletic Department).
* Able to swim 50 yds without stopping.
* Able to read/learn to use a pace clock.
* Able to follow instructions and carry them out independently.
* Positive attitude.

COMPETITION SQUAD (November 18, 2023 – February 11, 2024)

Practice Schedule – same as Try-out schedule

**Competition Squad Requirements (in addition to Try-out Requirements)**

* Able to swim 10 x 50 yd Freestyle on 1:00.
* Able to swim 500 yd Freestyle without stopping under 10 min.
* Team uniform (swim suit) – girls $35-80, boys $25-45.
* Parents of club swimmers should discuss the conflicts in the meet schedules with the coach. High school meets take precedence over club meets during our season. Club times cannot be used in high school meets. Times from high school championship meets are usually allowed for USA Swimming.

For the daily procedures, latest schedules and updates, and school records, check our website at roughrider-swimwp.weebly.com.