

## CHS Swimming 2017 CHS Swim Group

1. We have started swim practice in the afternoons at Tara Club this year. The schedule while school is still in session will fluctuate and I will send out the weekly schedule as soon as I know it. We will not practice the week of final exams.
2. We will lift weights Monday/Wednesday 5:50-6:50am while school is still in session
3. We will begin practice Monday-Wednesday-Friday from 5:30-7:30am at Tara Club May 29. The cost of this will be \$150.00 made payable to Catholic High School and can be given to Coach Logsdon before June 15.
4. This year we will also be doing weightlifting/dry land at CHS with Coach Deuce Harrison Tuesday/Thursday 6:00-7:30am. Swimmers need to sign up in front office or online for Summer Strength and Speed for Varsity Swimming.
5. ALL swimmers are expected to have the following items at practice EVERY day:
  - a. Competitive swim suit- swim trunks are not acceptable. Either speedo or jammer and drag suit is optional.
  - b. Working, usable goggles.
  - c. Fins and Paddles- Kicking fins for your feet and hand paddles for pulling can be purchased at Varsity Sports on Perkins or Natal's Swim and Tri Zone on Essen Ln. or various swim shops on the internet. If you have questions about paddles and fins, contact me individually or a more experienced swimmer, but ALL swimmers must have these at EVERY practice or face consequences.
  - d. Tennis shoes
  - e. Water bottle