



SHAKER SWIMMING

P.O. Box 201009 • Shaker Heights, OH • 44120 • 216-295-4163 • shakerswimming@msn.com • <http://www.shakerswimming.org>

SHAKER HEIGHTS MIDDLE SCHOOL SWIM TEAM 2007 - 2008

Welcome to the Shaker Heights Middle School Swim Team. Your coaches are Brendan Pham and Tina McCauley. Practice will begin on Monday, October 29, 2007.

Practice Times:

If you take the sports bus home:

Monday	3:15 – 4:45 p.m.
Tuesday – Friday	3:40 – 4:45 p.m.
Saturday	10:00 – 11:15 a.m.

If you are picked up (at 5:30 p.m.):

Monday	3:15 – 5:15 p.m.
Tuesday – Friday	3:40 – 5:15 p.m.
Saturday	10:00 – 11:15 a.m.

A parent will need to inform the coaches if the swimmer deviates from the normal way he/she goes home. Please send an email to Tina at mccauley_t@shaker.org by 3:00 p.m. Thank you.

PLEASE BE ON TIME AND PREPARED TO SWIM. In order to swim on the team, you must have a completed physical card prior to your first practice (October 29, 2007). If you have already turned a physical card in for a previous sport, you do not need to do it again. The swim team will be adhering to the Shaker Heights Middle School Athletic Handbook concerning its Athletic Code of Conduct.

Practice and Meet Guidelines:

- Swimmers' **are required to** attend 5 practices per week. If a swimmer is unable to attend a practice during the week, he/she must attend practice on Saturday from 10:00 – 11:15 a.m. at the Middle School pool to make up the missed practice. Please be aware that there may be a few Saturday practices that are cancelled due to SHSH swim meet.
- If a swimmer is going to miss practice, a written note from home must be given to one of the coaches.
- If a swimmer is going to be late for practice, a pass must be given to one of the coaches.
- Swimmers' **are required to** attend practice the day before a meet in order to participate in the meet.

There will be informational meeting for parents on Sunday, November 11th at 7:30 p.m. at the Dixon's home (21799 Parnell Rd.). Please plan to attend.

Please see the attached sheet for the Shaker Heights Middle School Meet Schedule.

If you have any questions or concerns, please call Brendan Pham or Tina McCauley at (216) 295-4163 or email at shakerswimming@msn.com.