



Parent Meeting

- Tuesday, November 5
- 6:00 pm
- G206

Swimming Rules

1. You must maintain your grades during the season.
2. Practice is not optional.
3. You must attend all meets.
4. You will behave appropriately at all swimming functions. We are lucky that the Asheboro Y allows us to use their facilities. Horseplay will get you removed from practice/meet.
5. No jewelry is to be worn in the pool.

Practice

- Must have a physical before you can practice
- Wet practice (October 30)
 - Asheboro Y
 - 7:45 pm – 9:30 pm
 - Monday/Wednesday
- Dry practice (October 31)
 - PGHS
 - 3:30 – 5:00
 - Tuesday/Thursday



Pre-Season Conditioning

- For swimmers not participating in a fall sport
- Begins Tuesday, October 15
 - Tuesday and Thursday 3:30 - 5:00 pm
- Meet here (G206)

Suits

- Suits
 - \$35 girls
 - \$25 boys
- Caps
 - \$5.00 latex



Clothing

- Short sleeve T-shirt
- Long sleeve T-shirt
- Sweatshirt
- PGHS pants

- Order forms for clothing and suits will be distributed at practice on October 31.
- Orders with money due November 7.
- Order will be placed November 7.
- NO EXCEPTIONS!

Meet Schedule TBD

Meet Schedule

- Regionals
 - Date: TBD (February 1 or 2, 2019)
 - Location: TAC
- States
 - Date: TBD (February 7-9, 2019)
 - Location: TAC

Fundraising

- Swimming is an expensive sport.
 - The cost of pool time at the Y is \$2000.
- All Swimmers must participate in fundraising – no exceptions.

Fundraising
Swim-a-thon

- December 11 (tentative date)
- Each swimmer must raise \$50
- Donors may pledge fixed amount or per length (max 100 lengths)
- All monies due by December 19
- Pledge sheets will be distributed December 3

Fundraising
Volleyball Tournaments

- Volleyball tournaments paid for our pool time last year
- Tournaments begin in January and run every (almost) weekend until April
- Must work two shifts
- Need workers all day (9:00 am – 6:00 pm)
- Will work in 3 hour shifts

Remind

