

Things to Know for Middle School Swimming

Middle School Swimmer

Practice: Monday and Wednesday 5-6 pm & Tuesday and Thursday 7-8

- Be ready to practice at the time indicated on the calendar. We have short practice times, so we will start promptly at the time listed.
- Wear appropriate swimsuits
- Have a positive attitude

No locker room or parents in the pool

Please be on time picking up your child

Meets:

- Bring two towels, swim wear, cap, goggles, non-carbonated drinks (water, Gatorade, etc.) and healthy food
- Please wear either a solid black swimsuit
- You must ride the bus to and from all meets. ***If you can't attend a swim meet because of illness, contact a coach by noon the day of the meet. There are no other excuses for missing a meet. One person being gone can affect the lineup for the entire meet.

Middle School Parents

- Please encourage your swimmer. This is a fun experience.
- Feel free to ask any questions you have after practice or after meets. If you need to get a hold of me, please do so by e-mail or phone.

Coach Sam- dikemans@centergrove.k12.in.us or 317-658-3056

Coach Casey- casey.owen.09@gmail.com or 317-431-0782

CGMS Swim Practice Policy

Everyone is required to be at all practices on time.

If you have to miss practice, you need to notify your coach before the practice. It is the coach's decision whether it will be excused or unexcused.

If you miss a practice and neglect to tell the coach prior to practice, it will count as an unexcused absence. **If you are going to be absent at school, please call or e-mail before practice.

An unexcused absence will result in not participating in the next scheduled meet. Three total unexcused absences will result in dismissal from the team.

Rules set up by the athletic training department will be strictly enforced. They are for your safety.

Not following pool safety rules can cause personal injury or death and result in dismissal from the team.

If you have to miss a swim meet you must notify the coach by noon the day of the meet. An unexcused meet absence will result in removal from the next meet.

Additional Items & Reminders

- Homework is NOT an excuse to miss practice. You have made a commitment to this team and MUST be at practice.
- Boys MUST wear a team shirt for team pictures.
- Calendar attached is subject to change Contact Information
- Boys' Swim Coach- Casey Hedeem: Casey.owen.09@gmail.com
- Girls' Swim Coach- Samantha Dikeman: Dikemans@centergrove.k12.in.us
- Sign up for Remind101 for updates and reminders: →Send a text 81010. Text this message @874223h

*****Bus will always leave and drop off at DOOR 4 at the high school*****

CGMS BOYS & GIRLS SWIMMING/DIVING 2023 MEET SCHEDULE

<u>Date</u>	<u>Day</u>	<u>Opponent</u>	<u>H/A</u>	<u>Time</u>	<u>Teams</u>
1/26/23	THUR	PERRY MERIDIAN	H	6:00PM	Red and Black
1/31/23	TUE	PLAINFIELD	A	6:00PM	Red and White
2/7/2023	TUE	GREENWOOD	H	6:00PM	Red and White
2/9/2023	THUR	LYNHURST	A	6:00PM	Red and Black
2/15/2023	WED	FRANKLIN CENTRAL	A	6:00PM	Red and White
2/21/2023	TUE	FRANKLIN COMM	A	6:00PM	Red and Black
2/23/2021	THUR	Martinville	H	6:00PM	Some Red, Black, White,
3/2/2021	THUR	Beech Grove	H	5:30PM	Some Red, Black, White,
3/8/2021	WED	CLARK PLEASANT	H	5:30PM	Red and 8th graders
3/15/2021	WED	COUNTY SWIM	IC	5:30PM	Team Selected by Times