

Swim Team

2017-18

General Information

MEMBERSHIP: Boys and girls in grade 7 to 12 can join.

ABILITY: You must be comfortable swimming in deep water (water over your head) and be able to swim the length of the pool (25 metres). You do NOT have to swim all of the strokes properly. We will teach you what skills you need such as strokes, racing dives and turns.

COACH: Mr. Micheli (michelir@hdsb.ca) , Mrs. Hickey, Mrs. Selway, Mr.Zadro

PRACTICES: Tuesdays 3:00 – 4:00pm
Wednesdays 3:00 – 4:00pm
Fridays 3:00 – 4:00pm

November 1, 3, 7, 10, 14, 15, 17, 21, 22, 28

December 1, 8, 12, 13, 15, 19

January 9, 10, 12, 16, 18, 19

February 7, 9, 13, 14

The first practice is set **Wednesday, November 1**. Swimmers may join at any time throughout the season. Swimmers are to get changed and be on the pool deck for the start of practice. Aside from a bathing suit and a towel, swimming goggles are a good idea to have at practice.

REGISTRATION FORMS:

Registration forms must be signed and handed in to Mr. Micheli before any swimmer is allowed to participate on the team. Once registration forms are in, names are submitted to the school office and then you will be enabled to pay fees

on line. If there is a problem of paying all fees up front, please see Mr. Micheli to make alternative arrangements.

COST: \$150 includes pool rental and meet entry fees
\$125 Athletic activity fee only for high school students who did not play a Fall sport. This is a one-time fee for the entire school year. Do not pay if you already played a Fall season sport. The fee covers the cost of transportation and the Athletic Banquet in June.
\$30 team swim cap and t-shirt (optional)
Those who are competing are required to have a team swim cap.

Please submit uniform orders to Mr. Micheli by November 13.
Payment to be made at [School Cash On-Line](#)

MEETS: Swimmers must compete in two Halton meets before being allowed to compete at the Halton Championships in February.
Grade 7 & 8 students are not permitted to compete at the Halton, GHAC or OFSAA Championships but are permitted to swim at some of the other meets.
Swimmers are encouraged to arrange their own rides to and from swim meets.

Wed. Nov 8 @McMaster University (any swimmers, special category for rookie swimmers)
Thurs. Nov 16 @McMaster University (any swimmers)
Wed. Nov. 29 @McMaster University (any swimmers)
Mon. & Tues. Dec 5 & 6@ Windsor (Grade 9 - 12 swimmers)
Thurs. Dec. 7 @ McMaster University (any swimmers)
Halton Championships, February 6 @McMaster University
GHAC Regional Championships, February 15 @U. of Guelph
OFSAA Championships, February 26-28, Windsor

INFORMATION:

If you have any other questions, please e-mail Mr. Micheli at michelir@hdsb.ca

Frequently Asked Questions:

Can I play another winter season sport if I am on the swim team?

No, but there are some exceptions. Students are allowed to play on only one school team at a time. However, there are exceptions. You can be on the badminton team because badminton season overlaps the winter and the spring sports seasons. If you are in the non-competitive curling club, then you can swim too. However, if you are on the competitive curling team, then you cannot be on the swim team.

Can I join the swim team if I am currently playing a fall season sport?

Yes, but you must finish your commitment to your fall season team (i.e. field hockey, football, boys' volleyball, girls' basketball, cross country) if that sport continues into November. You may attend swim team practices if your other team does not have a practice or a game at the same time.

Do I have to compete at swim meets?

No. Many swimmers join the team to improve their fitness or to improve their strokes. However, swim meets are a fun experience that everyone is encouraged to try, when they feel they are ready to compete.

Will there be a meet only for Grade 7 & 8 swimmers?

We hope so. It depends on the availability of pool time and the availability of other teams to participate. Hopefully a date can be arranged in February.

Who can compete in the Halton Championships in February?

Any eligible grade 9 to 12 swimmer who has competed in at least 2 of the 4 league meets held in November and December, and who have swum in at least half of our scheduled practices.

Who can compete at the GHAC Regional Championships or OFSAA?

The top 8 swimmers in each event at the Halton Championships move on to the GHAC Championships. To go to the OFSAA Championships, swimmers must either win their event at GHACs, or meet the OFSAA qualifying time while swimming at the GHAC Championships.