

General Information for 2020 Indian Creek MS Swimming

Welcome to the 2020 season! We hope that you are as excited for this season!! Coach Kaitlin Smith will be taking the lead as MS Head Coach this year with Coach Lisa Kress assisting her. Coach Brad Smith will continue to be around on deck as a volunteer assistant and meet director. Coach Kate Taylor will be coaching the divers.

- Please take this packet and review it. You will need to return the last page - signed by yourself and a parent.
- Enclosed in this packet is information about joining the ICMS SWIM/DIVE REMIND group. Please follow the directions and get signed up ASAP. This is how the coaching staff will communicate information to athletes and parents.
- Practice starts Tuesday, January 28 from 3:45-5:30p. A practice schedule for the first few weeks (in addition to team policies, meet schedule, and other ICMS Swim/Dive info) is enclosed in this packet as well as posted on the team website (go to www.icacsharks.org - go to OTHER LINKS and click on ICMS & ICMS SWIM). Diving practice times may vary slightly. On Early Release Wednesdays, athletes will need to stay after school and report to the assigned study tables in the middle school.
- Make sure you have a physical and concussion form on file with the athletic department prior to the start of practice. Forms are available from the MS Athletic Office.
- We will be ordering team apparel after the first week of practice. We ask that all swimmers purchase the basic swim pack, which includes the team suit, caps, and t-shirt. The cost is \$55 for girls and \$45 for boys. The coaching staff will handle all team suit sizing. It is important that a competitive suit fits properly. You will also have the opportunity to purchase other team apparel.
- Tentative team picture date is February 6. Order forms will be sent out at a later date.
- When we have a meet, we prefer all athletes to stay after school. On our home meets, we will have our athletes come to the pool, go to the balcony or pool lobby, and begin their homework. The coaching staff and/or parent volunteers will supervise them until it is time to get ready for the meet. For our away meets, the bus typically leaves at 4:10p. We will follow the same procedure as home meets. For those meets that the bus leaves immediately after school, all athletes need to report to the pool area for attendance and then we will load the bus. If any parents are willing to help supervise/assist with homework time, please let Coach Smith know.
- For all meets, each athlete will need to provide their own sack supper/snack. Otherwise, our athletes will have gone for almost nine hours without any “fuel” source. Please make sure that your athlete has healthy, high-energy foods. A handout with some suggestions will be given to you during the first week. No sodas or greasy food!
- A reminder: if school is closed, we cannot have practices. A REMIND MESSAGE will be sent out detailing how the canceled practice will affect the next few days. The website is also a good source of information. ICAC swimmers need to follow ICAC guidelines
- We will need parent volunteers to help with meets. Details forthcoming.
- ICMS requires all athletes to pay a transportation fee to help pay for bus transportation to/from meets. We ask that you pay the \$20 fee prior to the first meet (February 10).
- Money should never be an issue for a student to not participate. If money is an issue, please let us know at the contact info below and we will find you assistance!!!
- If you ever have questions or need anything, please contact me at 878-2128 or you may email me at kasmith@nhj.k12.in.us

Looking forward to seeing you the first day of practice!
Coach Kaitlin Smith