

SWIMMING
SALEM HIGH SCHOOL
2018-2019

Practice Schedule:		
MONDAY	7:15 - 8:45	Mandatory : 12/17, 1/21, 1/28, 2/4
TUESDAY	7:15 - 8:45	
WEDNESDAY	7:15 - 8:45	Mandatory : 11/28, 12/12, 1 / 2 No practice: 11/21
THURSDAY	7:15 - 8:45	Mandatory: 1/11 No practice: 1/17
FRIDAY	5:30 - 6:30	No practice : 11/16, 11/23, 11/30, 12/7, 1/4

DATE	OPPONENT	LOCATION	TIME OF GAME
Th, Nov. 29	Bassett/Glenvar/North Cross/William Byrd	H*	7pm warm up / 7:30 pm meet
Sat, Dec 1	Southwest Invitational @ CAC	A	TBA
Fri, Dec 7	Patrick Henry @ Gator Center	A	5:30pm warm up / 6pm meet
Th, Dec. 13	Pulaski County/Glenvar / Jeff Forest	H*	7pm warm up/7:30 pm meet
Tues. , Dec 18	Hidden Valley/ Cave Spring / Staunton River @ Gator Center	A	7:30pm warm up/8:30 pm meet
Th, Jan. 3	Northside/Lord Botetourt/Glenvar (Senior Night)	H*	7pm warm up/7:30 pm meet
Jan. 12	All Timesland Invitational @ Gator Center	A	TBD
Tues, Jan 22	Christiansburg @ CAC	A	5:45pm warm up / 6:30 pm meet
Tues, Jan 29	Cave Spring @ Gator Center	A	8pm warm up / 8:30 pm meet
Feb. 5	Region 4D Meet @ Christiansburg Aquatics Center	A	8am warm up/10 am meet
Feb. 14-16	State 4A Meet @ Swim RVA	A	TBD

*All Home Meets are at the Salem YMCA

Head Coach: Marianne Fleenor Email : fleenor2@gmail.com

Assistant Coach: Brandon Ress

Athletic Director: Chris King, CAA

Principal: Scott Habeeb

Trainers: Keith Doolan and "Trimmy" Hickerson

******First Day of PRACTICE and PARENT MEETING MONDAY, NOV 5TH @ SALEM YMCA POOL DECK 7:30 PM**

(Kids will swim after meeting from 8-8:45)

NOTE: Before you can practice you need to complete a physical! Also at the first day of practice/parent meeting there will be a transportation form and a drug and conduct form to complete.

SHS Swim Team Expectations:

- It is expected for you participate in every practice. If you know you will be missing a practice please turn in a note or text me with your reason for missing. All USA/Club swimmers - it is expected that you participate in the FULL practice on the Mandatory dates listed on the practice schedule -(so the practice before a meet you must be at practice). At the coaches discretion a swimmer may be benched from a swim meet or events/relays if they miss practices regularly.
 - It is expected for you to be on time to each practice, the coaches can and will hold you later in practice if this is a problem.
 - It is expected for you to always be on your best behavior at practice and in particular at swim meets. Remember the VHSL has strict policies on sportsmanship / behavior and you will not be allowed to participate with the team if this is a problem.
 - It is expected for you to show up with a good / positive / encouraging attitude. Our season is short and we frankly don't have time for negativity and disrespect.
 - All 8th graders are expected to attend 3 practices a week and the mandatory practices before these meets. They can participate in all 3 home meets and the Cave Spring meet at the Gator Center.
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TEAM SUIT:

Girls: www.jolynclothing.com - under swimsuits pick the fixed back onesie - our team suit is the Brandon - Black / Shark Grey or order a plain black one that you like.

Boys: go to the swim shop before **Oct 28th** and Tracy will size you if needed, order the Power Flex Revolve Splice

APPAREL AND FORMS DROP OFF DATES:

(At the highschool office 7:30 am - 8 am)

Wednesday, Oct. 24th and Friday, Oct. 26th

Things to know:

-We take a bus to every meet, your swimmer can ride home with a parent when they are finished at a meet as long as I have a handwritten note before they leave.

-Every swimmer will receive a uniform (jacket/sweatpants) that they will turn back in at the end of the season. The apparel form is for any extra items they may want.

