**Practices starts the week we return to school**

Days: TBD

Location: Springhill Swim Club

Time: TBD

Attire: Swimmer Bathing Suit

**Meets**

Swim meets are mainly during the week.

**Events**

50 Freestyle (2 laps of Freestyle)

100 Freestyle (4 laps of Freestyle)

200 Freestyle (8 laps of Freestyle)

500 Freestyle (20 laps of Freestyle)

100 Backstroke (4 laps of Backstroke)

100 Breaststroke (4 laps of Breaststroke)

100 Butterfly (4 laps of Butterfly)

200 Individual Medley (50 of each stroke: Butterfly, Backstroke, Breaststroke, Freestyle)

200 Freestyle Relay (4 Swimmers: each swim a 50 Freestyle)

200 Medley Relay (4 Swimmers: each swim a different 50; 50 Backstroke, 50 Breaststroke, 50 Butterfly, 50 Freestyle)

400 Freestyle Relay (4 Swimmers: each swim a 100 Freestyle)

**Equipment**

All: Swim caps and swim equipment (board, buoy, fins, googles). (provided)

Girls: Solid Black – One-piece bathing suit

Boys: Solid Black – Jammer or Racer bathing suit

**Fees/Fundraisers**

Each swimmer will be expected to pay for swimmer/pool fees and equipment. ($200)

We will offer fundraisers to cover the cost if you choose to participate.

**Coaches Information**

Barclay Davis

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