

BAKER HIGH SCHOOL



SWIM & DIVE TEAM

2025 SEASON

INFORMATION PACKET

"WATCH OUT...WE STING WHEN WET"

2025 Baker Swim Team

THIS INFORMATION IS SUBJECT TO CHANGE.

Important Dates and Information

SEASON TIMELINE:

Tryouts for New Team Members:

Monday, May 19th @ 5:30 pm at
USA Health Beth M. Rouse Rehabilitation & Wellness
Center 6904 Providence Park Drive South

Skills Assessed:

- 50 meter swim for time
- Distance swim
- Dive off-blocks
- Turns
- Strokes

IF YOU ARE NEW TO THE TEAM AND CANNOT MAKE TRYOUTS have your summer coach or the coach you practice with to send an evaluation of the following skills to me at apaterson@mcpss.com by Monday, August 4th.

IF YOU ARE A MIDDLE SCHOOL STUDENT AND DID NOT PARTICIPATE IN THE SWIM PROGRAM LAST YEAR, YOU WILL NEED TO BE EVALUATED. PLEASE BE SURE TO COME TO TRYOUTS OR HAVE YOUR SUMMER COACH OR COACH YOU PRACTICE WITH SEND AN EVALUATION TO ME BY AUGUST 4TH. NOTE: ALL SWIMMERS WILL NEED TO PRACTICE WITH CSMA/OR ANOTHER CLUB TEAM IN THE AFTERNOONS AND COMPETE IN THE MEETS FOR BAKER HIGH SCHOOL.

ALL PAPERWORK (MINUS FEES) FOR ALL TEAM MEMBERS MUST BE COMPLETE IN ORDER TO COMPETE IN THE SWIM MEETS.

*Complete the paperwork in DRAGONFLY. Physicals are to be completed by a medical doctor and then scanned and uploaded to DRAGONFLY for approval. See instructions for use. PARENT AND ATHLETES MUST HAVE THEIR OWN DRAGONFLY ACCOUNTS. PARENTS NEED TO SET UP THEIR ACCOUNT **FIRST**.

August 14th (Thursday) @ 5:00 to 5:30 PM Team & Parent Meeting, Baker Room #84
Team fees of \$85 are due at this time – MAKE PAYABLE TO
BAKER HIGH SCHOOL

August 16th (Saturday) @ 10:00 AM (tentative) Swimsuit fitting at Swim and Tri, 3607 Old Shell Road

MEET GEAR:

- Baker swimsuit (swimmer will need to purchase)
- Baker swim cap (included in the fee)
- 2 pair of goggles
- Water bottle
- Healthy snacks (carbohydrates and protein) and sports drinks

Rules AND Expectations for Participation

- Attendance to Meets are mandatory.
- Meet Attendance: There are only 8-10 meets per season, swimmers must commit to these meets and make arrangements to attend them. This is a TEAM sport and every participant could earn points for the TEAM. Illness is understandable, but communication is KEY. Swimmers are also expected to stay for the entire meet to support fellow teammates.
- Conduct at School
 - Excessive absences may result in suspension or dismissal from team.

----- please return this portion by August 11th -----

I have read the above information, rules and expectations and I understand what is expected of me as a member of the Baker High School Swim Team.

Swimmer Signature Date

Parent/Guardian Signature Date

Baker Swim Team Registration Form 2025

My child (please print) _____ would like to be a member of the Baker Varsity swim team for the upcoming year. Circle M or F and Grade 7 8 9 10 11 12

I am aware that there will be tryouts on May 19th and if I cannot attend then evaluations should be sent by a summer coach or current coach by August 4th.

I am aware that if selected there is a \$85.00 participation fee payable to Baker High School that covers entry fees to the meets and mandatory insurance.

I am aware that team suits and warm ups must be purchased for the meets and are available locally from Swim and Tri. Fitting is August 16th at 10 AM at Swim and Tri. **(TENTATIVE)**.

Signature

Print Name

Date

Parent Contact Information

E-mail _____

Phone _____

Cell _____

Level of experience/ability (check the all that apply) – this is a self-evaluation:

Non/New swimmer _____ (I am looking to learn how to swim and dive. I have difficulty in the water) ***If this is the case Varsity swim is NOT for you. Swimmers must know how to swim, this is not an intro to swim course)

Average swimmer _____ (I can swim 25 meters without stopping, freestyle and/or backstroke)

Good swimmer _____ (I can swim 50 meters without stopping, freestyle, backstroke, breaststroke, and/or butterfly)

Summer league _____ (YEARS)

High School _____ (YEARS) Previous school other than Baker _____

CMSA/Club Swimming experience (YEARS) _____ Year round _____ Seasonal

Strokes most comfortable swimming (rank 1-4, 1 being most etc.) Dives and Turns (rank from 1-4 4 being highest in ability)

Freestyle _____

Butterfly _____

Dive off starting blocks _____

Backstroke _____

Breaststroke _____

Flip Turn on Free _____ Flip Turn on Back _____

THIS FORM MUST BE COMPLETED AND RETURNED BY AUGUST 11TH, 2025

Link to physical form (front page & back page):



blank physical
front.pdf



blank physical.pdf

Link to Dragonfly instructions:

<https://www.dragonflymax.com/parents-academy>

REMIND

Information will be sent through REMIND. Please join by texting 81010 the code @a74h3g.

** Standard text message rates apply.*

If you do not have a phone or prefer using a computer, go to remind.com/join. Enter @a74h3g, and select join. Then, enter your first and last name along with your mobile number or email address, and click sign up.