

**BAKER HIGH SCHOOL**



**SWIM TEAM**

**2022 SEASON**

**INFORMATION PACKET**

**"WATCH OUT...WE STING WHEN WET"**

**THIS INFORMATION IS SUBJECT TO CHANGE.**

**SEASON TIMELINE:**

There will be no tryouts this year. Instead, **IF YOU ARE NEW TO THE TEAM** have your summer coach or the coach you practice with to send an evaluation of the following skills to me at [apaterson@mcpss.com](mailto:apaterson@mcpss.com) by Monday, August 15<sup>th</sup>.

Skills Assessed:

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

**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 HAVE YOUR SUMMER COACH OR COACH YOU PRACTICE WITH SEND AN EVALUATION TO ME BY AUGUST 15TH. 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 9th (Tuesday) @ 5:00 to 5:30 PM** Team & Parent Meeting, Baker Cafeteria  
Team fees of \$85 are due at this time – MAKE PAYABLE TO BAKER HIGH SCHOOL

**August 13th (Saturday) @ 10:00 AM** Swim suit fitting at Swim and Tri, 3607 Old Shell Road

**MEET GEAR:**

- Baker swim suit (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 -----

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 2022**

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 no try outs and that evaluations should be sent by a summer coach or current coach.

I am aware that if selected there is a \$85.00 participation fee payable to Baker High School 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 13 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 9<sup>th</sup>, 2022**

### **Link to physical form:**

<file:///C:/Users/apaterson/Dropbox/Swimming/SWIM%20TEAM/2019/revised%202018%20Form%205%20Physical.pdf>

### **Link to Dragonfly instructions:**

<https://www.dragonflymax.com/how-to/get-signup-instructions/>

### **REMIND instructions:**

Get information for Baker High School right on your phone—not on handouts.

Pick a way to receive messages for Baker Swim Team:

#### **A If you have a smartphone, get push notifications.**

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/bakerswi](http://rmd.at/bakerswi)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

[rmd.at/bakerswi](http://rmd.at/bakerswi)

[Join Baker Swim Team](#)

Full Name

First and Last Name

Phone Number or Email Address

(555) 555-5555

#### **B If you don't have a smartphone, get text notifications.**

Text the message [@bakerswi](#) to the number [81010](#).

If you're having trouble with [81010](#), try texting [@bakerswi](#) to [\(251\) 263-8801](#).

*\* Standard text message rates apply.*

To

[81010](#)

Message

[@bakerswi](#)

Don't have a mobile phone? Go to [rmd.at/bakerswi](http://rmd.at/bakerswi) on a desktop computer to sign up for email notifications.