

## West York Swim Team Information

*Parent's Meeting: October 20, 2011* starting promptly at **6:00 pm** in the **High School Cafeteria**

### *Practice Times/Dates:*

- ☞ Practice begins each day after school from **3:30pm to 6:00pm** Monday through Friday starting **November 18<sup>th</sup>**. (Transportation will be provided after school to the Graham Aquatic Center for those interested, but the swimmers will need to be picked up from the GAC after practice by a parent, guardian or sibling.
- ☞ Morning practice will be held Tuesday and Thursday from 5:30 am (on the pool deck ready to swim) to 6:45am. These morning practices are optional but **STRONGLY** encouraged. We will discuss the start date for these practices on November 18<sup>th</sup>.
- ☞ "Open Swim" for all interested in pre-season lap swimming begins **November 1<sup>st</sup> from 4:00 until 5:30**, Monday through Friday (until team practice begins).  
\*\* There will be **NO** transportation to the pool for these practices. \*\*

*Requirements for first day of practice (Failure to meet these requirements will result in suspension from team activities including practice):*

- ☞ PIAA physical form filled out and signed by your physician.
- ☞ West York's Code of Conduct Form
- ☞ Emergency Contact Information Sheet
- ☞ Acknowledgement of Risk (**signed by you and your parent/guardian**)
- ☞ Rules and information signature sheets (**signed by you and your parent/guardian**)
- ☞ A one-piece suit for girls, a brief or jammer suit for boys, caps for girls (boys if you choose), towel(s), lock for the locker room (the West York School District and the YMCA are not responsible for lost/stolen property), and 2 pairs of goggles.

### *Team Suits:*

- ☞ Meet suits and meet caps will be provided by the school district. **DO NOT** wear these suits and caps for practice. These are only to be worn for swim meets. You **MUST** wear team suits at all YAIAA meets. You may choose your own brand/style of suit and cap for practice but you are responsible for providing them.

### *Snow day policy:*

- ☞ If school is closed due to inclement weather, there will be **NO** practice.
- ☞ If school is delayed (one or two hour delay) there will be no morning practice but there will be regularly scheduled after-school practice.
- ☞ If there is a district or league meet on "no school" days, the meet will be conducted as scheduled.
- ☞ If school is not cancelled, practice will be called at the Coach's and Athletic Director's discretion, so please listen to the announcements.

If you should need to contact me my e-mail address is: [coach.hoffman@westyorkswimming.com](mailto:coach.hoffman@westyorkswimming.com). I work at Trimmer Elementary, so mail and/or phone calls can be directed there. E-mail is the most effective way to contact me.

Head Coach - Jonathan Hoffman  
Assistant Coach – David Tate  
Assistant Coach – Nicole Flowers