**2020 Spruce Creek Swim Team Information and Schedule**

SpruceCreekSwim.com

Head Coach: Anne Grams - Agrams1234@gmail.com or 386-451-1910

* The Swim Team is a Varsity sport in which you can learn a lifetime skill.
* Creek coaches are passionate about the sport and work to motivate each swimmer.
* The Creek Swim Team gives you a new group of friends.
* Creek swimmers have fun together and cheer for each other.
* Representing Spruce Creek during dual meets against other area schools and championship meets is a matchless feeling.
* Learning to handle both athletic and academic pressure translates directly into life after swimming.

**Swim season**: August 24 – October 10 (October 30 for some swimmers). Note, dates are dependent upon FHSAA and District decisions. Summer training is recommended. Practices are held Monday – Friday, plus there are several Saturday events.

**Team fee: $200 due September 3**

* $125 goes to the team to partially cover the Y pool rental fee. (We must raise funds for the remaining Y fee, the team cap and shirt, transportation to away meets, entry fees, the awards banquet, and other expenses.)
* $75 is the Pay-to-Participate fee required by the county.
* Payment using the online system is encouraged **https://tinyurl.com/y7558vub**
* Make checks payable to Spruce Creek High School and put the swimmer’s alpha code and the payer’s phone number on the check.

**All 11 forms and online courses listed on the swim team website SpruceCreekSwim.com must be completed prior to the first practice.**

Coach Anne will be at the Cypress pool (981 George W Engram Blvd, Daytona Beach) Wednesday – Friday August 19 – 21 from 10:15 – 11:45 am to collect forms.

**Tentative swim practice locations, dates, and times:**

Expect 5 minutes dynamic stretching followed by 1.5 hours swim and up to 25 minutes of swim journaling, dryland exercises, and/or swim discussions.

Cypress Aquatic Center (Nova & George Engram Blvd across from Toyota dealership)

* August 10 – August 28: 10 a.m. – 12:00 . Limited number of swimmers per session

Port Orange YMCA

* August 31 – October 9: 4 - 6:00 p.m. (required for all swimmers)
* October 12 – 23: District swimmers only (required for District team members)
* Morning practice: September 10, 17, 22, 24, October 1, 13; 6:15 - 7:30 am.
Not required but highly recommended for all swimmers.

**Try-outs:** September 2 & 3

**Equipment:** All swimmers need a personal pull buoy, fins, and 2 pairs of goggles at each practice. Swim caps are included in the team fee and should be worn to restrain from the face. Please write your name in permanent marker on anything before it comes to the pool.

**Dual Meet Schedule:**

September 29 – Father Lopez 4:30pm

October 6 – Flagler-Palm Coast 4:30pm

Other meets TBA

**Invitationals and Championship Meet Schedule:**

September 26 – Lake Brantley Invitational, Lake Brantley High School, all day

October 10 – 5 Star Conference Championships, Port Orange YMCA, 6:45 – 2:00pm

Week of October 18 – District Championships, location and time TBA

Week of October 25 – Regional Championships, location and time TBA

November 7 – State meet – Stuart

**High School Swimming Event Order:**

200 medley relay, 200 free, 200 IM, 50 free, 100 fly, 100 free, 500 free, 200 freestyle relay, 100 backstroke, 100 breaststroke, 400 free relay

**Meet Entries & Policies**: Each swimmer may enter at most 4 events, with at most 2 individual events. Each school may enter only 4 swimmers or 4 relay teams per event. At most dual meets, we will run extra non-scoring heats in the 50 free and 100 free. Swimmers are expected to stay for the duration of the swim meet to cheer on their teammates.

**Snacks for Meet Swimmers:**

Mary Crowley coordinates light snacks for the swimmers. Look for an email before each meet regarding LuckyPotLuck to sign up to bring a snack.

**Other events:**

* September 19 – 5K Charity Swim, pancake breakfast, & Senior Recognition. Event entry fee is $20. Swimmers are encouraged to raise additional donations. The team goal is to donate $1000 to swim lessons for local needy children. Money raised over $1000 goes towards team expenses.
* October 12 – Capping Ceremony for District team followed by practice – 4:00 at the Y

**Spectators:** Currently, Y policy allows no adults on the pool deck during practices or competitions except for coaches, officials, and meet volunteers. Please support our team in other ways until this policy changes. Note, we are happy to have you volunteer at a meet!