

# Richards Swim Team 2023

Coach: Steve Rutherford  
Coach: Nick Rancillio

As well as swimmers on the Fraser  
Varsity Swim Team!

Runs March 28-May 24



Welcome to the annual Middle School Swimming and Diving Season! The intent of this team is to give 7<sup>th</sup> & 8<sup>th</sup> grade boys and girls a head start to their potential High School Swimming career! Tryouts will take place March 28<sup>th</sup>-29<sup>th</sup> and practices begin April 11<sup>th</sup>.

### Needs and Information:

- ✓ One-piece swim suit, goggles, and a swim cap. Jammers are recommended for boys.
- ✓ FEE for the team will be \$75 which can be paid at the first day of practice. Please make check payable to Fraser High School. Fee includes participation fee and Fraser swim cap.
- ✓ Need to be comfortable with submerging face and body completely under water with supervision.
- ✓ MUST HAVE A PHYSICAL ON FILE BEFORE ANY TYPE OF PARTICIPATION MAY OCCUR (this includes tryouts).
- ✓ 7<sup>th</sup> & 8<sup>th</sup> GRADE PRACTICE DAYS AND TIMES:  
Mondays, Wednesdays, and Fridays: 3:15-5:00, Tuesdays & Thursdays 3:15-5:30
- ✓ 6<sup>th</sup> GRADE PRACTICE DAYS AND TIMES:  
Mondays, Wednesdays, and Fridays: 3:45-5:00, Tuesdays & Thursdays 3:45-5:30
- ✓ Practice and Meet schedule will be issued by the first week of practice
- ✓ TRANSPORTATION must be provided by a parent or guardian to and from all competitions and from practices (6<sup>TH</sup> grade parents must also provide transportation to practice).

FIRST OFFICIAL DAY OF PRACTICE WILL BE APRIL 10th... Physicals obtained on or after April 15<sup>th</sup> 2022 will carry over to following school year, but athletes without a physical will be prohibited from participating.

NOTE: Both Boys and Girls compete against each other and practice with each other.

I suggest looking at [swimoutlet.com](http://swimoutlet.com) or Dunham's outlet store for great deals on swim suits!



Please email with any questions/concerns!

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