

FRANKLIN COUNTY SWIMMING

**FRANKLIN COUNTY HIGH SCHOOL
HUNTLAND HIGH SCHOOL
FRANKLIN COUNTY MIDDLE SCHOOLS
HOME SCHOOL
GOOD SHEPHERD**

SWIMPLEX PHONE: 962-4204
COACH SUE HISCOCK: 967-1844

ELIGIBILITY REQUIREMENTS FOR HIGH SCHOOL

(Per Article VI of the TISCA Eligibility rules)

- 1) Must have passing grades point average in the preceding semester in a full load schedule. Subject units must be accepted by the High School.
- 2) Currently enrolled in a high school or registered as a homeschooler in Franklin County.
- 3) Successfully pass a drug test (“0” tolerance).
- 4) Age between 14 and 19 years of age prior to Oct 1st for the High School.

INDIVIDUALLY REQUIRED EQUIPMENT

- 1) Team Swim suit will be supplied by the team.
- 2) Goggles. It is recommended that each swimmer have two pairs.
- 3) Swim Cap (1) will be supplied by the team. Any additional caps will be subject to a fee.
- 4) Practice swim suit (\$18-\$30). Using the team suit during practice is discouraged due to fading and stretching problems.
- 5) 1st year swimmers will receive a team bag as part of their fee.
- 6) 2nd year swimmers will receive a warm up/sweat suit as part of their fee.
- 7) 3rd year swimmers will receive a team towel as part of their fee.
- 8) 4th year swimmers will receive a parka as part of their fee.
- 9) 5th year and beyond can choose any item except a parka or can choose flannel swim pants.
- 10) Each swimmer will receive two team shirts. One long sleeves and one short sleeve. A designated team shirt is to be worn at all meets.

PRACTICE TIMES

Each swimmer is expected to attend three practices a week as a minimum requirement.

EVERY TUESDAY IS MANDATORY FROM 3:30 – 4:30 p.m.

Monday through Thursday: 3:30 – 4:30 p.m. followed by dryland workout

Friday: 4:00 to 5:00 p.m.

Saturday: 8:00 a.m. to 10:00 a.m. (at coach’s discretion)

Mornings from 5:00 a.m. until 9:30 a.m. Monday through Thursday

Swimmers who are also members of the Winchester swim team can choose to swim from 5:00 until 7:00 p.m. Monday through Thursday.

MEET REQUIREMENTS

(ALL ELIGIBLE SWIMMERS CAN SWIM (2) TWO INDIVIDUAL AND (2) TWO RELAY EVENTS PER MEET)

- 1) Attend 3 practices weekly throughout the season or contact the coach prior to being excused. Make sure to sign the roll each time you swim.
- 2) All swimmers will be expected to attend all meets unless otherwise notified. This includes those who are not eligible to swim because of practices.
- 3) Be dependable. Show up. Your team is counting on you. If you cannot make it to a meet, please let the coach know as soon as possible as rosters are sent prior to the meets and relay teams are selected in advance. You may be subject to additional fees if you do not attend meets without notification.

FEES

Swim team fees are all inclusive. Each swimmer will be required to pay all the fees before swimming or receiving any gear. Fees can be paid in installments. One payment can be made in August and one in September. The August fee allows you to be in the water. Fees pay for insurance, transportation, suits and gear, meets, awards and equipment. No refund of fees can be made after orders are placed for suits and gear. Fees for the 2012-2013 season are approximately \$240.00. Embroidering names on gear is an additional \$5.00 per item and must be paid up front.

Notes:

- 1) Team meet schedule will be provided as soon as it is available. We are swimming in Division III of the Middle Tennessee High School Swim Association.
- 2) Check bulletin boards at the Swimplex and your email regularly for updates and other team information. You may also check with the Winchester team site at winchesterswimteam.org for other information.
- 3) Lockers are available in the dressing rooms during practice on a first come first served basis.
- 4) Website for our region www.mthssa.net.