

## JH Meet Entry Process

Before each swim meet, each family will be required to confirm or decline participation in each competition. Swimmers without an online declaration will not be added to the meet. There are too many kids to keep track of without your assistance.

Online competition declarations are due before midnight each Thursday leading into a swimming competition scheduled the following week. By Thursday at midnight, you will confirm or decline for the following week.

Brian Vestal, head swimming coach, will review all the confirmed swimmers and their **desired** swims. If necessary based on the needs of each team, those request may be approved or altered. A list of individual events will be emailed to the parents ASAP and posted at the meet. (**The coaches have final say, but we do appreciate input from the swimmers.**)

**How many events may a swimmer swim?** Usually, swimmers may swim two individual events and two relays. Swimmers should stay until the end of the meet to cheer on their school and support their teammates. Swimmers may be asked to help move lane lines or help put timing equipment away. Competition is usually divided by gender regardless of grade level.

### **Relay Information**

To participate in a relay, swimmers must earn relay spots by participating in individual events and earning relay splits. This can be accomplished at the time trial meet, or at a regular-season meet. We need splits to make relays.

### **Requirements of Participation**

- All student will practice a minimum of one time leading into each competition. We will offer practice Monday, Tuesday, Wednesday, and Thursday including meet days. If there is a meet on Friday, then we will offer practice on Friday.
- All students will need a team suit, team cap, team t-shirt as a condition of participation.
- D&J Sporting Goods is an approved vendor for Tomball ISD. They will offer swimsuits for CPJH, TJHS, and WWJH. Students will not swim if they do not have their uniform, just as a football player would not take the field without their jersey.

Don't forget! We meet annually during TSC meeting to plan special events, swim meets, and support for our swim teams. More information is online. We encourage your participation.

Best Wishes,

Brian Vestal

Head Swimming Coach

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