

# UPrep High School Swim Team Fall 2024

Coach: Michelle Johnson

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## Requirements

- NONE
- Anyone in grades 9-12 can join the team
- All levels of skill welcome
- This is a no-cut sport based on ability

## Team Goals

- Create a safe environment for all participants
- Create a family, not just a team
- Create memories
- Work hard to achieve personal goals
- Work as a team to create a successful season

## Team accomplishments

- NAL Champions
  - Girls: 2012, 2013, 2014, 2017, 2018, 2019, 2021
  - Boys: 2012, 2013, 2016, 2017, 2018, 2019, 2021, 2022, 2023
- Division II Champions
  - Girls: 2014, 2016, 2017, 2018, 2019, 2021
  - Boys: 2015, 2016, 2017, 2018, 2019, 2021, 2022, 2023


## Required Equipment

- Plain black competition suit (brand is up to you)
- Practice suit
- Practice cap
- Goggles

## Suggested Equipment

- Kickboard
- Pull buoy
- Fins
- Extra cap
- Extra goggles

## Season Information

- First day of practice is August 19, 2024 at EHS
- Need a current physical uploaded to  
<http://www.google.com/url?q=http%3A%2F%2Fwww.athleticclearance.com%2F&sa=D&sntz=1&usq=AOvVawIRJOqudQ3U6SIYi4UqIROS>
- A wristband is needed from the ASB office to attend first practice
- **Practices will take place at Enterprise High School (times and location subject to change)**
  - 5:15-7:15pm
  - Monday, Tuesday Wednesday (if there is not a meet), Thursday
  - Thursday practices **might be** 5:45-7:00am at SHS (voted on)
  - Friday will take place in the Activity gym 3:45-4:45 or scheduled group sessions
- **Mark your calendar**-Meet dates and other activities
  - 9/11, 9/18, 9/25, 10/4 (varsity), 10/5 (novice), 10/9, 10/16, 10/22, 10/30, 11/2
  - Wednesday meets start at 3:30pm
- **Approved Drivers** (Get this done as soon as possible)
  - <https://public.schoolforms.net/Forms/WelcomeDriverForm>
  - Cannot take other swimmers if you are not an approved driver
- **Volunteers**
  - Parents will need to sign up for the swim meets to be a timer or scoring
  -  Swim 24 Volunteer Sign-up
  - Click on the tab of the date you can work
- **Remind**
  - Text 81010
  - In the message type @upswim24