

NEW INFO... Parent Meeting, Tryouts etc.
UPDATE 8/26/19- Interested in 2019-2020 Red Raider Swimming? Here's what you need to know...

1. Tryouts will be held Friday, September 13th for **NEW SWIMMERS** only. **Returning swimmers** should meet bring physical forms and get all other paperwork. Tryouts begin at 330pm at The Manchester Recreation Center Indoor Pool. The main criteria for making the team are as follows: demonstrate basic skill in the freestyle stroke and demonstrate the ability to complete 100 yards of freestyle non-stop swimming. Also, you need to demonstrate backstroke. Girls need a one piece swim suit and boys need jammers or swim trunks. All swimmers need to have a pair of swim goggles as well. All swimmers must have a signed and completed Physical Form and Parental Consent form in order to try out. Printable forms are located here:

[http://tssaa.org/wp-content/uploads/Forms/med01.pdf](https://l.facebook.com/l.php?u=http%3A%2F%2Ftssaa.org%2Fwp-content%2Fuploads%2FForms%2Fmed01.pdf&h=AT3HAfrjzddSWgXoENttX82KnqbNKR8JdKt5x9GIT7mnkRm_gOTK2q5gqjOLUwnOtJGgfzgOpxgbSty-kNhvv57szHxa7K4MCjbkcfeQrMHpJNmha4gk0slL85yNr1YjyLFMy5dwPvBjvt5Hop6iwC7hMilMWTOqEckBlvGoqRkPVvp5HXuRTdubDlZXy7XpEaDvueGNy3BCD66X4gM53ilxl-pzkXC4xgTunWW4EUih91mvCvCpT52-4pCsfYnWOgb_AMavM8P4jFPqLd91GkXLs7j4vJYe-JgUXP--WdAJdnf9W7q0iWFvWV1iTr1ZHx1e-7u39qoxlbN7I0sAoJOJkxRS0qQTTUhR8NLaAiNWBJef)

\*\*\*ATTENTION Last year's swimmers\*\*\* We want all swimmers on last year's team to report on September 13th to sign up only and turn in your medical forms in...You will not be trying out.

In addition, if you are currently swimming for the Makos then you have my permission to report on Oct 14th as your first day of practice. YOU WILL NOT be allowed to practice unless you bring a completed and signed physical, concussion, and cardiac form including the Parental Consent form. Printable forms are located here:

[http://tssaa.org/wp-content/uploads/Forms/med01.pdf](https://l.facebook.com/l.php?u=http%3A%2F%2Ftssaa.org%2Fwp-content%2Fuploads%2FForms%2Fmed01.pdf&h=AT2MvHuxktSqZ8XDqHO-SGnwgzNHj0iFA76SwXSz2gNoD5I6EwfHYYyiJ9GpWPIoREXz6CnIgK_it6ISB0uREvpHSh9QEA7fz9kpflsZlxy5NaqeyQR8HZJowCZKJlqGgiI5ENFFcmiIwX78EKjXUgXhSY6QTEaiLNNKFExAY1d5irO0m_LAEtvX5lNdIMt2aez9OWs-f2zsMV8p_jOnckiIPdcAJBER5l5EFMeAinZOixESszD7DxO1XERQmbl4cuNHwj18g7szpHc1VARantHdpOy4PZuQuf3OdV44A7Ykp4mHjN6AwlNMe_ZbVIGi-dPTil2WzOLuONJufY7FEXqx-Vow1HEdVetSaDx1-LKRBpQT)

\*\*\*\*All Makos swimmers will be asked to swim/peer coach 1 practice per week in addition to your Makos requirements. \*\*\*please inform the Coach of your preferred day, in place of this day during Meet week, you will be needed to attend on the day prior to the meet.

2. Mandatory Parent & Swimmer Meeting will be held at 5:45 in the CCCHS Cafeteria on September 19th. Swimmers will try on sample competition suits while parents and coaches meet to discuss the upcoming season. We need to have at least one parent or legal guardian present at this meeting. If you are concerned about your child making the team, feel free to call Coach Becky Behrendorff. The main criteria for making the team are as follows: demonstrate basic skill in the freestyle stroke and demonstrate the ability to complete 100 yards of freestyle non-stop swimming and backstroke.

3. Physicals are required BEFORE you can try out.
The printable physical forms are here:

<http://tssaa.org/wp-content/uploads/Forms/med01.pdf>

4. Swim season runs from October 14th through January 12th unless the swimmer qualifies for the Regional meet or State meet. Those swimmers who qualify for regionals will continue to practice and have meets through the last week in January. Swimmers who qualify for the State meet will continue until the second week in February.

5. We will have 4 preseason practices September 23rd & 25th & 30th, October 2 at 330-430 at the Rec Center. This is for all non-Mako swimmers. During October 7-11th, all swimmers need to practice 2 times on their own during lap swim times.

6. The first regular season practice for all swimmers is Monday October 14th. Swim practice is held on Monday through Thursday from 3:30 to 4:30 at the Manchester Rec Center. Swimmers should be picked up from practice by 4:45. If they have a rec center membership then they may remain at the facility with signed parent permission given to Coach Becky Behrendorff at the beginning of the season.

7. There will be a $200 fee for all swimmers to swim for the Red Raiders. This fee will cover travel costs, swim apparel, and pool fees.

8. If you have any questions, feel free to contact Head Coach, Becky Behrendorff rmhenninger@hotmail.com

All of this information will also be posted on our school webpage along with our schedule.

9. There will be several fundraiser events to help cover cost of pool usage, travel costs, and any extra expenses we will have during the season. Students will be asked to participate in at least two during the season.