Coaches:
Gary & Kathi Heapy
home tel: 651-8150   Kathi cell: 585-6233    Gary cell: 585-5514
Work phone: 243-1233  e-mail kheapy@theflooringauthority.com
We will also have volunteer coaches from the Choctaw swim team to assist.

Practices:
Tuesdays, Wednesdays and Thursdays **Beginning Nov. 19, 2013**
2:00 p.m. to 3:15 p.m.
At Fort Walton Family YMCA - Bus transport to YMCA after school dismissal.
**Parent pick-up from the YMCA by 3:30 p.m.**

**TEAM PARTICIPATION FOR EACH SWIMMER IS $75**
This fee includes a swimsuit, cap and t-shirt for each swimmer
Items will not be issued without payment.
Make checks payable to Meigs Middle School.

**COACH MUST HAVE A COMPLETED PHYSICAL/PARENT PERMISSION FORM FOR AN ATHLETE TO PRACTICE!!!**

**Uniform**
Swimmers are responsible for their own practice swimsuit, cap and goggles
Team Uniform is: Team Swim Suit, Swim Cap, Team T-Shirt, Parka and Bag
We have selected the black/gold Quantum Splice suit by Speedo-
1-Piece tank suit for girls, and Jammers for boys
Caps will be the same black silicone with new Meigs logo in gold
T-shirt design and color will be determined with team input.

Swimmers will be issued a “Meigs Swimming” parka and swim bag to use during the season. These items must be used for swimming only. The parka can be worn to school only on swim meet days. Both parka and bag must be turned back in at the conclusion of the season. Swimmers will be responsible for the cost of the items if lost or damaged
Team members will have the option to purchase team sweatsuits (more info to follow).
T-shirts and sweats may also be ordered for parents, family members, etc…

**Meet Schedule**
All meets are held at the Ft. Walton Family YMCA

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Time</th>
<th>Competition Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weds. Jan 8, 2014*</td>
<td>Meigs vs. Bruner</td>
<td>Warm-up 2:00 p.m.</td>
<td>3:30-5:30 p.m.</td>
</tr>
<tr>
<td>Weds. Jan 15, 2014*</td>
<td>Meigs vs. Ruckel</td>
<td>Warm-up 2:00 p.m.</td>
<td>3:30-5:30 p.m.</td>
</tr>
<tr>
<td>Weds. Jan 29, 2014</td>
<td>Meigs vs. Destin</td>
<td>Warm-up 5:30 p.m.</td>
<td>6:30-8:30 p.m.</td>
</tr>
<tr>
<td>Weds. Feb 5, 2014*</td>
<td>Meigs vs. Liza Jackson</td>
<td>Warm-up 2:00 p.m.</td>
<td>3:30-5:30 p.m.</td>
</tr>
<tr>
<td>Weds. Feb 12, 2014*</td>
<td>Meigs vs. Pryor/Lewis</td>
<td>Warm-up 2:00 p.m.</td>
<td>3:30-5:30 p.m.</td>
</tr>
<tr>
<td>Sat. Feb 15, 2014</td>
<td>County Timed Finals</td>
<td>Warm-up 1:00 p.m.</td>
<td>2:30-5:30 p.m.</td>
</tr>
</tbody>
</table>

*indicates students will be transported to the YMCA from Meigs by bus

**Team Conduct/Rules**
- You must remain academically eligible to participate. **Students must have at least a 2.0 g.p.a.** and no violations of the student code of conduct. If an athlete encounters academic deficiencies or disciplinary issues with the school, he/she could be suspended from competition and/or possibly dismissed from the team.
- All safety rules of the pool must be followed at all times.
- You must attend practice, unless you are ill or injured. Please attempt to notify coaches if swimmer will not attend. If you are ill, please stay home, get well, and don’t infect your teammates. Parents are responsible for determining whether their child is healthy enough to swim.
- **All athletes who show up for practice are expected to swim.** If an athlete is ill or injured, the parents shall determine whether he/she shall swim. If a student comes to practice and does not swim, his/her parents will be called and asked to pick the student up from the YMCA immediately. We will not have team members on the pool deck who are not swimming, and we cannot have them be unsupervised anywhere else in the building.
- We need every swimmer to participate in every meet, so please examine the schedule and plan accordingly. If you cannot attend, please notify coaches in advance. This is vitally important!
- Positive attitude, self-discipline, and respect for others are a must for each team member. Disrespect for teammates, opponents and coaches, and horseplay in the pool, on the deck, or in the locker rooms will not be tolerated.
- Please address any problems, questions, or concerns directly to the coaches as soon as possible.
Parents are a key element in competitive swimming. We will need volunteers at swim meets to work as timers, scorers, place judges, with supervising and organizing the swimmers, and providing snacks and drinks for them. We will have an on-line sign-up available at signupgenius.com so that you can ensure your desired position.

Parents are welcome (but not required) to remain and watch swim practice. We respectfully request that your attitude and actions while observing be only helpful and supportive of your swimmer and the other team members. There will be a few times when we will need your help with timing, recordkeeping, distributing items etc.

We will endeavor to produce meet programs again this season. If anyone has photographs taken at meets or practices, please e-mail them to the coaches so that we can use them to enhance the programs.

At the end of the season, awards will be presented at the Winter Sports Awards Ceremony at the Meigs Cafeteria in March.

General Information

- **Dragon Sports**, located on Racetrack Road next to Subway is the best local supplier for proper competitive swimming equipment. They supply our suits and caps at a discount. Practice suits, caps and goggles are available there. Mention “Meigs swim team” for a team discount. Team suits will be purchased through the coach, not directly from Dragon Sports.
- Maintain Good Health:
  - Get Plenty of sleep
  - Good nutrition
  - Hand washing, cleanliness
  - Don’t share personal items
  - Avoid other sick people
  - Immunizations, early treatment, vitamins
- Personal Responsibility:
  - Prepare for practice and school the night before. Pack clothing, school materials, and swim equipment.
  - If you are struggling academically, ask for help. There is tutoring available, and most teachers are eager to help. Do your homework! Keep your grades up.
  - Be sure to have all suits, caps, goggles, towels, etc. in your bag where they can be found and are ready to go. Put your name on everything. These items can easily get mixed up in a crowded locker room. Back-up items are a good idea.

Fundraising

The swim team is responsible for paying for the bus transportation and pool usage. The combined total of these expenses for one season is about $2,800.00. In order to offer the swimsuits, caps and t-shirts to the swimmers for $75, we need supplemental fundraising.

On January 9, 2014 we will conduct our 6th Annual Wildcat Water Rally. Swimmers will swim as many lengths of the pool as they can in 60 minutes. Prior to the event, swimmers will collect pledges for the number of lengths swum. We anticipate raising over $3000. There will be prizes for: The most pledges collected, the most money collected, and the most lengths swum. All money raised from this event will go toward the pool rental, bus, and uniform costs. If each swimmer can raise $100, we will have more than enough!

Other fundraising…we do not plan on conducting any other fundraising projects. We will, however, accept sponsorships from local businesses, or even donations from friends and family members. We can put logos on our t-shirts and small ads or recognition of sponsors in our meet programs. Please discuss any specifics directly with the coaches.

Communication

We try to communicate via e-mail as much as possible. If e-mail is not a viable tool for you, please let the coaches know so that we can make sure you are included in all of the communication. On Wednesday mornings, we will have “Team Time” at school at 6:30 a.m. in order to share information with the kids, conduct “business” like handing out parkas and collecting paperwork. We also post a great deal of information on our website at: www.wildcatswimming.okaloosaschools.wikispaces.net

You can also access the website from the www.meigsmiddleschool.com website: click on “A+Athletics & Activities”, then “Athletics”, then “Swimming”.

If you ever have a concern or question directly for the coaches, please call us at work or in the evening. We are always interested in talking to parents and swimmers to explain things or solve problems. We will try not to have discussions during practice so that we can focus on the swimmers.