

Parent Meeting Notes:

Info from Coach

- We will not have a practice facility for our “JV” team this year. In the past our “JV” practiced at HACC and “Varsity” practiced at Central Penn. This year we will only have Central Penn which limits the number of swimmers we are able to put on the roster. For swimmers safety we can only have so many swimmers in each lane at practice. Depending on the final numbers at try outs we anticipate having to make “cuts” and limit number of practice days. Some swimmers may only practice 2- 3 days a week. If CD East feels they have room at HACC for us to have a lane or 2 we may be able to have some swimmer practice there as we have in the past but we won't know that until East is able to determine how many swimmers they have.
- We will be running (optional) **pre-season training clinics beginning November 1.**
- **M,W,F training will be in water at Central Penn from 3:00- 4:30** - there will NOT be busses running to Central Penn for pre-season. If you swimmer would like to participate they will need their own transportation to and from Central Penn
- **T,TH training will be Dry Land training at CDHS 2:45-3:45**
- **Try - Outs/ Time Trials** will be held on **Friday November 15th at Central Penn 3:00-4:30**. Bussing will be provided for Try- outs and all regular season practices.
- Regular season practices will begin Monday November 18th. Coach will let swimmers know their practice days after try outs. IF your swimmer is able to practice with their club team part the time please let coach know as that may help with the number of swimmers he is able to place on the roster
- Physicals Forms and Impact testing must be complete and cleared by the training staff or swimmers will NOT be able to practice. **Please complete & submit your PIAA Sports Physical packets to the main office at the school asap.** Physical forms **DO NOT** get turned into Coach or the Boosters.

Registration

- Please complete the online registration form <https://forms.gle/WivmbpmuCbVc8SaQ9>
- sizing information or the team suit can be found here: <https://www.speedo.com/international/en/womens-size-guide.html>
- Please complete the **Green District Emergency Contact form (both sides)** and the **Central Penn Waiver** and return both forms to the booster box in Coach Kesler room 140

Communications:

- Team emails come from cdswimming18@gmail.com - If you are not receiving emails please send an email to this address and we will add you to the list.
- Please sign up for our Remind app: text @99acf4 to 81010 5.
- Team website is cdrams.org

Treasurer's Report:

- Last year opening balance of \$3606 - Ending balance of \$3821 - Ideally we would like to finish the year at \$5000
- Fundraising: 2- components
 - First Component - \$50 in fundraising per swimmer
 - This can be met by participating in: Car Wash, Poster Sales, Donation of Timer Check, Giant Gift Card, Sheetz Books, Sub Sale or you can choose to "buy - out" all or part of the \$50 fundraising with a donation. (for example you can raise \$40 and buy out the remains \$10)
 - Second Component: Donation Letters- 3 options
 1. Complete 5 Donation Letters
 2. Secure corporate sponsorship of \$100 or more
 3. Pay a \$75 buy out

Our team website: cdrams.org has all team information, forms and our updated meet and practice schedule.

Here is what we have on Deck:

- **Thursday, October 24th:** Physicals at CDHS. Complete physical packet if first sport of school year, re-cert packet if athlete completed a physical packet for a fall sport.
- **Friday November 1st:** First day of optional pre-season clinics at Central Penn 3:00-4:30. Clinics will run M,W,F until first day of official practice on 11/15/19- there will be NO busses to or from CP for these pre-season clinics.
- **Tuesday November 5th:** First day of pre-season drylands training - CDHS 2:45-3:45
- **Wednesday, November 6th:** ImpACT concussion baseline testing (all 9th graders who did not take one yet and any 1st year athletes)
- **Wednesday, November 13th:** Make-up ImpACT testing
- **Friday November 15th:** Try Outs/Time Trials
- **Monday November 18th:** First day of practice - Central Penn 3:00 - 4:30 pm
- **Thursday December 5th:** Season Kick-off Pasta Party @ The Conways 6:00-8:30
- **Tuesday December 10th:** First Dual meet @ Cedar Cliff 4:00 pm

Complete meet schedule can be found under the calendar tab on the website cdrams.org