

CFMS Coed Club Swim Team

Welcome to year two of our Middle School Coed Club Swim Team!

We have expanded the team to include 6th graders this year, so the team is 6th-8th grade students. We welcome all levels to the team. We do ask that each swimmer can swim freestyle (front crawl) and backstroke (back crawl) the length of the pool; however, swimmers do not need to be skilled or advanced to join. We prioritize instruction and love nothing more than developing student athletes.

This team is considered a club and is therefore not sponsored by the school. Still, swimmers will represent CFMS in competition against other school teams. Our club team is a part of the [Cuyahoga Valley Middle School Swim League](#).

The Swim Season:

Our first practice will be held on ***Thursday, October 19th*** and the season ends Late January with the Middle School Championship meet which we are hosting on Jan. 26th.

Apparel & Equipment:

Our Team Aquatics Store is linked: [HERE](#)

<https://www.swimoutlet.com/collections/chssw>

- Swimmers are required to purchase a team suit/uniform *to be worn during competitions*. This suit is the same as our HS team; we will provide a team suit. Suit fitting is TBA.
- Team Apparel will be purchased **now** through Fanclath. (Oct. 18th-Nov.1st) We will Provide the team shirt for each swimmer; the item is #13 which is a long sleeve hooded tee-shirt. **See the fundraising flier in your folder.*
- A Copley logo cap will be given and is to be reserved to be worn at meets. Additional caps may be purchased from the coach for \$5 latex & \$10 silicone.
- We have training equipment at the pool, but it is recommended each swimmer purchase the suggested items on the team page linked above

Attendance

- Swimmers must attend all weekly practices as assigned, including those held during *Thanksgiving and Winter Breaks*. If a swimmer is unable to attend practice, the head coach must be notified in advance. Students cannot notify another team member and be excused. A handwritten note or email from a parent, teacher is required. Where applicable, a note from the doctor will be required.
- Be on time and ready to swim. Notify Coach of any tardiness through the Remind app *before* the start of practice.
- Athletes absent or tardy without prior approval will sit-out the next dual meet.
- Athletes dismissed from practice for a behavior problem will be marked absent without excuse and will sit out the next scheduled dual meet.

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Practice: * We will practice at the same time as the Copley Aquatics club team.

5-7pm Monday - Friday and *Saturdays 10-11:30 am. Our goal is for swimmers to practice 5 days a week. Saturdays are for those who want an additional day of training or as a make- up day when needed.

- Dry-land training is an integral part of a swimmer's overall conditioning. A T-shirt, shorts/athletic pants, and athletic shoes must be worn for all dry-land practice sessions. Barefoot or sandals are unacceptable for dry-land training.
- Athletes will be required to bring goggles, caps and a competition-style practice suit to workouts. Please have back-ups on hand.
- We are blessed to have the Simmons Natatorium as our home pool. Swimmer's must pick up after themselves and keep locker rooms and deck space tidy.
- During practice, athletes never leave the pool deck without the coach's permission.
- The athletes and all adults have an obligation to act responsibly while at training and competition facilities.

Competition:

All home meets will be at our Copley High School Pool with warm up beginning at 4:30 and the meet starting at 5pm. Meets typically will be on Tuesday or Wednesday evenings depending on the opponent.

- Travel to away meets will be the parent's responsibility.
- At all times, please remember that you represent not only yourself, but also your school, your team, your coach, your parents, and your community.
- Everyone will swim in Dual meets.
- When on deck, your uniform is the team suit & cap, team warm-ups and t-shirts. You may only wear Copley team apparel.
- Swimmers remain on deck at all times during meets and cheer for your teammates. Cell phones must be put away.

Club Fee & Registration:

- The team fee is \$250 and covers the club team's operational expenses.
You will be invoiced and can pay online to **Copley Aquatics LLC**.
- All participants need to be registered in *Final Forms* and will need a current physical to practice and compete. To create an account and register, go to:www.copleyathletics.org/finalforms/

Fundraising:

- Our Fancloth Team apparel is our first fundraiser of the year! We are also planning a Swim-a-thon. Details to follow.

Funds raised go into the general account for Copley Swimming and are shared with the High School. We will split the proceeds evenly among each team. We use these for team apparel, equipment, and pool maintenance.

Communication:

CFMS Coed Club Swim Team

Make sure to join the Remind group to stay on top of messages:

Text to join to 81010 with the message @copleymidd

<https://www.remind.com/join/copleymidd>

- On instagram @copleyswims

Coaches: Head Coach: Amanda Hinton

amanda.hinton@copley-fairlawn.org

Volunteer Coaches: Alex Caye & Lauren Ostavec

Meet Schedule:

11/15/23	Laurel School	Home	5:30	4:45 warmup
11/21/23	Bedford	Home	5:30	4:45 warmup
11/27/23	Andrews Osborne	Home	5:30	4:45 warmup
11/29/23	BCH/N. Olmstead	at Beachwood	5:30	4:45 warmup
12/14/23	Old Trail	Home	5:30	4:45 warmup
1/11/24	Old Trail	Away	5:30	4:45 warmup
1/26/24	MS Champs	Home	5:30	4:30 warmup

Note: Wednesday practices will be canceled on days of the home high school meets. Middle Swimmers are encouraged to come and watch, cheer on the team. That meet schedule is posted in the Natatorium.