

Welcome to Campo Swimming 2010!

We are looking forward to a very exciting and successful season and hope to see some new faces joining our returning swimmers this year!

Check List – In order to participate, each swimmer/family must do the following:

- 1) **Sign up to receive electronic communications at www.campoaquatics.com.** Communication of schedules, meets and announcements will be made at practices and here on our team website. *Please check the website regularly.* We will also post pictures, meet results, and parent volunteer schedules. Much of our communication is electronic, so please sign up your family and swimmer email addresses.
- 2) Have an **athletic clearance** form filled out by a physician. The Athletic Clearance form can be downloaded from the campo school site. Many of you turned this in at Cougar Days, before the start of school.
- 3) **Register**, telling us your name, grade, shirt size, etc.
- 4) Pay **Sports Participation Fee** (via the school webstore). This sports fee covers the cost of coaches, buses, athletic trainers, insurance and facilities. **If you have any questions about whether or not you have paid this fee, please email Bob Wilson, Athletic Director.**
- 5) Pay **Sports Team Fee** (\$70 via the school webstore).
- 6) **Send \$25 check, payable** to "Campolindo Swim Team Parent Fund", to Doug Fowler, our team Treasurer, at 837 Las Trampas Road, Lafayette, CA 94549. This fee, along with the \$70, helps cover water & bagels at meets, team lunches and most dinners, swim equipment, invitational meet entry fees, a team t-shirt and cap (designed by the senior swimmers), and the contribution that each team makes towards

the Sports Booster Auction.

- 7) Get your sports participation sticker from the athletic director for your student id card. **DO NOT GO TO THE SWIM COACHES TO GET THESE AS THEY DO NOT HAVE THEM.** Once you have secured your sticker to participate in a spring sport, please **be prepared to show it on the first day of swimming, February 8th.** You will not be allowed in the water without it.
- 8) Sign up for jobs! Sign-ups will be available soon on our team website so you sign up in the comfort of your home! **Every family of a swimmer is expected to perform work duties.** If you fail to sign up, jobs will be assigned to you. When this aspect of our website is active, please review our **detailed season schedule on the work duty sign up page.** *This schedule is subject to change, so please check the website often.* It takes over 50 adults plus coaches and students to run meets efficiently, so all help is greatly appreciated! We also need lots of help for other activities like the snack shack at home meets, team lunches and dinners, picture day, awards banquet, etc. We ask that all families volunteer for both meet work (timing, etc) and social events.

No student will be denied participation due to inability to pay the swimming. If this applies to you, please send a note with your athlete to Coach Ron Heidary requesting a fee waiver due to hardship.

The required Team Uniform is the team suit, t-shirt and cap. All other items are optional. The t-shirt and cap is included in your spirit fee. Be sure to tell us your shirt size. **Optional apparel** will also be available for purchase. Ordering information for suits and additional spirit wear will *soon* be available on our website. We will also inform you of try-on days to determine proper sizing. Family members are welcome to purchase any of these items, too. Watch for the due dates! Suits and apparel will be distributed as soon as our order arrives.

Attendance at practices is critical to your improvement. If you cannot attend a practice, please notify a coach.

Once meets start, unexcused absences may result in non-competition in the upcoming meet. But all athletes are still expected to be at meets, even if they are not competing, assisting with meet set up, helping the coaches etc.

Parents: Our parent meeting will be held on **Wed. Jan 20th from 7:00 to 9:00 PM** in the Campo Library (no food or drink allowed, please!). This is your opportunity to meet the coaching staff, learn about the season schedule and review policies.

Varsity /JV: Participation on the Varsity team is determined by times, training ability and attitude. If you (as an athlete) have any questions as to which group you should swim with, please talk with Coach Dave Schurhoff or Coach Ron Heidary.

End of Season Awards Banquet will be held in late May, early June and is open to family and friends. Please note that there is an additional fee for this event. Awards are presented to all athletes.