

## 2021 Spruce Creek Swim Team

### **Coaches:**

Anne Grams (386-451-1910; [agrams1234@gmail.com](mailto:agrams1234@gmail.com))

Brian Miller

**Website:** [www.SpruceCreekSwim.com](http://www.SpruceCreekSwim.com)

**2021 Season:** August 2 – November 6 (Season ends October 9 for many swimmers)

### **Team culture:**

#### Winning attitude and effort:

The Boys Team won the 2020 5-Star Championships. The Girls Team was 2<sup>nd</sup> at the 2020 5-Star Championships.

#### Academic accomplishments:

Girls Team 3.737 unweighted cumulative GPA, 4<sup>th</sup> statewide among all 118 large high schools with swim teams

Boys Team 3.540 unweighted cumulative GPA, 10<sup>th</sup> statewide among all 118 large high schools with swim teams

**Summer conditioning:** Yoga on the beach July 13, 20, 27 7:15 – 8:15 pm. EL2 (sports physical), EL3 (consent), and imPACT forms required. In addition, swimming with a club or on your own is recommended. Contact Coach Anne for summer swim opportunities.

**Practices:** Monday – Friday at Port Orange YMCA, 10:30 – noon for the first two weeks, and 4 – 6:00 when school starts

**Forms:** Forms and online courses required to start practice are posted on the team website.

**Cost:** \$125 swim team fee and \$75 Pay-to-Participate county fee (both due August 23)

### **Commitment:**

When you join the team, you are committing to being at every practice, every meet, and every team activity. Note: We work with swimmers who have other Creek commitments.

**Creek swimmers work hard, but also have fun – a practice and brunch at DeLeon Springs, Heptathlon Competition, team dinners, competitive car washes, 5K Charity Swim (a swim, not a run!). Plus you will become a much better swimmer, thus gaining a lifetime skill.**