**2023 Spruce Creek Swim Team Information**

SpruceCreekSwim.com

Head Coach: Anne Grams - Agrams1234@gmail.com or 386-451-1910

* The Swim Team is a Varsity sport in which you learn a lifetime skill.
* Creek coaches are passionate about the sport and work to motivate each swimmer.
* The Creek Swim Team gives you a new group of friends.
* Creek swimmers have fun together and cheer for each other.
* Representing Spruce Creek during dual meets against other area schools and championship meets is a matchless feeling.
* Learning to handle both athletic and academic pressure translates directly into excelling at life after swimming.

**Summer conditioning** (Clearance through school and all 6 swim team forms\* are required for any team workout.)

* Summer swimming, either with a club or on your own, is highly recommended. Contact Coach Anne for more information
* 4 team sessions of yoga on the beach, just south of the Sunglow pier
	+ 7:00 – 8:00 pm
	+ July 3, 10, 17, 24

 4 team dryland sessions on the beach, just south of the Sunglow pier

* 6:30 – 7:15 pm
* July 6, 13, 20, 27

**Swim season**: July 31 – October 7 (longer for some swimmers). Practices are held Monday – Friday. There are five Saturday events (August 19, September 16, 23, 30, October 7).

**The online clearance process and the 6 forms listed on the swim team website SpruceCreekSwim.com must be completed prior to the first practice, whether on the beach or in the pool.**

Important note: Seniors who need early test scores for college applications, should schedule the SAT on August 26 (the next date October 7 is the 5 Star date) and the ACT September 19 (the next date October 28 may be the District date).

**Last day to be cleared, submit the team forms, and begin practice:** August 17

**Try-outs:** During practices July 31 – August 17. Team members will be announced August 18.

**Team fee: $200 due August 21**

* $125 goes to the team to partially cover the Y pool rental fee, which usually runs over $9000. We raise additional funds for the remaining Y fee, the team cap and shirt, transportation to away meets, entry fees, the awards banquet, and other expenses.
* $75 is the Pay-to-Participate fee required by the county that goes to cover athletics in general. If an athlete participates in an additional sport or sports at Creek, the total fee is $100.
* Payment using the online system is encouraged.
* If paying by check, make payable to Spruce Creek High School with the swimmer’s alpha code and the payer’s phone number on the check.

**Swim team practices, dates, and times:**

* July Summer conditioning on the beach as listed above
* July 31 – August 4 and August 7 – 10 10:30 – 12 Port Orange YMCA
* August 11 – Swim practice and brunch at De Leon Springs State Park 7:00 am – 1:00 pm. The team will travel together on a school bus.
* August 14 – October 7 Monday and Friday 6:00 – 7:30 am; Tuesday 4:00 – 6:00 pm, Wednesday 3:00 – 4:30 pm (if early release; 4:00 – 5:15 if no early release), Thursday 4:00 – 5:15 pm
* Up to 30 minutes for swim journaling, dryland exercises, and/or swim discussion after any afternoon practice that ends before 6:00.
* District qualifiers will practice one additional week at the same times; Regional qualifiers one week after that; State qualifiers one additional week.
* August 17 – last day to complete the county clearance process, submit all 6 forms, and begin practice
* August 18 – Team announced
* September 4 Labor Day – no practice
* September 22, October 16 – regular practice times (no school)

**Equipment:** All swimmers need fins and 2 pairs of goggles. We recommend the Sport Essential Floating Swim Fins available on SwimOutlet.com. Do not choose short fins or scuba fins. You may store your fins in the team bin at the pool if desired. Swim caps are included in the team fee and must be worn if your hair falls in your face. Write your name in permanent marker on all equipment before it comes to the pool.

**Swimsuits:** There will be a new team suit for meets this year, but older team suits, including solid black suits, are permitted. Details to follow on the team suits.

Any suit is allowed for practice as long as it conforms to the followint FHSAA policy.

“No two-piece or bikini style suits will be allowed…Any uniform that is used by a swimmer must cover ALL of the buttocks and must be made of a material that does not become transparent when wet.”

**High School Swimming Event Order:**

200 medley relay, 200 free, 200 IM, 50 free, 100 fly, 100 free, 500 free, 200 freestyle relay, 100 backstroke, 100 breaststroke, 400 free relay

**Meet Entries & Policies**: Each swimmer may enter at most 4 events, with at most 2 individual events. At most meets, each school may enter only 4 swimmers per individual event. At dual meets, we typically run extra non-scoring heats in the 50 free and 100 free. Swimmers are expected to stay for the duration of the swim meets to cheer on their teammates.

**Dual Meet Schedule:**

–4:15

– Mainland at Port Orange Y 4:30

September 5 – DeLand at Port Orange Y - 4:30

September 12 – Flagler-Palm Coast at Port Orange Y 4:30

September 14 – New Smyrna Beach at Aqua Park Edgewater 4:30

October 3 – Tri meet with Matanzas and Father Lopez at Port Orange Y 4:30

**Invitational and Championship Meet Schedule:**

September 16 – Record Breaker Invitational 6:30 – 2:00 @Port Orange Y

September 23 – Lake Brantley Invitational (select swimmers) @Lake Brantley High School

October 7 – 5 Star Conference Championship 6:30 – 2:00 @Port Orange Y

Week of October 22 – District meet (select swimmers) date and location TBA

Week of October 29 – Regional meet (qualifying swimmers from District) date and location TBA

November 11 or 12 – State meet (qualifying swimmers from Regional)

**Snacks for meets:**

Need parent(s) to coordinate light snacks for the swimmers during the meets.

**Other events:**

* August 3, 8, 10, 14, 15 during practice. Spruce Creek Hexathlon
* August 4 – lunch together after practice at Giuseppe’s Steel City Pizza. Swimmers with perfect attendance up to this point will get their meal free.
* August 19 – Orange vs Black dueling car washes – 10:00 – 2:30
* September 30 – 5K Charity Swim, pancake breakfast, & Senior Recognition. Event entry fee is $20. Swimmers are encouraged to raise additional donations. The team goal is to donate $1000 to swim lessons for local needy children. Money raised over $1000 goes towards team expenses.
* October 10 – Capping Ceremony for District team at Veteran’s Circle on the north end of the pond at City Center followed by practice
* November 14 – Team banquet Estate on the Halifax

\* 2023 Parent Information, Swimmer Information, 2023 Lettering Policy, 2023 Attendance Policy, Code of Conduct, Personal Assessments