

FHE HAWKS SWIM TEAM INFORMATION

2008-9

Who? -Open to interested home schooled students in grades 7– 12 (at least 12 ½ yrs)
-Ability to swim at least 200 yards – with a workable freestyle and backstroke
-Willingness to work hard to improve individual skills, endurance, race strategy;
participate at meets with the team and on relays.

When? -Practices are held Monday through Friday during the season
- the season starts October 27, 2008 until mid February
- most meets are held afterschool on weekdays – they are mandatory

Where? Practices on Mon, Wed, and Friday will be held at Fulton Family YMCA
Practices on Tues and Thursday will be held at Gateway YWCA

Time: -Practice times vary each day – so carefully consider the chart below
-Swimmers are required to be at three of the five practices a week (unless they are practicing with another team) Exceptions must be cleared by the coach

Monday 2:30 – 4: 00 pm Fulton YMCA

Tuesday 2:15 – 3:45 pm Gateway YWCA

Wednesday 3:30 – 5:00 pm Fulton YMCA (optional land workout at 3:00 pm)

Thursday 2:15 – 3:45 pm Gateway YWCA

Friday 3:30 – 5:00 pm Fulton YMCA (could make ½ earlier)

Equipment: practice suit, well-fitted goggles, a team cap, a lock and a water bottle.
.Team suit (or solid colored alternative) and hoodie

Cost : \$ 90.00 (standard FHE dues for any sport - \$10 of which is for insurance) This fee can be reduced if swimmer is already paying for a year-round team.
Alos ~\$50 for females, ~\$30 for males - a TYR Lightning navy and white suit

Fundraiser: Starbucks Coffee Sale (goal each swimmer earns \$50) during November

Coach: Mrs. Phyllis Babcock phyllis@babcock.org
Home phone: 336-499-1815 (have message machine)
Cell phone: 336-749-9814 (can leave brief message)

Team Coordinators: Mrs. Nancy Miller
Home phone: 336-766-7341
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Mrs. Allison Dowty
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