

# Athletics Department: Elementary Intermediate Swim Team



**PERMISSION FORM TO BE RETURNED BY JAN. 24<sup>th</sup>**

January 16, 2023

Dear Parents:

Your child has expressed interest in joining the SAA Swim Team. Here is some information about the team.

The program will focus on teaching all four competitive swimming strokes: Butterfly, Backstroke, Breaststroke, and Freestyle with special emphasis on stroke correction, drills, kicking, pulling, using the timing clock, diving blocks, and flip turns. There is a District Swim Meet on April 19<sup>th</sup>, 2023 for elementary students who wish to participate.

1. Coach: Catherine McCurrach (Grade 10 student at St. Ann's)
2. Sponsor Teacher: Mrs. Jill Blower Email: [jblower@st-anns.ca](mailto:jblower@st-anns.ca)
3. Open to intermediate students, Grades 4 to 7.
4. ***These are not swimming lessons. Students must be able to swim 2 lengths unassisted (50m).***
5. Location: Canada Games Pool
6. Items required: swimsuit, towel, goggles, and swim cap is optional
7. Dates & Time: **MONDAYS 3:15 – 4:00pm** starting Jan. 30<sup>th</sup> and running through to April (no sessions Feb. 6<sup>th</sup>, Feb. 20<sup>th</sup>, Mar. 20, Mar. 27<sup>th</sup>, or Apr. 10<sup>th</sup>)
8. Swim Meet(optional) is on April 19<sup>th</sup> during school time.
9. **Transportation: Parents are responsible for providing transportation to and from the pool.**
10. Students must wait and meet Mrs. Blower and Catherine on the pool deck at the start of practice (students may not enter the pool until instructed by the coach). After practice students are to change and meet Mrs. Blower and their parent in the lobby.
11. Parents need to pick-up from the pool no later than 4:10pm. Students must be signed-out with Mrs. Blower by a parent or guardian.

*\*If you have any questions please see or email Mrs. Blower.*

**Dates:**

**January 30<sup>th</sup>**

**February 13<sup>th</sup>, 27<sup>th</sup>**

**March 6<sup>th</sup>, Mar. 13<sup>th</sup>**

**April 3<sup>rd</sup>, 17<sup>th</sup>**

**April 19<sup>th</sup> -District Swim Meet (takes place during the school day from 9am-approx. noon)**