

Athletics Department: Elementary Intermediate Swim Team



PERMISSION FORM TO BE RETURNED BY JAN. 31

January 25, 2024

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 19th, 2024 for elementary students who wish to participate.

1. Coaches: Mrs. Ossenbrink and Catherine McCurrach (Grade 11 student at St. Ann's)
2. Sponsor Teacher: Mrs. Jill Blower Email: 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 SAA swim cap (provided by SAPA)
7. Dates & Time: **MONDAYS 3:15 – 4:00pm** starting Feb. 5th and running through to April ***(no sessions Feb. 19th, 26th, Mar. 18th, 25th, Apr. 1st)***
8. Swim Meet(optional) is on April 19th during school time.
9. **Transportation: Parents are responsible for providing transportation to and from the pool. Please let Mrs. Blower know in advance if your child is carpooling or getting picked up by another parent**
10. Students must wait and meet Mrs. Blower, Mrs. Ossenbrink, or 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 4:10 pm. Students must be signed-out with Mrs. Blower by a parent or guardian.
12. Please let Mrs. Blower know in advance if you cannot attend any of the practices

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

Dates of practices:

February 5th, 12th

March 4th, Mar. 11th

April 8th, 15th

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