

Hastings Sharks Swimming Practice Schedule and Rules

PRACTICE: We will practice on the following Saturday mornings in the Hastings Middle School pool:

3/25, 4/1, 4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 6/3 and 6/10. No practice on Easter or Memorial Day weekends.

Building doors unlock at 8:45. Practice begins promptly at 9:00 AM. We may decide to stagger the practice start time depending on the number of athletes registered for swimming. Be ready to participate in warm up exercises at the practice start time! Use the restroom before practice begins.

Unified partners should plan to attend every practice with their athlete. Unified athletes must be swimming at a level at or above their athlete.

Practice dates may change, so please listen for announcements at the beginning of each practice.

COMPETITIONS: A parent, friend or staff must accompany the athlete to the competitions. Athletes must compete in the Regional Competition to compete in the Summer Games. Participation in both competitions is expected.

Regional Competition: Sunday, April 23rd, Washington Technology Magnet School, St. Paul
Summer Games: Saturday & Sunday, June 17th & 18th, South View Middle School, Edina, MN

SWIMMING EQUIPMENT: Goggles, flip flops, and a big towel are a must. A stretchy will be provided at the first practice; please remember to bring your stretchy with you to each practice. Bring a water bottle.

ATTENDANCE: Please notify Head Coach Therese Behnke at (651) 331-1557 if your athlete is unable to attend practice. **Two** unexcused absences from practice may prevent your athlete from competing in the Special Olympics competitions, or from qualifying for a Hastings High School letter.

CODE OF CONDUCT: All Hastings Sharks athletes, unified partners and caregivers agree to follow the Shark's Code of Conduct. Please review the code with your athlete. Questions? please contact Lisa Sieben at (651) 308-7475.

PARTICIPATION FORMS: You will be notified if your athlete needs their Application for Participation in Special Olympics form to be updated or if it is incomplete. All athlete and unified partner applications, forms and requirements must be completed one week prior to the first practice.

SUPPORT THE COACHES: We are all volunteers! If your athlete isn't participating, step in and help the coaches. If behavior is an issue, share a strategy with the coaches that will work for your athlete. We encourage you to become a coach.

We need coaches! SOMN has a trained coach to athlete ratio in every sport. Please consider becoming a certified coach. Coaching is very rewarding! Contact Ray Kennedy (651) 402-8786 to start your certification.

SAFETY: You are responsible for your athlete's safety

1. A parent, friend or staff must attend at all practices.
2. All athletes must shower before entering the pool.
3. If you must leave, make sure another adult is willing to be responsible for your athlete. Be sure they have a way to contact you in the event of an emergency.
4. Athletes must be accompanied to the rest room or locker room by a parent or guardian. Coaches cannot leave the practice area. Locker rooms are located on the pool deck. If you cannot go into the locker room because of gender difference, please ask another parent or guardian to check on your athlete.
5. Children in your care must be supervised at all time and may not wander throughout the building.
6. Be prepared to take your athlete home when practice ends.

Please leave headphones and electronic devices at home. We want your athlete to be safe at practice and the Sharks are not responsible for lost or stolen items.