



## MOUNTAIN VIEW HIGH SCHOOL SWIMMING

Swim Coaches: Britt Hemphill and Tara Bollwinkel

Britt Hemphill: Cell 573-836-0376 - email: britthemphill@gmail.com

Tara Bollwinkel: Cell 608-0555 - email: tbollwinkel@me.com

August 2017

Dear Swimmer,

I hope this letter finds you looking forward to beginning the first-ever year of Mavericks sanctioned swimming. ***We get underway today Friday, August 11, 5:00 – 6:30 p.m. at Mountain View HS (north gym) for a team information meeting and dryland orientation.*** To participate you must have obtained an athletic clearance, including a pre-season physical (incoming Grade 9 and 11's and anyone else without a current physical). ***You cannot participate without an athletic clearance!*** At our meeting, I will hand out a packet including team expectations, letter requirements, and other important information. *This meeting is very important* - if you cannot attend, please call and let me know. Please bring dryland clothing – shorts, t-shirt, and footwear – to today's practice.

We have a unique schedule for week 1 (8/14-8/19 – details will be provided in our 8/11 meeting). Beginning on Mon., Aug. 21, practices will be daily from 5:00-6:30 p.m. (JV) or 5:30-7:30 p.m. (Varsity) including dryland. There will be occasional changes in how these workouts are structured (e.g. I will have girls and boys teams practicing as separate team units). Saturday morning practices will be from 9:00-11:00 a.m. *You must complete ten days of practice before you can compete in a meet.* Our first meet is on Tuesday, August 29. **Team suits are required for all dual meets.** Caps will cost \$2 and I have those available.

MVHS athlete participation fees: MVHS requires a one-time **\$110 pay-to-play fee** to participate in any extracurricular activity and a **\$44.50 Associated Student Body (ASB) card fee** (available to purchase in September). In addition, there is a **MVHS Swimming fee of \$150** (primarily to cover pool use fees). All payments can be made through the MVHS bookkeeping office. **Please do not let finances keep you from participating!** Both MVHS and the boosters board have a process for assisting with participation fees. Please let me know and we will look at other options.

I look forward to meeting all of you and together enjoying a swimming season of excellence. If you have any questions or concerns, please don't hesitate to call me (cell: 573-836-0376). See you today, Friday, August 11<sup>th</sup>, at 5:00 p.m. at MVHS.

Sincerely,

*Britt Hemphill*

Head Coach

Mountain View High School Swimming