



MJHS SWIMMING

OPEN TO STUDENTS IN GRADES 5 THROUGH 8

[SWIM MEET SCHEDULE LINK](#)

[FINAL FORMS ACCOUNT LINK](#) - HAS TO BE SET UP AND **GREEN** BEFORE FIRST PRACTICE

IF YOU HAD A VALID SPORTS PHYSICAL IN 2019-2020, MAKE SURE YOUR FORMS ARE UPDATED.

IF **NO** SPORTS PHYSICAL IN 2019-2020, YOU MUST HAVE A VALID PHYSICAL ON YOUR FINALFORMS ACCOUNT. CLICK THE [FINAL FORMS PLAYBOOK/INSTRUCTIONS](#) FOR SETUP.

[COVID-19 HEALTH QUESTIONNAIRE](#) - REQUIRED COMPLETION BY ALL ATHLETES

PRACTICE IS DAILY FROM 3:15 TO 5:45 P.M.

FEBRUARY 8 - MARCH 11

INFORMATION MEETING

MONDAY, JANUARY 25 - 6:15 P.M.

MJHS CAFETERIA

THIS MEETING IS **MANDATORY** FOR **STUDENTS AND PARENTS**

****STUDENTS MUST HAVE A SPORTS PHYSICAL ON FILE BEFORE THE FIRST PRACTICE**

THINGS TO CONSIDER:

- WHILE PREVIOUS, COMPETITIVE SWIM EXPERIENCE IS NOT REQUIRED, IT IS STRONGLY ENCOURAGED.
- STUDENTS MUST BE ABLE TO SWIM FREESTYLE AND BACKSTROKE.
- WE **DO NOT** HAVE AN OPPORTUNITY TO TEACH SWIM LESSONS BUT **WILL WORK** ON STROKE INSTRUCTION FOR THOSE WITH BASIC EXPERIENCE.
- IF YOUR STUDENT IS WILLING TO WORK, WE ARE MORE THAN WILLING TO COACH.
- THERE WILL BE A WEEK-LONG ASSESSMENT FOR NEW SWIMMERS. IF, AT THE END OF THE FIRST WEEK, COACHES FEEL A SWIMMER IS:
 - NOT ABLE TO KEEP UP,
 - NOT RESPONDING TO FEEDBACK,
 - OR IS NOT PUTTING FORTH THE NECESSARY EFFORTTHEY WILL BE ASKED TO TRY AGAIN NEXT YEAR.

DUE TO THE SIZE OF THE TEAM AND STRUCTURE OF THE MEET EVENTS, **NOT EVERYONE WILL BE ABLE TO COMPETE IN **AWAY** MEETS AND WILL NOT TRAVEL.**

WE LOOK FORWARD TO A GREAT SEASON!