

Griffin High School Swim Team



Registration Information

Registration for members of the swim team has begun. If you are interested in being a member of the swim team, you will need to do the following:

1. Get a registration packet from Coach Holt and sign the Swim Team Interest Form.
2. Get a physical (if you have not had one done for a Fall 2014 sport).
3. Pay the \$50.00 athletic assessment fee (if you have not paid the fee for this school year; money order only made payable to Griffin High School).
4. Pay the swim team registration fee of \$350.00 (money order only made payable to Griffin High School). This covers team uniforms, warm-up suits, t-shirts, meet fees, and the cost of renting the pool.
5. Return the completed Swim Team Registration Packet, physical forms, and all fees to Mrs. Willis in the main office.
6. All fees and completed paperwork are due by Friday, October 3, 2014.
7. You may not begin practicing with the team until you have paid fees and obtained a current physical.
8. Contact Ms. Fagin if you have questions - email leslie.fagin@gscs.org or @MsFagin on Twitter.

Important Information

1. Swim practices are held at a private pool. Transportation is not provided. After all paperwork has been turned in and fees paid, you will be given the address. Practice times will be determined within the next couple of weeks; however, practice will not start before 5:30.
2. In order to be on the swim team, you must be able to swim at least the freestyle stroke and the backstroke. During practice, we will work on stroke development, endurance, and other skills. We do not do swimming lessons to teach you how to swim. If you can swim the basic strokes, with practice and effort, you will get better. You can be on the team if you can at least commit to practice and improving your strokes.

3. The meet schedule will be given out at the first practice.
4. If you are interested in developing your skills, you may contact a private instructor and attend the clinics. This is not mandatory, and you are responsible for paying the instructor. The schedule for the clinics is listed below as well as the contact information for the instructor. All clinics are from 8:00 AM until 10:00 AM. Each session is \$25 for the two-hour session.

Sept 6th (Sat) – Flip Turns (free and back)

Sept 20th (Sat) – Open Turns (Breast and Fly)

Oct 4th (Sat) – Freestyle Stroke Mechanics

Oct 18th (Sat) – Backstroke Stroke Mechanics

Nov 1st (Sat) – Breaststroke Stroke Mechanics

Nov 15th (Sat) – Butterfly Stroke Mechanics

Thanksgiving Week – a variety of clinics will be available (pending)

Contact information:

Coach Bethany Tilson (USA Swimming certified and ASCA Level I)

[678-588-2594](tel:678-588-2594)

bethanytilson@yahoo.com