

## Varsity Swimming FAQ's

### **1. What requirements do I need to meet before try-outs?**

- 2.0 GPA
- Parent Permission Form Turned in to Coach DeMoss
- Physical Examination Completed by Doctor on file with CHFHS

### **2. Who is this years Coach and Athletic Director?**

- Ms. Kristen DeMoss will be leading the mighty jaguar swim team this year as the Head Coach. She is an art teacher and the art department chairperson at CHF.
- Mr. Carlyle Rose is the schools athletic director and also teaches health and physical education a CHF.

### **3. When and where are tryouts?**

- Try-outs will be held on Wednesday & Thursday November 15<sup>th</sup> & 16<sup>th</sup> from 7-8am at the PG Sports & Learning Complex.
- You must attend BOTH try-out dates and arrive early to ensure proper showering and team stretch (6:45am)

### **4. How do I make the team?**

- We welcome swimmers from intermediate to expert levels. However, the Swim Team is a Varsity Sport, not a club team, or swim lessons.
- Swimmers must successfully complete the following events during the two day try-out:
  - 50 Yard Freestyle – Time < 1 Min
  - 500 Yard Freestyle – Time < 10 Min
  - 100 Yard Individual Medley (Swim 25 Yards each stroke; Backstroke, Breaststroke, Butterfly, & Freestyle)
- You must COMMIT yourself(and your parents) to the ENTIRE season (3 practices a week, Meets on Saturdays, and Team Building Events).
- No excuses for Truancy unless documented illness or death in the family.

### **5. When and where are practices?**

- Tuesday Wednesday & Thursday BEFORE SCHOOL
- 7-8AM (Swimmers MUST arrive at the pool 15 min prior to the start of pool time to ensure proper showering and team stretch.
- The PG Sports & Learning Complex
  - From I-495/95, exit at Landover Road, West (route 202) toward DC. Prepare for an immediate left turn onto Brightseat Rd. at the light. Take the next right onto Sheriff Rd. Proceed to the first stop light and take a left up the hill and into the sportsplex parking lot.

### **6. When and where are the meets?**

- Regular season meets will be held Saturdays (Times and Dates to be announced) through the month of February at either the PG Sportsplex or the PGCC Pool.
- The Regional and State Meets will be held at the University of Maryland, College Park.

**7. How will I get to the pools/practices/meets?**

- Transportation is the responsibility of the parent.
- Parents and students who are able to drive are encouraged to carpool

**8. What is the required uniform?**

- All swimmers must purchase the team suit and a cap.
- All other team gear (T-shirts, Warm-Ups, Bags, etc.) are encouraged, but optional.
- Prices and order form to follow...

**9. As a parent, how can I help the Varsity Swim Team?**

- Without parents, the meets CAN NOT RUN THEMSELVES!
- At each meet we NEED parents to fill the following positions:
  - 1 Referee\*
  - 1 Head Timer
  - 1 Stroke & Turn Judge\*
  - 1 Scorer (Two preferred)\*
  - 9 Timers
  - 1 Starter\*
  - 1 Head Judge\*
  - 1 or 2 Stroke & Turn Judges\*
  - 1 or 2 Assistant Head Timers
- \*Note: Certain positions require certification/training. Please attend the Official's & Scorers Clinic on December 6<sup>th</sup> from 7-9PM At the Prince George's Community College Robert L. Bickford Natatorium.

**10. How else can I help as a parent of a Varsity Swimmer?**

- We also need parents volunteering on a rotating basis to sign up to provide a light breakfast(bagels/fruit/muffin/etc.) after each morning swim practice.
- At the end of the season we will have a banquet to celebrate our accomplishments. This event also requires parent involvement.

**11. What if I have any other questions?**

- The best way to contact Coach DeMoss is via. E-mail
- [Kristen.DeMoss@pgcps.org](mailto:Kristen.DeMoss@pgcps.org)