

ARKANSAS BAPTIST HIGH SCHOOL



High School Swim Team



Information Sheet
School Year – 2009/2010

Who can compete: Any ABHS registered student (male and female) who will be in the 9th, 10th, 11th, or 12th grades for the 2009/10 school year.

When does the season start? The meet season starts November 1, 2009. Practice will start in September/October.

When and where will practice be? You will be required to attend at least two 1 hour practices a week. The exact schedule has not been set. We will practice from 7 to 8 pm at The Little Rock Racquet Club. Practices will be held Mon and Wed. We might also have a practice time available on Fri and Sat. More information will be known later about these practices.

Will there be a cost involved for coaching? No

Are there any costs are involved for me? Yes. A player pack will be offered that will include swimsuit, warm up suit, and t-shirt. Each swimmer will need a good pair of non-leaking goggles. There will be other optional items offered.

When does the season end? It will end at the State Championship meet at the end of February 2010.

Who can compete at the State Championship meet? The swimmer must have competed in 2 AAA sanctioned or sponsored meets and meet the established qualifying event time.

Where are the meets held? The majority of meets will be held at UALR, but they might also be at Conway, Cabot, Arkadelphia, Jacksonville, etc. A complete schedule will be provided to each team member as soon as it is available.

How many high schools participate? Last year more than 40 high schools had active swim teams.

What is required physically? There will not be a "tryout", but you must be able to swim at least 50 yards freestyle without stopping. Students must have a current physical on file with the athletic department prior to the first practice session. If you did not participate in the free physicals held last spring, you will need to obtain one through a physician.

What equipment/uniforms are required? The AAA recommends that all swimmers wear suits of identical coloring and pattern. We will have an ABSS suit. There will also be an ABSS team cap. You will also need a good pair of non-leaking goggles. These can be purchased online, at Splashwear Aquatics, or at Sports Authority. All costs will be discussed at the first meeting. There will be a meeting announced after school starts.

Who can I contact for more information? Shelly Greenwood is the registered parent volunteer coach. You may call 944-3520. You can also contact me by email at slg1063@sbcglobal.net.

Thank you!!!!



ABSS SWIM TEAM MEMBER APPLICATION

Swimmer's Name: _____ Age: _____ Grade: _____

Swimmer's Phone: _____ Birth date: _____

Mother's Name: _____ Phone: _____

Father's Name: _____ Phone: _____

Address: _____ City: _____ St: _____ Zip: _____

Email Address: _____

Alternative Contact Name: _____ Phone: _____

Relationship to swimmer: _____

Have you been a member of a swim team? _____ Which one? _____ When? _____

What is your favorite stroke? _____ What is your fastest time? _____

Medical Information

Do you have any allergies or medical conditions? _____

What are they? _____

Do you take medication for this? _____

The medical release that you signed for the High School will apply to the swimming program as well.

_____, ABSS student has my permission to participate in the ABSS Swim Team program. _____, (parent signature) _____ (date)

If you have any questions or concerns, you may contact:
ABSS HS Swim Team Parent Volunteer: Shelly Greenwood 944.3520
Email: slg1063@sbcglobal.net