

**Boys Swim Parents Meeting**  
November 29, 2022 6pm  
Crestwood Pool

1. **Introductions** and collection of emails for weekly parents email

2. **Expectations:**

- practice Monday through Friday 2:45-4:45pm, except meet days. Swimmers are expected to be at practice on time.
- early in the season in practice yardage is shorter and the focus is on technique.
- mid-season yardage in practice is longer. Your swimmer will come home tired, especially the new and younger guys.
- last two weeks of the season, practice intensity decreases as the focus shifts to the league meet

3. **Meets:**

- Meets are held on Tuesdays and Thursdays, with a couple of Saturday meets. Start time is 6pm. Meets generally last an hour and a half. (with warm-up and cool down 3.5 hours)
- Away meets, bus leaves at 4:30. All swimmers must ride the bus to and from meets
- Home meets, if we need to put in lane lines, swimmers must be to the pool by 4:30 and be warming up by 5:10.
- After the meet ends, there is a warm down swim. Earlier in the season it is 200 yards as the season progresses, the warm down will be 500 yards. At home meets, swimmers can't leave until the tables are all returned to the cafeteria and the lane lines are removed. If we all work together the task should take less than 10 minutes.
- Expectations at the meet you are cheering for your team and you are on the pool deck.
- Snacks after the meet.

4. **Events at meets.**

- Each swimmer can swim 2 individual events and 2 relays or 3 relays and 1 individual event. Swimmers can't swim 3 individual events.
- Point scoring at meet: Relays; 1<sup>st</sup> 8pts, 2<sup>nd</sup> 4 pts, 3<sup>rd</sup> 2pts; Individual; 1<sup>st</sup> 6pts, 2<sup>nd</sup> 4pts, 3<sup>rd</sup> 3 pts, 4<sup>th</sup> 2 pts, 5 1 pt. 6<sup>th</sup> 0 pts.

5. **Odds and ends:**

- Swim/ life balance
- Grades & eligibility
- Varsity letter
- League standing: dual meet: we swim each team in our league twice. League championship is 50% dual meet record and 50% placement at the league meet.
- Dry skin
- Pool Temperature
- Swim suits & goggles
- Clothing Order: Due Thursday Dec 1<sup>st</sup>
- Winter Break Practice Days and times TBA
- Banquet (end of season)

6. **Questions**



## Boys Varsity Swimming (0 - 0)

[☆ Follow](#)[Schedule](#)[Practice](#)[Roster](#)

2022-23



| Date/Time          |    | Opponent                                       | Location                                                         | Results  | League |
|--------------------|----|------------------------------------------------|------------------------------------------------------------------|----------|--------|
| Sat Dec 3 11:00 AM | vs | <a href="#">Fordson High School - Dearborn</a> | Crestwood High School - Dearborn Heights POOL                    | T<br>... |        |
| Thu Dec 8 5:30 PM  | vs | <a href="#">Redford Union High School</a>      | Crestwood High School - Dearborn Heights POOL                    | L<br>... |        |
| Thu Dec 15 6:00 PM | vs | <a href="#">Thurston High School - Redford</a> | Crestwood High School - Dearborn Heights POOL                    | L<br>... |        |
| Tue Dec 20 6:30 PM | @  | <a href="#">Fordson High School - Dearborn</a> | Fordson High School - Dearborn Pool ~ JOSEPH KAZLUSKY NATATORIUM | N<br>... |        |
| Thu Dec 22 4:00 PM | @  | <a href="#">Garden City High School</a>        | Garden City High School POOL                                     | L<br>... |        |
| Thu Jan 12 6:00 PM | vs | <a href="#">Romulus High School</a>            | Crestwood High School - Dearborn Heights POOL                    | L<br>... |        |
| Tue Jan 17 6:00 PM | vs | <a href="#">Redford Union High School</a>      | Crestwood High School - Dearborn Heights POOL                    | L<br>... |        |
| Thu Jan 19 6:00 PM | @  | <a href="#">Thurston High School - Redford</a> | Thurston High School - Redford Pool                              | L<br>... |        |
| Thu Feb 2 6:00 PM  | vs | <a href="#">Garden City High School</a>        | Crestwood High School - Dearborn Heights POOL                    | L<br>... |        |
| Tue Feb 7 6:00 PM  | @  | <a href="#">Romulus High School</a>            | Romulus High School POOL                                         | L<br>... |        |