

**2019-20**  
**METAMORA COOP**  
**BOYS' SWIMMING AND DIVING**

Thank you for your interest in the Metamora Coop Swim Team. I am looking forward to a great 2019-20 season this winter. We have been an up and coming swim program for the past few years and are now ready to take the next step to be one of the premiere teams in the area.

Our first week and of practice is an evaluation, during which time trials are conducted within the practices. Swimmers are evaluated not only on their performance during the time trials, but also on their attendance, punctuality, and work ethic along with other intangibles. Divers do not participate in the time trials but are evaluated on their ability to perform dives in the five required categories. Final roster determined On Wednesday, December 4th.

While we only field one team (at the varsity level), swimmers will be grouped into varsity and junior varsity for practice schedules. This grouping does not mean that that a swimmer in the varsity practice will be guaranteed to earn a varsity letter, nor does it exclude a swimmer in the junior varsity (JV) practice from earning a varsity letter. A swimmer may change practice groups during the season at the discretion of the coaching staff. Both varsity and JV swimmers will practice at the same time. A practice calendar has been provided in this packet **(subject to change depending on pool availability)**.

Being a part of the Metamora Swimming and Diving team will be a fun and rewarding experience, but it also means a great deal of work and commitment. An average swimming practice involves 3-5 miles of swimming which equates to running between 10 and 12 miles. Over the course of the season we may swim in excess of 1,500 miles. We encourage every athlete, both swimmers and divers, to come into the season prepared for what lies ahead. Taking time now, in the off-season, to prepare for the first day makes the transition much easier.

Again, we are looking forward to a fun and successful season this year. Please make sure to read through all of the attached materials and feel free to contact me with any questions. I'll try to answer them as best as I can.

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