

# COUGAR SWIMMING

## 2022

Welcome to the 2022 Cougar Swimming Team. On behalf of your Cougar coaching staff, I would like to welcome you to an exciting season of swimming. It will be our team goal to bring a season filled with hard work, success, and fun. You will need to provide your own suit, goggles, caps, towel, and winning attitudes! A few important dates to remember:

**1<sup>st</sup> Team Meeting: Friday July 28, 2022**

3:20 pm in D102

Attendance required

**1<sup>st</sup> Team Practice: August 8, 2022**

3:35 bus to pool

3:45-5:30 practice in Palm Island City Pool

**Kick off the season party: Parents and swimmers are invited.** This is a potluck. Please plan to attend, meet the coaches and our athletes. More info regarding the party will be handed out at practice.

Contact your coaches at Kim Batina 520-705-6565 or [kbatina@cguhsd.org](mailto:kbatina@cguhsd.org)

Kori Batina 520- 840-2252 [kori.batina@cgesd.org](mailto:kori.batina@cgesd.org)

Jeff Mitchell 520-709-9776 [Jdmitchdds@gmail.com](mailto:Jdmitchdds@gmail.com)

Each swimmer will be responsible for purchasing their team suit. Prices are as follows: Women's suits will be \$70.00 and men's suits are \$55.00. Please see Ms. Wagner in the bookstore, checks payable to **CGUHS Swim Team** (make sure to tell her the money is to the Swim Team). Team caps & suits are intended for meet use only. Please be sure to have a practice suit, cap & suit. Girls-you will want to get a one piece, boys-a jammer suit.

Transportation to and from the Palm Island City Pool be provided by the high school. All home meets are held at Palm Island City Pool. You will need your own ride home from the pool for home meets because the meets might end after 6:00 pm Activity busses leave Union.

Each swimmer must obtain a **sport physical**. Physical forms are available in the athletic office and the school website. You must also set up your account on "**Register My Athlete**" which is located on the School Website. Attach your physical, birth certificate and other important documents to the site as well.

In addition, each student athlete is required to complete the **online concussion** education course at: [aiaacademy.org](http://aiaacademy.org).

Pay to play is \$50. Please see Ms. Wagner in the bookstore to pay.

# CGUHS SWIMMING

## 2022 MEET SCHEDULE CGUHS

Thurs	09/01	Rincon/University and Tucson	@Tucson HS	4:00 pm
Thurs	09/08	Marana & Gilbert Christian	Home	4:00 pm
Sat	09/10	Croswhite Invitational	@ Chandler HS	Away 6:15 am
Thurs	09/15	Valley Christian/Pusch Ridge	@Oro Valley Pool	Away 4:00 pm
Thurs	09/22	Mountain View Marana & Sahuarita	Home	4:00 pm
Thurs	09/29	Desert View	@Sunnyside HS Pool	Away 4:00 pm
Tues 1	10/04	Gila Ridge & Sunnyside	<u>Senior Night!!</u>	Home 4:00 pm (this is the 1 <sup>st</sup> week of Fall Break-please plan to stay in town for it!)
Thurs	10/6	Desert View and Catalina Foothills	@ Catalina Fthills	Away 4:00 pm (this is the 1 <sup>st</sup> week of Fall Break-please plan to stay in town for it!)
Thursday	10/20	Charger Swim Invite	@ McClintock HS	Away 6:00 am
Sat	10/22	Pecan Classic Invite	@ Sahuarita Aquatic Center	7:00 am
Thurs	11/03	State		AwayTBA
Fri	11/04	State		AwayTBA
Sat	11/05	Championship		AwayTBA

**Wear your T-shirt on meet days!!!! Don't forget your suit, goggles and towel!**  
**We will stop for food on away meets, so bring \$.** The team will provide meals during invites and state. You need to bring a chair to invites!!!



MONDAY - THURSDAY 3:45-5:30 P.M./FRIDAYS-5:00 PM

Practices begin Monday, August 8<sup>th</sup>

CGUHS team members are expected to attend all p.m. practice sessions. Please notify your coach if you have a conflict. **Communication is extremely important.** Poor practice attendance can affect swimmers meet participation. Attendance will be taken. You will need to provide your own practice suit, which is different from your team suit, and goggles.

We will be taking a select group of swimmers to Invitationals & State. If you do not attend practices, do not expect to travel. Meet rosters will be discussed the Wed before each meet.

It is the expectation of this staff that our program displays the highest level of sportsmanship. We expect each student athlete to abide by all CGUHS school rules as well as uphold the personal characteristics that display honesty and integrity. Behavior that is detrimental to the team will not be tolerated.

All team members are expected to attend home meets.

No practice on Meet days.

**No pass, No play, No exceptions!**

**No Pay, No Play, No exceptions!**

After each practice there will be an early bus from Palm Island pool for those that need to catch the last activity bus from school. The Activity bus runs Mon-Thurs and leaves the school at 6:15pm.

**Team suits, caps, and T-shirts are intended for meet**



## 2022 COUGAR SWIMTEAM MEETING---WELCOME

- ELIGIBILITY
  - ATHLETIC PHYSICAL/COPY OF BIRTH CERTIFICATE
  - ATHLETIC CLEARANCE PASS
  - EMERGENCY CARD
  - “NO PASS NO PLAY”
  - PAY TO PLAY---\$50 PAYABLE TO CGUHS, SEE BOOKSTORE BRAD
  - CONCUSSION EDUCATION TEST--aiaacademy.org -- brainbook -- please print your completion certificate and turn in to office
- PRACTICES
  - MON – THUR 3:45- 5:30 PM / FRI-3:45-5:00 PM Palm Island Pool
  - ATTENDANCE: ATHLETES ARE EXPECTED TO ATTEND ALL PRACTICES CONFLICTS: PLEASE COMMUNICATE WITH COACHES
  - EARLY RELEASE DAYS-Yes -We Have Practice! -you can work on homework in the cafeteria until the bus comes
- MEETS
  - TRAVEL ROSTER -available on Wed before meet-all must attend to swim at meet
  - DAY of MEET ATTIRE-team T-shirt
  - EARLY RELEASE PROCEDURE-Go to D102 after school if you need to ride the Van
  - ELIGABILITY-Ms. Garcia will send the names of who are eligible to swim at the Meets on Monday to teachers, be at bus loop at time given to the team on Weds before meet/check REMIND!!
  - UNEXCUSED ABSENCES-if you are absent the day of a meet-you cannot swim
  - HOME MEETS HELD @ Palm Island City Pool 1115N Brown Ave
  - STATE QUALIFYING TIMES
  - VOLUNTEERS NEEDED for home meets to time!
- TRANSPORTATION
  - PRACTICE VANS/MEET BUSES/ACTIVITY BUS AND BUS PASSES
- ICE/WATER JUGS/CUPS
  - PICK UP & RETURN—by FRESHMEN in Trainer’s office
- EQUIPMENT -needs to be set up before each practice and taken down
- TEAM SUITS/CAPS/T-SHIRTS **WOMEN’S \$70.00 MEN’S \$55.00**
  - CHECKS PAYABLE TO: **CGUHS SWIM TEAM**---PLEASE PAY MS. WAGNER IN THE BOOKSTORE
  - SEE COACH KIM for T-shirts, caps, and suits
- TEAM CAPTAINS-team votes/coaches have final say
- **Mock Meet Thurs 8/25**-need parents to help time
- **KICK OFF THE SEASON PARTY--Fri 8/26** location TBA
  - BRING A SIDE DISH TO SHARE
  - **BRIEF PARENT MEETING**

### Coaches

Kim Batina HYPERLINK "mailto:kjmmba@yahoo.com" [kbatina@cguhsd.org](mailto:kbatina@cguhsd.org)

Kori Batina HYPERLINK "mailto:batinakori@yahoo.com" [kori.batina@cgesd.org](mailto:kori.batina@cgesd.org)

Jeff Mitchell HYPERLINK "mailto:Jdmitchdds@gmail.com" [Jdmitchdds@gmail.com](mailto:Jdmitchdds@gmail.com)