Hello Maple Grove Swim and Dive Families –

The captains, the captain’s parents and the coaches have been working hard, behind the scenes, to ensure all aspects of the team are smoothly moving forward. Thank you for your patience, while details of the pending season are being finalized. Please keep an eye out for an additional email communication from MGHS Swim & Dive regarding the upcoming season, fundraisers, volunteer opportunities and more.

As we look forward to the 2016 Maple Grove Girl’s Swim and Dive Season, I would like to share the basic expectations, which will be taken into consideration for each swimmer to be eligible for participation on the MGHS Girls Swim and Dive. Due to the significant growth of the girl’s swim program and our limited pool space; coaches and the Athletic Office have agreed to align the MGHS Swim & Dive team with other Varsity High School Sports offered at Maple Grove Senior High.

Basic expectations:

* Swimmer must be in grades 8 – 12 \*(7th grade swimmers see below)
* Each swimmer must be able to swim a minimum of 500 yards continuously (without stopping).
* Each swimmer must demonstrate her ability to successfully complete both a flip turn and open turn.
* Each swimmer must successfully demonstrate her ability to complete a dive/start off the starting block.
* It is highly recommended that the swimmer has competed on a competitive swim team, either at the club level or school level for a minimum of one swim season prior to the start of the current high school season.
* It is highly recommended that the swimmer has participated in previous swim meets, and has competitive times in multiple events of the same stroke or from two or more of the following: butterfly, backstroke, breaststroke, freestyle.
* It is expected that swimmers attend all practices for their respective groups (5 days a week for JV and 6 days a week for Varsity).
* It is expected that swimmers remain on deck, at all meets, until each meet is concluded.
* Swimmers must commit to the full season of swimming.
* All swimmers, from the 2015-2016 MGHS Swim & Dive, are welcome to return to the team for the 2016-2017 season.

As a coaching staff, we will be reviewing each individual’s abilities and decision will be made on each attendee’s possible team placement based on abilities and the needs of the team. Decisions for team placement will be made by the end of the first week of practice, August 19, 2016.

My hope is all swimmers will arrive to the August practice having trained over the summer months whether that be as a member of an organized swim team or training on your own.

Should you have any questions regarding this information please feel free to contact coach Stacy Backstrom at [BackstromS@District279.org](mailto:BackstromS@District279.org)

Thank you!

Have a wonderful rest of the summer. I look forward to seeing you in the fall.

Go Crimson!

Coach Stacy

\*A **7th grade swimmer** is welcome to be considered for placement on the team, pending her swim history, competitive times and/or performance in the pool. Please contact Coach Stacy Backstrom at [BackstromS@District279.org](mailto:BackstromS@District279.org) should you wish to be ***considered*** for team participation.