

Go here for more info!

## East Swim Team 2018-2019 General Information

Check out the blog for more details

[eastswimteam.wordpress.com](http://eastswimteam.wordpress.com)

### Welcome to East Swim Team!

We are excited you are interested in Swim Team! East High School Swim Team located in Salt Lake City, is a coed extracurricular sport that is dedicated to coaching and developing swimmers of all levels from beginner to expert. The team is all-inclusive and is focused on team dynamics including team-building events throughout each week of practice, themed gatherings and fundraising. We are a team and include all those who have the ability to swim at least 50 yards freestyle and 25 yards of two of the following; breast stroke, butterfly or back stroke. Swimmers can tryout during any preseason practice time. The parents and family members of swimmers will be involved to help with a wide variety of tasks including fundraising, timing, food preparation, setting up, moral support and of course fans in the stands! General information is below complete information can be found on our blog at [eastswimteam.wordpress.com](http://eastswimteam.wordpress.com).

### Tryouts and Practices

New this year. Each swimmer on the team **must** be able to swim 50 yards freestyle nonstop and 25 yards of 2 of the following strokes - back, breast or fly. If you would like to be on the team please attend preseason work outs for the coaches to review your skills, determine your dedication and asses your eligibly to be on the team. Preseason practices are held Monday through Friday from 2:50-4:30pm at Steiner and begin on Tuesday, September 4th and run until September 28th. The basic team will be announced the first week of October, with JV and Varsity being announced later in the month. Time qualifications for JV and Varsity will be posted in September.

All practices are located at Steiner on Guardsman Way and will include mornings, afternoons and Saturdays. Varsity practices will be geared toward swimmer strength/improvement and in addition to swimming will include dry land, running and stretching. JV practices will focus on swimming skills and techniques.

**Pre Season starts Sept 4th:** Practice schedule is as follows:

- **Monday/Wednesday/Friday 3-4:30pm Swim Only**
- **Tuesday/Thursday 2:50-4:30 - Run/Conditioning 2:50-3:20; Swim 3:30-4:30pm**

This is an optional practice period, however we strongly encourage all to participate to gain strength and work on skills! We will be conditioning along with swimming in the outdoor long course pool. Be sure you have tennis shoes and work out gear along with your suit, tinted goggles and sunscreen.

**Required practices start October 1st:** These are held in the indoor short course pool. Schedule TBA.

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### Coaches

The coaches are here to help and support swimmers in their development while creating a safe environment. Any coaching/behavior/practice questions or concerns need to be directed to Coach Max via email, text or phone call.

- **Head Coach Max Molokov 801.231.28.79 [maxswimcoach@gmail.com](mailto:maxswimcoach@gmail.com)**
- **Assistant Coaches** Jack 801.455.7637, Griffin 801.652.2113 & Logan 702.449.6132

### Team Captains

The Captains will help organize and facilitate information and communication about team events and post on the team instagram *easthighswim*. They are a great resource for swimmers.

- Connor Rich 917.455.4090
- Magy Mayer 801.995.8374
- Jennie Wilson 801.712.4366
- Michael Long 385.439.6864

### Registration

It is imperative that swimmers complete **all** forms listed below which are available at [eastswimteam.wordpress.com](http://eastswimteam.wordpress.com). Most can be done online some are download, print and return. For items 5 & 6 you may print and complete the forms and turn in at the Parent/Athlete Dinner on September 4th or scan and email to Coach Max at [maxswimcoach@gmail.com](mailto:maxswimcoach@gmail.com) by September 25th.

**Register my athlete has 3 components** - the registration portion, the athlete physical Form A, and team fees. You may complete the registration and then have a medical provider complete the physical form and upload the forms, team fees can be paid at school registration or via the link below.

1. [Register my athlete](#) (not complete until the Physical Form A is uploaded and fees paid)
2. [UHSAA Physical Form A](#) (Pages 2-4 need to be uploaded on registermyathlete)
3. [Team Fees](#)
4. [Contact Information](#)
5. [Form I-19 Student Code of Conduct](#)
6. [Form G-8 Student Passenger/Driver](#)

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### Schedule

Below is a **tentative** schedule for the 2018-29 Season. Swim team has many fun activities planned as a team. The month of October the team will focus on fundraising, gear procurement, practicing and team bonding. November until January, meets start and there are team dinners each Monday with a few special dinners to celebrate Regions and Seniors/State. The season wraps up with the State meet in February and the team banquet in March. Sign ups for dinners are available on the blog at [eastswimteam.wordpress.com](http://eastswimteam.wordpress.com)

- Tuesday, **September 25<sup>th</sup> Registration Forms Due (see blog for forms)**
- Monday, October 1<sup>st</sup> Gear Order Due
- Monday, October 1<sup>st</sup> Practice Required (see blog for details)
- Saturday, October ?? Date TBD Fall Party
- Tuesday, October 16<sup>th</sup> Swag Orders Due
- Thursday, October 19<sup>th</sup> Sponsorship Fundraiser Due
- Wednesday, October 24<sup>th</sup> Chipotle Fundraiser 4-8pm Sugarhouse
- Saturday, October 27<sup>th</sup> Tug of War Rally after practice
- November 5<sup>th</sup> Team Dinner at the Mayer's
- Thursday, November 8<sup>th</sup> AWAY Meet at Murray
- Monday, November 12<sup>th</sup> Team Dinner Location TBD
- Tuesday, November 13<sup>th</sup> HOME Meet at East vs Olympus
- Wednesday, November 21<sup>st</sup> -25<sup>th</sup> Thanksgiving Moratorium
- Monday, November 26<sup>th</sup> Team Dinner Location TBD
- Thursday, November 29<sup>th</sup> HOME Meet at East vs. Syracuse
- Friday, December 1<sup>st</sup> Park City Invite\*
- Monday, December 3<sup>rd</sup> Team Dinner Location TBD
- Thursday, December 6<sup>th</sup> AWAY Meet at Highland
- Friday, December 7<sup>th</sup> Holiday Party Location TBD
- Monday, December 10<sup>th</sup> Team Dinner Location TBD
- Tuesday, December 11<sup>th</sup> HOME Meet at East vs Skyline
- Friday/Saturday December 14<sup>th</sup>/15<sup>th</sup> Judge Invite
- Monday, December 17<sup>th</sup> Team Dinner Location TBD
- Tuesday, December 18<sup>th</sup> AWAY Meet at West
- Friday, December 21<sup>st</sup> -26<sup>th</sup> Holiday Moratorium
- Monday, January 7<sup>th</sup> Team Dinner Location TBD
- Thursday, January 10<sup>th</sup> AWAY meet at Cottonwood
- Friday/Saturday, January 11<sup>th</sup>/12<sup>th</sup> Highland Invite
- January 14<sup>th</sup> Team Dinner Location TBD
- Tuesday, January 15<sup>th</sup> AWAY meet at Alta\*
- Wednesday, January 23<sup>rd</sup> Regions Dinner Location TBD
- Saturday, January 26<sup>th</sup> Region Meet at U of U (Qualified Swimmers)
- Wednesday, February 6<sup>th</sup> Senior/State Dinner Mayer's 6pm
- Friday/Saturday February 8<sup>th</sup>/9<sup>th</sup> STATE MEET BYU Pool (Qualified Swimmers)
- March Banquet TBD

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### Swimmer Expectations

High school swimming is a team sport, and is different than club swimming, each member is part of the team and needs to be able to commit to prompt and clear communication with the head coach, being engaged with the team during practices, meets and functions, and adhere to behavior standards as set by the coaches, East High and the SLC School District.

#### **East High students that desire to be a part of the swim team must commit to the following:**

- 85% attendance is required for JV and Varsity Swimmers. Exceptions may be considered by Coach Molokov for club swimmers or for other extenuating circumstances if communicated clearly and effectively by a parent via text, email or phone call ahead of time.
- A swimmer cannot be late to practice. If a student is not in the water within first 5 min after practice begins, he or she receives only 50% attendance. If more than 15 min- 0% attendance.
- If a swimmer needs to leave practice early- a parent must notify Coach Molokov via text, email or phone call ahead of time. Failure to do so results in 0% attendance.
- Sick swimmers will receive 0% attendance and a parent must notify Coach Molokov via text, email or phone call ahead of time.
- Excuses such as, "I don't have my swim suit" will result in 0% attendance even if present at practice.
- A swimmer who is present at a swim meet and participating will receive double attendance.
- A swimmer who is present at a swim meet and not participating- will receive 0% attendance; a parent must notify Coach Molokov via text, email or phone call ahead of time with an explanation.
- A swimmer or parent who fails to communicate and results in a swimmer "not showing up" at swim meets- will need to meet with Coach Molokov to determine their status on the team.
- A swimmer cannot leave a meet early and must stay on the deck in their suit until the meet is over.
- All swimmers must ride the bus to/from all swim meets. No exceptions. If a swim meet is on Saturday a swimmer must have a ride from his/her parent and stay for the entire meet. (District Policy)
- No cell-phones on the deck, unless listening to music with headphones. Can text/call during a break, usually after 50 free. Being on your cellphone is not the same as being at a swim meet.
- Attending team activities such as fundraisings, movie nights and other team activities counts towards swimmers' attendance.
- All coaches have a right to remove a swimmer from practice due to his/her behavior. If a swimmer is removed from practice the swimmer will receive 0% attendance even if they were at practice almost for the whole time. Swimmers and their parent will need to meet with Coach Molokov to determine the swimmers team status.
- Parents who need to address the coach in regards to issues may do so with Coach Molokov after practice or the day after a meet.

### Swimmers Gear

Go here for more info!

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Gear orders will take place online with a link accessed via the blog. When the gear order is ready you will receive notification/information via email and the blog. Each swimmer is to purchase a team suit, team cap, team tee and team sweatshirt. This money will be paid directly to the treasurer at East High. Additional team swag can be ordered in a separate order and will be paid for at the time of order. If a swimmer needs financial assistance please talk with Coach Max.



Women's Speedo Launch  
Splice Cross Back  
\$52.00



Men's Speedo  
Launch Splice  
Jammer  
\$36.00



Men's Speedo  
Launch Splice  
Brief  
\$30.00



Red Silicone Cap with white "E" and name  
\$18.00 (includes 2 caps with name)



Red Speedo Pull  
Over Hoodie with  
Swim logo on  
upper left chest  
and name on  
sleeve  
\$40.00



Grey Unisex Bella  
and Canvas Long  
Sleeve Tee with  
East logo on  
chest  
\$10.00  
Runs Small

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### East High Swim Team Fundraising Events 2018-2019

1. **Chipotle Fundraiser** - This will be held at Chipotle Restaurant located at 1011 East 2100 South on Wednesday, October 24th from 4-8pm. In the past years we have raised between \$1200 and \$1500. All swimmers are expected to participate for 2 hours either from 4-6pm or 6-8pm, team captains the entire duration. Flyers available on the blog to pass out – patrons must have the flyer in order the sale to count toward East Swim.
2. **Sponsorships BACK again!** Sponsorships are back due to the huge success from last year's supporters! Thank you to all who donated! Let's aim high this year! These are monetary donations from family, friends and local businesses that are recognized by having their name or logo displayed on various media avenues. We will be placing sponsorship donors in our team directory, on our banner at the pool, and on our blog. Depending on level of sponsorship depends on location(s) and size of name/logo displayed. Deadline is October 19<sup>th</sup> to allow time for banner creation for our first home meet on November 13<sup>th</sup>. See attached sheet for details. Local businesses love to support East and many friends and family have businesses that like to donate to help fund our team plus receive a little free advertising!
3. **Costa Vida** – To be held mid season similar in concept to Chipotle more details to follow.
4. **Team Swag** - This is a **parent driven fundraiser** meaning the swimmers are not to "sell" but parents are encouraged to support our team by purchasing Swag. Team Swag is supplementary gear for swimmers and fans that is sold at a slight mark up to generate revenue. This is *not* the required swim team gear but additional paraphernalia aka **SWAG** that many swimmers and families purchase to support our team throughout the season. Items include backpacks, water bottles, t-shirts, joggers, hats and stickers. We are encouraging parents and families to order pieces that can be worn at meets to create a more unified presence and to easily identify our team fans. This is available online and will be open for all to purchase starting on September 15<sup>th</sup> and ending on October 16<sup>th</sup>. It is a great way to earn money and create team identity at our meets among our fans in the stands!

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# East High Swim Team Sponsorship

## Sponsorship Levels

### *Freestyle \$100-249*

- Small logo/name on banner, blog and directory

### *Backstroke \$250-499*

- Medium logo/name on banner, blog and directory

### *Breast Stroke \$500-999*

- Large logo/name on banner, blog and directory

### *Fly \$1000 and up*

- Extra large logo/name on banner, blog, directory and announcement at home meets

Sponsorship Donation Amount: \_\_\_\_\_

Name to be displayed:  
\_\_\_\_\_

Logo to be displayed – please send file to [eastswimteamparent@gmail.com](mailto:eastswimteamparent@gmail.com) in a .tiff or jpeg format.

**Deadline is Friday, October 19<sup>th</sup>** to allow adequate time for printing prior to our first meet on Tuesday, November 13<sup>th</sup>.

Please make checks out to East High Swim Team or SLEF with EAST Swim in memo (Salt Lake Education Fund for tax donation receipt). **Turn all monies directly to East High treasurer.**

All names and logos will be displayed on the banner that hangs above the pool at Steiner for one year. Great way to advertise your business and show your support of East Swim Team!

If you have any questions, contact Jenn Mayer at [eastswimteamparent@gmail.com](mailto:eastswimteamparent@gmail.com) or 920-851-7221.

Thank you for your support!

**GO EAST!**



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