

Colonel Crawford Swim Team Newsletter

September, Issue 1.2024

HOWDY!!!

Welcome to the CC Swim Team for the Fall/Winter of 2024-25! The main purpose of this newsletter is to keep our swim team families well informed. All swim team information, newsletters and forms to download can be found on the team website at

<http://www.ccsteagles.com>

You will also receive a folder with this information at the first practice.



Tentative Meet Schedule (thru November)

10/ 5-6 – Canton Invite
10/20 – Stevie Grieshammer Meet
10/26 – Peg Neal Pentathlon
11/2-3 – Splash Out Cancer Meet
11/22–24 Mark Braun Meet-(12 & under faster than BB time, 13 & up faster than A times)

These are meets in the Lake Erie District. We will not attend all of them but may add some Ohio district meets, such as Bowling Green.

SWIM-A-THON

We will hold our swim-a-thon again this season. Each swimmer is required to raise a minimum of \$50 fundraising fee. Date TBA.



Practices Begin Monday, Sept. 9

Black/Gold Eagles 6-7:30
Eagles will start Sept. 16 6-7:00

Practice times will be adjusted once the junior high and high school swim teams start in October.

USA TEAM FEES

Eagles - \$100 in two payments. \$50 due 9/12 & \$50 due 12/9

Full Time BLK/GOLD -
\$150 in two payments. \$75 due 9/12 & \$75 due 12/9.

JH Swimmers participating on their school team:
\$100, due 9/12. You may practice 9/9-11/1 and 12/20-end of season. (Dates approx).

HS Swimmers participating on their school team:
\$75, due 9/12. You may practice 9/9-11/1 and 2/20-end of season. (Dates approx).

All CCST members must register for USA Swimming. If you are a returning swimmer your registration will need renewed in December. Registration fee is \$80.00 (good thru Dec. 2025) and includes insurance, unlimited meets (event fees apply) & championship meets (qualifying times apply).

CCST Alert Communication

Coaches will be using the REMIND app to communicate with all families. This system will alert all swim team families if there are changes in swim team events or practices. To join, text the message @ccsteagles to 81010.

Forms, Forms, Forms!

Please turn in your required sign-up forms ASAP! Make checks payable to CCST. Place the forms and payment in an envelope in the lockbox on the upper deck at the pool.

COMMIT

Commit is the program we use for meet sign up. Once you have registered for USA you will have access to Commit.

Swim Team Treasurer

Kristin Rickel – 419.543.1841

We are always looking for more parents. If you'd like to help out, please see Coach Mike for details. We also have committee sign ups listed on the website.

If you would like to be on the board, you must register as a nonathlete USA member.

MINOR ATHLETE ABUSE PREVENTION POLICY

As a part of its continued commitment to safeguarding athletes, USA Swimming has enacted enhancements to its Safe Sport policy and education requirements. Please review the following important information regarding USA Swimming's Minor athlete Abuse Prevention Policy (MAAPP). MAAPP sets a baseline for acceptable safety standards that limit one-on-one interactions between adults and minor athletes. All USA Swimming clubs are required to implement MAAPP in full.

CCST is one of only three teams in the Lake Erie District to achieve the Safe Sport Recognition. Thanks for all the work to get this distinction

Thank you for helping us keep our athletes safe!

Practice Protocols:

- Athletes should bring their own water bottles (already filled).
- If not feeling well, please stay home.
- **DO NOT** arrive more than 10 minutes early. There are several teams using the pool and we do not want to interrupt their training.
- Please park in front of the school. **No parking out back.**

Protocols change quickly. We will follow school recommendations.

Coach Mike's Corner...

-Try to make it to practice. You will start getting in better shape for swimming and you will improve your times.

-Don't forget to watch the Facebook group for upcoming meets. Entries are usually due several weeks before the meet.

-Parents - The key to keeping your child interested in swimming is to encourage kids to improve themselves by beating their own times, getting better, getting legal, etc.

-I like to hear from parents. It is good to talk with me after practices or meets. I check emails often so please feel free to email me or call me.

~ Mike
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