

# Menendez Swimming 2018-2019

## Team Meeting Agenda

### 1. Coaches & Captain Introductions

Coaches: Coach Harmon, Coach Krenz, Coach Danner  
[coachmelissa.sast@aol.com](mailto:coachmelissa.sast@aol.com)  
[Autumn.krenz@stjohns.k12.fl.us](mailto:Autumn.krenz@stjohns.k12.fl.us)  
[Christine.Danner@stjohns.k12.fl.us](mailto:Christine.Danner@stjohns.k12.fl.us)

Captains: Marisa Flowers 386-264-5645 Caleb Locklear 904-547-0230

### 2. All swimmers must complete physicals & EL3's prior to the start of practice.

Watch the **Concussion for Students** video (Under Concussion on Home Page)

Watch the **Sudden Cardiac Arrest** & **Heat Illness Prevention** videos for Students (Under top Courses Tab – Select the check box for students scroll through the list)

All videos are on [www.nfhslearn.com](http://www.nfhslearn.com)

Log into website with parent to electronically sign all forms.

Upload completed Physical form.

Turn in **YMCA waiver** form to Coach Melissa.

### 3. Pay to Play Fee - \$75.00 Payment can be made online – details to follow

### 4. Summer conditioning options – See handout

### 5. Practice Schedule - The first day of practice will be **Monday, July 30, 2018!!!**

The schedule preseason and when school starts will be the same.

Monday, Wednesday, Friday mornings from 6:00-7:45am,

Tuesday, Thursday afternoon from 4:30-6:30pm.

Saturday practices may be scheduled as needed.

All practices will be held at:

Solomon Calhoun Center in West St. Augustine.

1300 Duval Street, St. Augustine, FL 32084.

#### **What to Bring:**

Boys—Bathing suit (no street shorts allowed) and goggles.

Girls—One piece suit (no bikini's), goggles, and swim cap.

Water bottle—you will sweat! Bring one to put on the deck. We will have a water cooler in the afternoon to fill up water bottles.

### 6. Fun stuff planned ☺