**Menendez Swimming 2021**

**Important Information**

1. Coaches & Captain Introductions

Coaches: Coach Davis, Coach Krenz

[Matthew.Davis@st.johns.k12.fl.us](mailto:Matthew.Davis@st.johns.k12.fl.us)

[Autumn.Krenz@stjohns.k12.fl.us](mailto:Autumn.Krenz@stjohns.k12.fl.us)

Captains: Rosie Carmichael Andrew Busby

1. Requirements to attend first practice (Monday, August 2)
   1. All swimmers must complete physicals & EL3’s prior to the start of practice.
   2. Watch the following videos on [www.nfhslearn.com](http://www.nfhslearn.com)

**Concussion for Students** (under “Concussion Courses” on “Home Page”)

**Sudden Cardiac Arrest &** (Click “Courses” tab at the top, use search bar **Heat Illness Prevention** to find thecourses)

* 1. **Electronically sign** all forms on the website with a parent/guardian.
  2. Upload completed **Physical Form** (found on our website).
  3. Turn in **YMCA Waiver** form to Coach Davis or Coach Krenz (found on our website).

1. Pay to Play Fee
   1. $75.00
   2. Payment can be made online at [www.schoolpay.com](http://www.schoolpay.com)
2. Summer Conditioning Options
   1. Cyclones High School Developmental/ Off Season Training (more information available on our website).
   2. Structured Individual Workout.
3. Practice
   1. First day of practice is on Monday, August 2.
   2. All practices will be held at the Solomon Calhoun Center in West St. Augustine (1300 Duval Street, St. Augustine, FL. 32084).
   3. What to Bring:
      1. Goggles, swim cap, water bottle, and a towel.
      2. Suits:
         * Boys- Bathing suit (preferably jammers, no street shorts allowed)
         * Girls- One piece suit (no bikini’s).
         * Suits and equipment are linked for your convenience on our website.
   4. Practice schedule:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 6:00am-7:45am | 4:30pm-6:30pm | 6:00am-7:45am | 4:30pm-6:30pm | 6:00am-7:45am |

\*Saturday practices scheduled as needed.