



Welcome to the 2019 Girls Co-op Swim Season!

Quick reference and overview

- We are a Varsity and Jr. Varsity co-op swim team from DeLaSalle, St. Anthony Village and St. Agnes including grades 7-12.
- Our **GOALS** include... improving swimming skills, promoting sportsmanship, leadership and personal growth, cultivating great friendships and having great fun with memories that will last a life time!
- Swimmers practice at St. Anthony High School (3303 33rd Ave. NE, St. Anthony 55418). Divers practice at a different location to be announced.
- DeLaSalle transports their athletes after school (one way) to St. Anthony. St. Agnes does not provide transportation. Car pool arrangements are often made.
- We do not have team try outs although we limit the team to 50 swimmers. Swimmers should have a basic understanding of the 4 competitive swim strokes and be able to swim 2 continuous lengths of the pool (50 yards), rest briefly and repeat. Divers need to execute the six basic dives.
- Our **season begins**... Monday, August 12 at the St. Anthony School pool. During the school year practice runs from 4-6 pm. Athletes are expected to attend all practice and assigned meets except for an illness or school sponsored event. Please note that JV and Varsity have mandatory practice scheduled during MEA October 17 and 18.
- Our **season ends**... October 26 for Junior Varsity, November 9 for Varsity and late November for State participants.

- **Is there transportation for “Away” meets?** Yes, a bus will leave St. Anthony lower parking lot for away meets and return to St. Anthony. After the meet, athletes may elect to leave with a parent if the athlete “signs out” on a posted sheet before the last event of the meet. Buses are generally not available for Saturday invitationals.
- **Do I need a physical exam?** Yes, a “MSHSL Sports Qualifying Physical Exam Clearance Form” signed by your doctor is required every 3 years. An athlete **must** have this form on record at her school before the first day of practice (8/12). Forms may be obtained through www.mshsl.org or from your AD.
- **How do I sign up for the team?** First...contact your Athletic Office at school to sign up. They will instruct you to complete the necessary forms. Second... Attend 2 meetings... 8/5 at St. Anthony School, 6:30 PM and 8/10 “Team Kick-Off” Picnic at Central Park (St. Anthony) at 5:00 PM (see flyer).
- **Still Unsure about joining the team?** Be sure to attend both meetings on 8/5 and 8/10 to gather all the information you need. Meeting the coaches and the team will help you make your decision.
- **Have more questions?** Feel free to contact **Coach Amy at 651-343-1633** or acroonquist01@gmail.com
- **IMPORTANT! Be sure to send me your contact information so I can put you on our email list for team updates and invites!**

WE are very excited to meet you and welcome you to our team!