



Junior High Aquatics Plan Beginning of School

I. Expectations for 6th, 7th, and 8th Grade swimmers

- a. All students will be assigned a locker
- b. Students will share a locker with one other student
- c. All swimmers must have goggles
- d. All swimmers with hair past their neck must wear a swim cap
- e. Boys may wear swim trunks, a jammer, or a speedo brief
- f. Girls must wear a one piece swimsuit of appropriate size
- g. Swimmers may not shower after practice
- h. Swimmers have a 5 minute limit for changing in the locker room prior to practice
- i. Swimmers have a 10 minute limit for changing in the locker room following practice
- j. No regular towels may be left at the aquatic center.
 - i. OPTION 1: use an "aqua towel" that is approx. 12"x12" and can be rung out and placed back in its case. (We will provide examples)
 - ii. OPTION 2: take your regular towel home every day and wash it.

II. 6th grade swimming:

a. WEEK 1:

Wednesday, Thursday & Friday

1. 6th graders meet in Commons
2. Coaches will walk students to the pool for an introduction and orientation to our pool
3. They do not need to bring anything
4. Swimmers will be assigned lockers the first week (they may bring the following):
 - a. Suit
 - b. Cap
 - c. Goggles
 - d. Aqua Towel
 - e. Lock for their locker

b. WEEK 2:

1. Required to have suit, cap, goggles, aqua towel, lock
2. Swim Test
3. Game

c. WEEK 3:

1. Groupings will be made
2. Stroke instruction will start

III. 4th Period Swim

d. WEEK 1:

1. Wednesday, Thursday & Friday Swimmers will meet in Commons
2. Coaches will walk students to the pool for an introduction and expectations
3. They do not need to bring anything
4. Swimmers will be assigned lockers the first week (they may bring the following):
 - a. Suit
 - b. Cap
 - c. Goggles
 - d. Aqua Towel
 - e. Lock for their locker

b. WEEK 2:

1. Required to have suit, cap, goggles, aqua towel, lock
2. Swim Times Test

c. WEEK 3: Full on go

IV. 7th Period Swim

e. WEEK 1:

5. Wednesday, Thursday & Friday Swimmers will meet in Commons
6. Coaches will walk students to the pool for an introduction and expectations
7. They do not need to bring anything
8. Swimmers will be assigned lockers the first week (they may bring the following):
 - f. Suit
 - g. Cap
 - h. Goggles
 - i. Aqua Towel
 - j. Lock for their locker

f. WEEK 2:

3. Required to have suit, cap, goggles, aqua towel, lock
4. Swim Times Test

g. WEEK 3: Full on go