

WELCOME TO THE HIGH SCHOOL AND MIDDLE SCHOOL SWIM TEAM!

THE COCKE COUNTY COMBINED MIDDLE SCHOOL AND HIGH SCHOOL TEAMS SWIM UNDER THE KISL REGION AND TISCA ASSOCIATION.

Practice: Monday thru Thursdays from 4-5, except on days we have meets.

Suits: You can find the suits on our SwimTopia site and order the suits through Swim and Tri, Swim Outlet, Speedo, Arena, TYR, Dolphin or any other brand of suit you prefer, but you must know your swimmer's appropriate athletic suit size. I've attached a conversion chart for those that are new to swimming. You want the suit to fit snug and tight at the beginning, because the chlorine, and normal wear and tear will cause normal suits to loosen over a summer season.

Diet and Nutrition for Meets/Season: The deck is extremely hot and humid, and the meets are even more so for the swimmers and the parents. Trust me when I say, the Community Center is miserable and the water is only a temporary fix for that heat. Swimming will zap every bit of the adrenaline a great race will put into a swimmer's body and deplete them for their next event, without them even noticing!

Hydration is VITAL, as well as sustenance for their bodies during the season and the meets. Soft drinks are an absolute NO for the meets! Water, Gatorade, Powerade, water with drink packets with electrolytes are absolute musts during the meets. Coolers with tons of ice are necessary for each swimmer.

Protein and fruit based snacks are also the best to fuel swimmers. Sugary snacks will only give them a "sugar high" and then a hard crash, which doesn't help them from one event to the next. Make sure there is a surplus of small portioned protein and fruit based snacks for your swimmer for each meet. If you need help with those, please let me know and I can suggest some, and we have parents going to Sam's, Costco, and Aldi's right before meets that can also possibly do a bulk haul if parents want to go all in and do a group purchase of items.

What to Expect/Protocol for Meets: We want to stay safe and be competitive. You'll need towels, towels and more towels for your swimmers this season! You'll also need goggles, and back up goggles. We will provide caps.

At the meets, your swimmer will need to rest in between their events, or bring games they can play at their towels with friends. What they CAN'T do is run around, or up and down the hill outside the Community Center. We've had several injuries the past couple of years, and with all the parents volunteering and unable to supervise outside, we must insist that it is a restricted area where they may SIT ONLY.

This is a great learning season, and also a wonderful opportunity for your child to become a part of something they will treasure the rest of their lives. This team, if they stick with it, will garner friendships and teammates they will have for a lifetime.

Swimming is one of the most difficult sports, beyond a shadow of a doubt. It takes discipline, extreme effort, athleticism and more work than most people ever imagine, but it is all worth it when they begin to see their success. There is never an easy beginning in swimming, so if they put in the work at the front, there will be tremendous payout at the end of the summer.

I hope you all will stick with it, and "trust the process." There's fun ahead, and tons of laughter, and "don't stop..."

Coach Gray

**Cocke County High School/Middle School
Swim Team's
Schedule:**

August:

29th Parent Meeting @CCHS Library (6:00)

September:

3-5th Land Training at CCHS Track (4-5)

9th Practices begin: Water (4-5) Land (5-6)

October:

7-11th No practice during Fall Break

29th Great Pumpkin Swim Meet vs EYF, Morristown East/West (6:00)

31st No Practice

November:

11th No Practice

19th vs JCHS (5:30 start)

26-28th Thanksgiving Break, no practice, but continue land training.

December:

12th vs Sugar Cookie Meet (5:30 start)

17th vs Morristown East/West (5:30 start)

20th Ray Bussard Invitational @ U.T.

January:

14th vs JCHS (6:00 start)

25th- 26th KISL Championship Meet @ U.T. (??)

February:

7th 8th TISCA State Meet @ UT

27th Swim Banquet

April 1st Newport Rapids Stroke and Turn Clinic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29 Parent Mtg. at CCHS Library 6:00 PM	30	31

July 2024

S M T W T F S
 1 2 3 4 5 6
 7 8 9 10 11 12 13
 14 15 16 17 18 19 20
 21 22 23 24 25 26 27
 28 29 30 31

September 2024

S M T W T F S
 1 2 3 4 5 6 7
 8 9 10 11 12 13 14
 15 16 17 18 19 20 21
 22 23 24 25 26 27 28
 29 30

August 2024