



Contact Info

Head Coach Matt Moen – (203) 885-2310 mattmoen@msdl.t.k12.in.us

Assistant Coach Joel Elber – (317) 517-5348 joelber@msdl.t.k12.in.us

Assistant Coach Quincy Perry – (317) 427-3559 perry.quincy1995@outlook.com

Diving Coach Rafael Alvarez – (317) 777-0060 iisd.alvarez@gmail.com

Swimming Practice Schedule

Swimming			
M	T	W	R
530-630p	5-630p	530-630p	5-630p
Diving			
430-6p		430-6	

*Tryouts will be held on Wednesday, January 9 from 530-630. All athletes must be able to complete a 50 of freestyle without stopping.

** First day of practice will be Monday, January 14

Required Equipment

- Practice suit, cap (girls), goggles, kickboard, fins
- Water bottle
- Dryland cloths: shorts, t-shirt, sneakers
- Practice pack: form and \$ due Monday, January 14

Any swimming equipment can be purchased at:

Online: lawrenceswimteam.org, click on “athlete equipment”, use code golst for 20% off.

Making Waves USA, 6935 Lake Plaza Dr. Indianapolis, IN 46220

Athlete Expectations

- Commitment to Excellence
- Relentless Effort
- Selflessness

Attendance policy

- 100% attendance required unless excused absence
 - Sick, doctor’s apt, missing school, family obligations, etc...



- Maximum of 4 unexcused absences
- At school = at practice
- Unable to swim = at practice

Other policies

- Punctuality, practice starts and ends on time
- Injury = no meet. If you cannot complete a practice due to physical ailment = no meet
- Everyone swims at meets

Required Forms

- Emergency medical forms and physical on file: go to FCV athletic website for more details

Communication

- Weekly email newsletters
- Follow us on Twitter: @FCVSwimDive
 - Subscribe to notifications via text or twitter app
 - Our daily and instant communication will happen through twitter
- Follow us on Instagram: @LNSwimDive