

**Cypress-Fairbanks Independent School District
Special Olympics
Swimming/Aquatics 2019**

July 17, 2019

Dear CFISD Special Olympics families,

The 2019 Special Olympics swim season will soon begin. The following information will be helpful to plan for this year. Please plan your practice schedules accordingly through the area meet. Coaches will provide more detailed practice and competition information as the season progresses.

Swimming Schedule:

* The first practice on **Tuesday August 13th, 2019 at 6:15 pm** is only for Athletes NEW to Special Olympics Swimming, athletes who competed in the past but did not compete in 2018, or any athlete that needs additional time to acclimate to his/her environment.

* All other swim athletes will start on **Thursday August 15th, 2019 at 6:15 pm**

Practice days: **Tuesdays and Thursdays**

Time: **6:15 pm -7:15 pm**

Location: Cypress Ranch High School Natatorium
10700 Fry Road
Cypress, TX 77433

- **No practice September 17th due to a site conflict**
- **On September 24th, practice will be held at the Cy-Falls HS pool**

Area Tournament: Saturday, September 28th, 2019

Tournament Location:
Cy Fair ISD Natatorium
12550 Windfern Rd
Houston, TX 77064

Swim suit, cap and goggles are recommended attire for swimmers.

The following guidelines are used in determining swim levels:

Level I

- Unable to swim one length (25 yds) of the pool unassisted
- Entered in individual skills events last season
- Beginner swimmers with or without prior aquatics experience
- Needs physical assistance in the water
- Needs close adult supervision

Level II

- Swims 25 yds. or more without assistance
- Entered in Level II skills (freestyle, backstroke 25 yds. or greater) last season
- Has prior aquatics experience in either Special Olympics or an organized swim program
- Independent in the water
- Participates in a group setting with minimal adult supervision

Adequate training for athletes is priority as an average swim time for competition is required by September 3rd, 2019 for tournament entries. Any new or current athlete entering the swim program after September 3rd risks not being entered in competition due to lack of timed trials and training. Following Sept 5th, at the discretion of the coordinator and head coach, ONLY NEW athletes can join the swim program at this point, practicing only and not competing.

All athletes are required to be at least 8 years of age, enrolled in a Cy-Fair ISD school and have a yearly physical before they can practice or compete. **The medical form must be current, less than one year old. Only the Special Olympics Athlete Enrollment/Medical Release Form will be accepted.** Physical forms may be accessed on the district website. Visit www.cfisd.net or copy and paste the link below:

http://www.cfisd.net/files/2414/2177/5285/sotx_athlete_medical_form_2015.pdf

PLEASE BRING A COPY OF YOUR ATHLETE'S CURRENT MEDICAL FORM TO GIVE THE COACH ON THE FIRST DAY OF PRACTICE. RETAIN THE ORIGINAL FOR ADDITIONAL COPIES AS NEEDED. A COPY IS REQUIRED FOR EACH SPORT (i.e. participation in swimming and basketball will require two copies—one for the swimming coach and one for the basketball coach and so on.)

Swimming athletes must also be potty trained. No diapers (even swim diapers) are allowed in the CFISD pools.

Attendance and punctuality at practice are important to success. Coaches reserve the right to not enter an athlete in competition due to poor attendance. Please discuss any scheduling conflicts you may have with your team coach.

Any further questions please email me at Darci.Garcia@cfisd.net or call my cell phone at 281-513-6684.

Go Cy-Fair!

Sincerely,
Darci Garcia
CFISD Special Olympics Program Coordinator