

**Cypress-Fairbanks Independent School District  
Special Olympics**

**Swimming/Aquatics 2018**

July 3, 2018

Dear Parents,

The 2018 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. Please note that practices for level I and level II athletes have been combined. We are able to do this now because Cy Ranch has two pools. **Please note the new start time for practices: 6:15pm.**

Swimming/Aquatics Schedule

\* The first practice on **Tuesday August 14th** is only for Athletes NEW to Special Olympics Swimming \* 6:15pm  
(also for athletes who have competed in the past, but did not compete in 2017)

\* All returning swim athletes start on **Thursday August 16th**\* 6:15pm

Practice days: Tuesdays and Thursdays

Time: **6:15-7:15pm for both Level I and Level II swimmers**  
Location: Cypress Ranch High School Natatorium  
10700 Fry Road  
Cypress, TX 77433

**No practice September 25<sup>th</sup> due to a site conflict**

Area Tournament: Saturday, October 6th, 2018  
Tournament Location (subject to change):  
Cypress Ranch High School  
10700 Fry Rd  
Cypress, TX 77433

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 August 30, 2018 for tournament entries. Any new or current athlete entering the swim program after August 23rd risks not being entered in competition due to lack of timed trials and training. Following Sept 1st, 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](http://www.cfisd.net) or copy and paste the link below:

[http://www.cfisd.net/files/2414/2177/5285/sotx\\_athlete\\_medical\\_form\\_2015.pdf](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](mailto:Darci.Garcia@cfisd.net) or call my cell phone at 281-513-6684.

Sincerely,

Darci Garcia  
CFISD Special Olympics Program Coordinator  
Office: 281-213-1946