

Hastings Raiders Summer Swim Program 2020



Made possible with support from:



Registration Form

Student Name: _____

Address: _____

Date of Birth: _____ Age: _____ Grade in Fall: _____

Student Phone Number: _____

Student Email: _____

Parent Name/Number: _____

Parent Email: _____

Emergency Contact Person: _____

Emergency Contact Number: _____

Medical Concerns: _____

Allergies: _____

Waiver

I understand there is an inherent risk when participating in sports and hereby give permission for our child to participate in the High School Summer Swim Program. I understand that Hastings High School, Coaches, RSDB, and its board of directors are not responsible for accidents or injuries.

Parent/Guardian Signature:

_____ Date: _____

In the event of a medial emergency when a parent or guardian is not available, I here by give permission for the coach to get medical treatment prescribed by medical personnel.

Parent/Guardian Signature:

_____ Date: _____

Family Physician: _____ Clinic: _____

Phone Number: _____

Program Philosophy

The goal of our summer program is to offer a swim program to high school swimmers to prepare for the school swim seasons.

We created a program that is a positive, fun, and rewarding atmosphere for our athletes to get in a swim workout. This program is designed for student athletes going into 8th grade and older, with swimming experience. This program is not for new swimmers.

Cost

The cost of the summer swim program will be \$100.00 per athlete. Checks written to Raiders Swim and Dive Booster. Please mail payment and registration form to RSDB at PO Box 551 Hastings, MN 55033. Registration fee is non-refundable.

Practice Plan

Gerry and Katie will be coaching. We will do a mix of Katie and Gerry workouts. We expect that you will come to practice prepared and on time. We will not do dryland. Water only.

Coaches Contact

Gerry Rupp - docswim@aol.com 651-485-5154

Katie McAlpin - coachkatieswim@gmail.com 651-278-8845

Logistic Details

- We will be practicing at the Hastings Middle School Pool.
- The on deck locker rooms will NOT be available for changing. They will be for bathroom use only. Only one person in the bathroom at a time. You will need to come in your suit and leave in your suit.
- There will not be drinking fountains available. Please bring your own water.
- We are not able to share goggles. Please bring your own and an extra pair if you have them.
- We have limited passing time between groups. Please do not arrive more than ten minutes before practice time and we need to leave within 10 minutes of practice end.
- Right now we are only allowed an hour for practice. If this changes we will lengthen practice time.

There is a COVID-19 Waiver that has to be signed. If it is not signed by each family you cannot participate. No exceptions!

Waiver can be found on the High School Athletics swimming page.

Calendar on the Backside

Raiders Summer Swim Calendar

2020

Monday	Tuesday	Wednesday	Thursday	Friday
6 July Blue: 6:45-7:45a Gold: 8:00-9:00a	7 Everyone: 7:30-8:30a	8 Blue: 6:45-7:45a Gold: 8:00-9:00a	9 Everyone: 7:30-8:30a	10 Blue: 6:45-7:45a Gold: 8:00-9:00a
13 Blue: 6:45-7:45a Gold: 8:00-9:00a	14 Everyone: 7:30-8:30a	15 Blue: 6:45-7:45a Gold: 8:00-9:00a	16 Everyone: 7:30-8:30a	17 Blue: 6:45-7:45a Gold: 8:00-9:00a
20 Blue: 6:45-7:45a Gold: 8:00-9:00a	21 Everyone: 7:30-8:30a	22 Blue: 6:45-7:45a Gold: 8:00-9:00a	23 Everyone: 7:30-8:30a	24 Blue: 6:45-7:45a Gold: 8:00-9:00a
27 Blue: 6:45-7:45a Gold: 8:00-9:00a	28 Everyone: 7:30-8:30a	29 Blue: 6:45-7:45a Gold: 8:00-9:00a	30 Everyone: 7:30-8:30a	31 Blue: 6:45-7:45a Gold: 8:00-9:00a
3 August Blue: 6:45-7:45a Gold: 8:00-9:00a	4 Everyone: 7:30-8:30a	5 Blue: 6:45-7:45a Gold: 8:00-9:00a	6 Everyone: 7:30-8:30a	7 Blue: 6:45-7:45a Gold: 8:00-9:00a