

Archbishop Jordan Catholic High School

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ABJ Scots Swim Team Info for Divisionals

Divisionals are located at the Kinsman Aquatic Centre on Walterdale Hill in Edmonton on **Wednesday, November 28th**. Parents are welcome to attend as always, but must make contact with Miss Dewhurst or Coach Charlene if taking their student home with them after the competition. The majority of our students will be taking part in the relays. It has been indicated to us the meets have ended between 2:00-3:00 in the past. **If you are able to volunteer (see back of this page) we would appreciate your consideration as each high school must supply at least 7 volunteers.**

Bus will **leave from ABJ parking lot at 6:45am**... just like our practice time! We will return to the school 30 minutes after the conclusion of the meet, pending the school bus scheduling.

All grade 10 – 12 students are competing in between 3 – 4 events. You will need to ensure you are rested, hydrated and nutritionally sound! We will supply some juice boxes, fruit and bars. Grade 9 students, although not able to compete, are encouraged to attend and may participate as timers if needed. The opportunity to be better prepared for next year is invaluable. Any grade 9 students or those swimmers not wanting to compete, will be credited volunteer hours for Religion and Leadership courses this first semester. Lunch is also provided for all volunteers.

Here is a list of items that we think the divisional swimmers should be notified to bring:

- Water bottle
- At least 2 towels, one on deck and one kept in locker with clothes (2 on deck would be better as long day and use one to sit on)
- Swimmers will be sitting on bleachers or deck, so an extra towel or yoga mat is normal to bring for comfort during the day.
- Lunch or lunch money. There is a small cafeteria at the pool that sells healthy sandwiches and wraps and smoothies but it is a bit pricey. Swimmers are allowed to eat on deck during a competition, so pack food to keep energy during the day. Again, some fruit and juice boxes will be provided for the team.
- Homework, book to read, music or whatever tech stuff as it is a long day and there is lots of down time
- Bathing suit, ABJ swim cap and goggles (if you wear them)
- Locks for the lockers
- Deck foot wear, like flip-flops (optional)
- Sweatpants or shorts, t-shirts or hoodies to keep warm during the day

Team t-shirts will be mandatory – We are all Scots! Go ABJ!

Contact info: Miss Sarah Dewhurst sarah.dewhurst@eics.ab.ca

On behalf of Coach Charlene and Assistant Coaches Miss Dewhurst and Tina, thank you for a terrific commitment this year and for making it fun to come to the pool every Tuesday/Thursday! You have raised some great student-athletes!

Manager Dumont



"I know in whom I place my trust" 2 Tim 1:12

Swim Divisional and Championship Volunteer Registration

Volunteer Name: _____

Email: _____

Availability:

November 28: all day _____

8 – 12pm _____

11:30 – 3:00pm _____

December 5: all day _____

8 – 12pm _____

11:30 – 3:00 pm _____

Qualifications:

_____ General Help/Time keeping

_____ Marshalling

_____ Stroke and Turn

_____ Electronics

_____ Starter

_____ Referee