

# **Lincoln Parish High School Swim Teams**

## **Purpose of the Team**

The purpose of high school swimming is to provide the opportunity for each swimmer to reach their potential in the sport of competitive swimming, while having fun competing as a part of the team. Our team provides a healthy environment in which each swimmer can enjoy the sport, make lasting friendships, and develop a positive self-image.

## **Eligibility**

- 9th - 12th grade students at Ruston and Choudrant High Schools
- 7th - 12th grade students from Cedar Creeks Schools
- Home- school students are also allowed to participate (must complete Parish paperwork)
- No previous knowledge of competitive swimming, but they must be able to swim independently
- All athletes are required to have the proper paperwork on file at their school (physical, insurance forms, etc.)

## **Try-outs**

- There will be try-outs
- There are multiple options to make the varsity team
  - Maintain 75% summer practice attendance
  - Successfully complete a try-out set in July at the end of summer practices
  - Successfully complete a try-out set on the first day of practice
  - A separate try-out time may be scheduled by contacting the coach

## **Season**

- Swimming is during the fall sports season
- August 11, 2025 - November 22, 2025
- There will be practices and meets during fall break (required as part of team attendance)

## **In Season Practices**

- High school age team members will be given 7th hour athletic PE in their school class schedules
  - 7th - 8th grade students cannot practice in the athletic PE timeslot, they will have a different schedule available
- Ruston students will walk from the HS to the Lambright Center for practices
- Other schools, parents must provide transportation

- Athletes are expected to practice everyday and their grade is based on practice attendance
- There will be separate before school weight sessions as part of the practice schedule
- Swimmers are to provide their own practice gear: suit, cap, goggles, fins, paddles

### Summer Practice Option

- Current and future team members have the option to participate in HS summer training
- This is done through the Bulldog Aquatic Club
- Please contact the coach or office for more information

### Fees

There are separate team fees to be determined at a later date.

### Swim Gear

Swimmers will be required to provide their own goggles (must be competition type goggles). Name brands, like SPEEDO or TYR are recommended. Suits are to be either one-piece suits for girls or jammers or briefs for boys. Team suits can be purchased online, and more information will be given on how to order at a later date. We will also provide a swim cap for each swimmer, which can be used for practice and for meets.

### Meets

- The dates for the meets will be available sometime in August
- In the past, all regular season meets were on Saturdays
- Parents will be responsible for transportation to and from all swim meets
- Parents will be asked to serve as volunteers at the meets

### Questions

If you have any questions, please contact us.

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