



# A.B. LUCAS 2018-2019 Varsity Swim Team



The competitive portion of the Varsity Swim Team season is here. Your coaches this year are Tamsyn Green and Lorraine Andersen. Attached is a schedule of all of the meets which we will compete in this year. All athletes are encouraged to compete in all meets; provided they are eligible. In order to sign up for meets, each athlete must pay a team fee of \$100.00 payable to A.B. Lucas Secondary School. This fee contributes to the cost of meet entries, transportation to meets; facility rentals, and maintenance and replacement of team equipment. Also, a one-time \$50 athletic fee for the 2017/2018 school year must be paid.

**Please pay ON-LINE - #1 - \$120 (team fee) INCLUDES LUCAS CAP**  
**#2 - \$50 (athletic fee) if applicable**

**The deadline for fees is , November 9th , 2018!**

**All athletes will be required to attend 2 of the 3 practices per week to be eligible to compete in an upcoming meets. This ensures at least a base level of fitness, readiness for competition, an increased level of success and reduces the chance of injury dramatically.**

**Our Schedule is as follows:**

Tuesday	CGAC	3:15-4:00 pm ( Starts and Turns emphasis)
Wednesday	CHOCC	3:30-4:30 pm
Thursday	CHOCC	3:30-4:30 pm

Your signature in the appropriate space below indicates that you have read the meet schedule and give **your consent** for your son/daughter to participate in any of the meets which they qualify to compete in. As well, you accept the terms of **eligibility** based on attendance at practice and availability of entries.

If you have questions, concerns, or comments please contact me at A.B. Lucas (519-452-2600), or at any of the meets; we always appreciate fans and support for the athletes.

Sincerely,

Tamsyn Green

**\*PLEASE SEE THE REVERSE SIDE FOR THE FULL PRACTICE AND COMPETITION SCHEDULE.**

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Please return this portion to your current Lucas Coach (Mrs. Green).

Athlete's Name: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

We have reviewed and agree to the extra-curricular participation agreement

We agree that the student athlete may be photographed from time to time, either by the school or by the local media

Date: \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_ Parent or Guardian Signature: \_\_\_\_\_

**Practice and Meet Schedule 2018-2019**

SUN	MON	TUES	WED	THURS	FRI	SAT
NOV 4	5	NOV 6	7	8	9 All forms and Fee Deadline	10
11	12	13 CGAC practice	14 CHOCC practice	15 CHOCC practice	16 PD DAY	17
18	19	20 CGAC practice	21 CHOCC practice	22 Brantford Meet	23	24
25	26	27 CGAC practice	28 CHOCC practice	29 CHOCC practice	30	Dec 1
2	3	4 CGAC practice	5 CHOCC practice	6 U of Guelph Meet	7	8
9	10	11 Windsor Invitational Swim Meet	12 CHOCC practice	13 Mike Williams Invitational Meet	14	15
16	17	18 CGAC practice	19 CHOCC practice	20 Beal Winter Splash	21	22
23	24	25	26	27	28	29
30	31	Jan 1	2	3	4	5
6	7	8 CGAC practice	9 CHOCC practice	10 CHOCC practice	11	12
13	14	15 Winter Invitational CGAC	16 CHOCC practice	17 CHOCC practice	18	19
20	21	22 CGAC practice	23 CHOCC practice	24 CHOCC practice	25	26
27	28	29 CGAC practice	30 CHOCC practice	31 CHOCC practice	Feb 1	2
3	4	5 CGAC practice	6 CHOCC practice	7 CHOCC practice	8	9
10	11	12 TVRA CGAC	13 TVRA CGAC	14 CHOCC practice	15	16
17	18	19 WOSSA UWO	20 CHOCC practice	21 CHOCC practice	22	23
25	25	26 CGAC practice	27 CHOCC practice	28 CHOCC practice	March 1	2
3	4	5 OFSAA PanAm VAUGHN	6 OFSAA PanAm VAUGHN	7	8	9