

# Frank Hobbs Elementary School

## Swim Club Information

Dear Swimmers and Parents,

Welcome to the 2017-2018 swim team session! The Frank Hobbs swim team introduces kids to competitive swimming in a fun and friendly environment. Weekly practices are held to develop swimming strokes and to improve fitness and strength. There are also monthly swim meets that allow the kids to race and illustrate how they improve over the swim season.

If you are interested in joining the Frank Hobbs Elementary School Swim Team this year, here is some important information:

- Swim Team is open to students in **grades 3-5**.
- Swimmers **MUST** be able to swim 25m in a confident manner. These are **NOT** swimming lessons, so we will not be teaching children how to swim.
- **Practice times: Thursdays 3:15-4:00 beginning October 12**
- All practices will take place at **UVIC's McKinnon Pool**.
- Swim Club runs until early March, with a break in December/January for holidays.
- Program cost is: **\$95.00 per student**. This includes - School team shirt, School team cap, pool time, coaching, four competitions, prizes and certificates! Please pay online on the PAC website.

The Parent/Team Coordinator is **Elisabeth Gugl** ([egugl@uvic.ca](mailto:egugl@uvic.ca)).

Swimmers **MUST** complete the registration forms and return them to the office or to the team coordinator before they will be allowed to swim. For registration forms go to 'forms' on our PAC website at [www.frankhobbspac.ca](http://www.frankhobbspac.ca).

### Transportation to Swim Practice

Parents/caregivers are responsible for the transportation of their swimmers to and from the pool. The Parent/Team organizer is walking from Frank Hobbs to the pool every Thursday. If you would like to have your child walk with her please email [egugl@uvic.ca](mailto:egugl@uvic.ca). If you are able to help with walking the children to the pool (from past experience two adults are ideal to walk a group of children), please fill in the time sheet to volunteer for certain dates that you will receive by email.

The school or team coordinator does **NOT** provide transportation by bus or car. However, individual parents may coordinate and car pool. Any volunteers for car pooling should also fill in the time sheet sent by email and indicate how many swimmers they can take.

- Please use the lockers for your personal items to avoid loss or theft. We cannot be responsible for the loss or theft of any item.

**University of Victoria/Pacific Coast Swimming  
Proudly announces the 2016-17 School Swimming F.A.S.T. program**

F.A.S.T. stands for Friends Achieving Skills Together and that is what they do. The program gives the students swimming skills, endurance in the water, teamwork, fitness and fun!

*F.A.S.T. Meet Dates/Times: TBA*

The **F.A.S.T meets** consist of 25m of Free, Back, Breast and Butterfly as well as a 25 kick event, a 50m Free and relays. There are no entry times required but heats will be set up taking previous bests into consideration to construct the best 'races' possible. Certificates are issued to all of the schools for each swimmer at each F.A.S.T. meet. The final meet will have ribbons. The swimmers will get a treat at the end of each meet as well.