

MBS Middle School Swimming

August 8, 2018

Dear MBS Middle School Parents:

Welcome to MBS Pelican Middle School Swimming!

Baton Rouge Middle School Swim League Director, Courtney Roedel of Crawfish Aquatics has been running a very successful Middle School Swim League since 2009. Many other Area Middle Schools participate in this League. This year, MBS has joined the League and now offers middle school swimming to its students in grades 5-8 as part of the Athletic Program.

Swimming is a sport for children of ALL skill levels. It is an individual and a team sport; and aside from the obvious fitness benefits, it teaches children invaluable life skills. Our middle school students are now being afforded an exciting new opportunity to represent MBS through the sport of swimming.

To be eligible for participation:

- Student meets the sports eligibility policy as outlined in the 2018-19 MBS Athletic Handbook
- MBS Athletics Consent form for Swimming
- Current LHSAA Medical Form
- MBS Swim Team Registration Fee Paid
- Practice Fee Paid (only applies to practice option 2)

Our swim coach is former collegiate athlete and swim All American, Coach Kyle Batson. This package includes season information, meet dates, practice and fee information, along with the MBS Swim Team Athletic Consent form and LHSAA Medical form.

If your child is considering joining the MBS swim team, please read over the information and if you have more questions, feel free to contact Coach Kyle Batson at 225-916-0544 or kbatso1@gmail.com.

MBS Middle School Swimming Season Information

Practice & Skills Requirements:

To participate in Middle School Swim Meets students must meet the following practice & skills requirements:

- Practice: able to attend 2-4 practices per week during the middle school swim season under one of the three options outlined in the Practice Options document. Practice days and times depend upon which practice option is chosen and will vary by student. Please review the [MBS Middle School Swimming Practice Options](#) document for detailed information.
- Skills: able to swim 50 yards of freestyle and 25 yards of backstroke unattended*

**Crawfish Aquatics offers training group options for swimmers that do not meet the skill level requirement. Their Novice program offers a skills-appropriate starting place for those who want to participate on their school swim team once they can execute these skills. If interested, please ask our MBS Team Parent Representative for more information.*

2018 Middle School Swim Season:

The middle school swim season begins with practice starting August 22nd, approximately two weeks prior to the first meet and the season runs for eight weeks. The Middle School Swim Season consists of seven meets but only four per school team. Participating school teams are divided into three groups: Cluster 1, 2 and 3. The 2018 cluster group assignments are listed below. MBS will be in Cluster 3.

Please see 2018 cluster information on the following page.

Middle School League Meet Schedule- 2018 Season

Friday Meets- 3:45pm warm up, 4:30pm start
 Saturday Meets- 11:30am warm up (tentative warm up times- confirmed WEEKLY on the website)

| <u>Meet Dates:</u> | <u>Cluster</u> | <u>Meet Format</u> |
|------------------------|----------------|------------------------------------|
| Friday, September 7 | 3 | Kick Off Meet |
| Saturday, September 8 | 2 | Kick Off Meet |
| Friday, September 14 | 1 | Kick Off Meet |
| Friday, September 21 | 3 | Kick Off Meet |
| Saturday, September 22 | 2 | 4 x 50, 100 IM, 200 Free Relay |
| Friday, September 28 | 1 | 4 x 50, 100 IM, 200 Free Relay |
| Saturday, September 29 | 3 | 4 x 50, 100 IM, 200 Free Relay |
| Friday, October 5 | 2 | 4 x 50, 100 Free, 200 Medley Relay |
| Saturday, October 6 | 1 | 4 x 50, 100 Free, 200 Medley Relay |

Saturday, October 20

Championship Meet
8am- Male session
11:30am- Female session
Full event schedule:
 4 x 50, 100 IM, 100 Free,
 200 Free Relay, 200 Medley Relay

| <u>Cluster 1</u> | <u>Cluster 2</u> | <u>Cluster 3</u> |
|---|--|--|
| Ascension of Our Lord Brusly Middle School Swim Team Gramercy Elementary Juban Parc Junior High | Episcopal Middle School Dunham Mayfair Laboratory School Mmam Mustangs Sherwood Falcon Swim Team ST Jude The Apostle School Southern University Lab University High Swimming West Feliciana Woodlawn Middle School Panthers | Baton Rouge International Glasgow Middle Homeschool Most Blessed Sacrament MSA East Northwestern Middle Our Lady of Mercy Runnels Middle School St. Aloysius Catholic School St. George Catholic School The Church Academy Westdale Heights Westdale Middle |
| Lutcher Parkview Baptist Middle School Paulina Elementary Sacred Heart Southside Jr High St. Peter Chanel Vacherie Elementary | | |

MBS Middle School Swimming

Each cluster group will participate in four meets: A Kick-Off meet, two Cluster meets and the Championship meet. All meets are held at Crawfish Aquatics, 7150 Bluebonnet Blvd, Baton Rouge, 70810.

| Meet Date | Meets/Teams | Warm-Up Time | Meet Start Time |
|----------------------|--------------------------|--------------|---------------------|
| Friday, September 7 | Kick-Off Cluster 3 (MBS) | 3:45pm | 4:30pm |
| Friday, September 21 | Cluster 3 (MBS) | 3:45pm | 4:30pm |
| Saturday, Sept. 29 | Cluster 3 (MBS) | TBA | 11:30am |
| Saturday, October 20 | Championship Meet | TBA | Boys-8am Girls-11am |

Meet Format

The Kick-Off meet for all cluster groups will feature the 4 x 50 of each stroke, followed by two meets for each of the two cluster groups which will include relay events. For the first cluster group meet, the 200 Free Relay will be offered and for the second cluster group meet, the 200 Medley Relay will be offered (both relays will be offered at the Championship Meet). The Kick-Off and Cluster Meets will not be scored. Swimmers will be ranked under one single grade division for these meets.

The Championship meet will host all teams and will be the only scored meet. There will be awards for team champion, first through third; and for individuals, first through eighth. For the championship meet, individual events will be ranked/scored by two grade divisions: 5th/6th grade and 7th/8th grade.

Order of Events

| <u>Kick-Off Meet</u> | <u>Cluster Meets</u> | <u>Championship Meet</u> |
|----------------------|---|--------------------------|
| 50 Butterfly | 50 Butterfly | 100 IM |
| 50 Freestyle | 50 Freestyle | 50 Freestyle |
| 50 Breaststroke | 50 Breaststroke | 50 Breaststroke |
| 50 Backstroke | 50 Backstroke | 200 Free Relay |
| | 200 Free Relay (1 st Cluster Meet) | 50 Butterfly |
| | 200 Medley Relay (2 nd Cluster Meet) | 50 Backstroke |
| | | 100 Freestyle |
| | | 200 Medley Relay |

Meet Guidelines

1. Current USA Swimming technical rules and code of regulations will be used for judging (all meets) and scoring (championship meet).
2. All events will be timed finals seeded slowest to fastest.
3. Each swimmer may compete in 2 events at the Kick Off meet, 3 events per regular season meets (maximum of 2 individual events) and 4 events in the Championship meet (maximum of 2 individual events).
4. There is no limit on individual entries per event per team (for all meets in the season)
5. Relay limits: Each team may enter 2 relays (A,B) per event for cluster meets and 1 relay (A) for the Championship Meet.

MBS Middle School Swimming

Practice Options

1. Practice Option 1: Current Year-Round Members of (a) Crawfish Aquatics or (b) Tiger Aquatics

This option is only for students who are currently enrolled and paying dues to CRAW or TAQ as year-round members. This option is not school sponsored. The student attends his/her regular practices at their respective club.

2. Practice Option 2: Crawfish Aquatics Middle School Practice Groups

Crawfish Aquatics offers middle school practice groups exclusively to students whose schools are members of the Middle School Swim League. Swimmers must be able to swim 50 yards of freestyle and 25 yards of backstroke without assistance to participate in the Middle School practice groups; however, Crawfish Aquatics does offer other training programs if the swimmer does not meet the Middle School practice group skill requirements. Contact our MBS Coach Kyle Batson for more information. The Crawfish Aquatics Middle School practice groups are designed to improve skills and build confidence by grouping middle school swim league team members according to their ability and not necessarily by school. The MBS time slot will be assigned soon but it will either be 5:30-6:30 or 6:30-7:30 Monday through Thursday. Students can opt to practice 2-4 times per week. **Practices begin Wednesday, August 22 and continue through Friday, October 19** (no practice on Labor Day). The Middle School Practice Group option is school sponsored. Practices are conducted by Certified Crawfish Aquatics Coaches and moderated by the MBS Team Parent Representative. Cost to participate is \$115.00 for the season and will be additional.

3. Practice Option 3: Crawfish Aquatics or Tiger Aquatics 2018 Fall Seasonal Swim Team Enrollment

A student may join the Crawfish or Tiger Aquatics swim team as a seasonal member. With seasonal swim team enrollment, the student becomes a member of the CRAW or TAQ swim team. In addition to participation in middle school meets, CRAW or TAQ membership allows students the opportunity for further participation in USA Swimming sanctioned and non-sanctioned swim meets. This option is not school sponsored. Under this option, parents register and pay CRAW or TAQ directly. The student attends his/her regular practices at their respective club.

MBS Middle School Swimming
Team Fee Information & Registration Check List

FEE INFORMATION

MBS \$95.00 Registration Fee Includes:

- Middle School League Meet Fees
- Insurance
- MBS Team Shirt
- MBS Team Cap

Additional Fees:

- Team Swimsuit (estimate: \$35-\$49)
- Practice Cost – will vary by student and depend upon which practice option is chosen. For information, please review the **MBS Middle School Swimming 2018 Practice Options**
- Goggles – individual purchase

REGISTRATION CHECKLIST

The following forms & fees are due Friday, August 17:

1. MBS Athletic Consent Form
2. LHSAA Physical Examination Form
3. MBS Athletic Handbook Contract
4. MBS Transportation Permission Slip
5. MBS \$95.00 Registration Fee made Payable to MBS Athletics
6. If applicable, \$115.00 Middle School Practice Group fee made payable to MBS Athletics (this fee applies if Practice Option 2 is selected)