

# Cypress-Fairbanks Independent School District Special Olympics

## Swimming 2022

Dear CFISD Special Olympics families,

The 2022 Special Olympics swim season will soon begin. Please plan your practice schedules accordingly through the area meet. Coaches will provide more detailed practice and competition information as the season progresses.

Swimming Schedule:

\* The first practice on Tuesday August 2, 2022 at 6:30\*

Practice days: Aug. 2/3; 9/10; 16/17—Tuesday/Wednesday

Aug. 23/25—Tuesday/Thursday

Aug. 29/31—Monday/Wednesday

Sept. 7/8; 14/15; 21/22—Wednesday/Thursday

Time: 6:30—7:30 p.m. pm

Location: Cypress Ranch High School Natatorium 10700 Fry Road Cypress, TX 77433

•Area Tournament: Saturday, September 24th, 2022 Tournament Location: TBD

**Swimsuit attire is required for all athletes, one-piece suits for girls. Cap and goggles are optional, and long hair needs to be tied back.**

The following guidelines are used in determining swim levels:

Level I

- Unable to swim one length (25 yds) of the pool unassisted
- Entered in individual skills events last season
- Beginner swimmers with or without prior aquatics experience
- Needs physical assistance in the water
- Needs close adult supervision

## Level II

- Swims 25 yds. or more without assistance
- Entered in Level II skills (freestyle, backstroke 25 yds. or greater) last season
- Has prior aquatics experience in either Special Olympics or an organized swim program
- Independent in the water
- Participates in a group setting with minimal adult supervision

Adequate training for athletes is priority as an average swim time for competition is required by August 24th for tournament entries. Any new or current athlete entering the swim program after this date risks not being entered in competition due to lack of timed trials and training. Following August 25th, at the discretion of the coordinator and head coach, ONLY NEW athletes can join the swim program at this point, practicing only and not competing. All athletes are required to be at least 8 years of age, enrolled in a Cy-Fair ISD school and have a yearly physical before they can practice or compete. The medical form must be current, less than one year old. Only the Special Olympics Athlete Enrollment/Medical Release Form will be accepted. Physical forms may be accessed on the district website. Visit [www.cfisd.net](http://www.cfisd.net) or copy and paste the link below: <https://www.sotx.org/files/misc/new+sotx+medical+form+blank.pdf>

PLEASE BRING A COPY OF YOUR ATHLETE'S CURRENT MEDICAL FORM TO GIVE THE COACH ON THE FIRST DAY OF PRACTICE. RETAIN THE ORIGINAL FOR ADDITIONAL COPIES AS NEEDED. A COPY IS REQUIRED FOR EACH SPORT (i.e. participation in swimming and basketball will require two copies—one for the swimming coach and one for the basketball coach and so on.) Swimming athletes must also be potty trained. No diapers (even swim diapers) are allowed in the CFISD pools. Attendance and punctuality at practice are important to success. Coaches reserve the right to not enter an athlete in competition due to poor attendance. Please discuss any scheduling conflicts you may have with your team coach. Any further questions please email me at [melissa.mckay@cfisd.net](mailto:melissa.mckay@cfisd.net).

Go Cy-Fair!

Melissa McKay

CFISD Special Olympic Coordinator