

BOYS SWIM INFO

Boys season begins Monday with an informational meeting at West Coast Aquatics in Mill Creek at 2:30 p.m. Practices run Monday - Friday 2:30 - 4:00 p.m. No experience necessary. I believe it is bus number 6, which takes them by the Country Club on Village Green Drive.

Questions can be directed to myself at mary.lou.265615@gmail.com.

Thank you for expressing interest in participating on the Jackson Swim Team next year. We are very fortunate to have some wonderful coaches and swimmers, and are sure that you will have a rewarding experience. Drew and Mary Lou have coached Jackson swimmers for almost two decades, and help all swimmers work towards their goals, from learning to swim to swimming in U.S. Olympic Trials.

You will get occasional emails from the Jackson Aquatics Booster Club (JABC) letting you know about upcoming events and how you can help during the year. The booster club helps the coaches run the meets and helps the team captains organize events. We will hold a JABC meeting in mid-April, and you are invited to participate.

Here are some answers to frequently asked questions:

How do I find out more information?

- o Official – Jackson Swimming and Diving web site: <http://www.everettsd.org/Page/9089>
- o Unofficial – Jackson Swimming
Facebook: <https://www.facebook.com/search/top?q=jackson%20high%20school%20swim%20team>

How do I sign up?

- o District web site for Rank One
Sports: <http://www.everettsd.org/Page/199>; <https://everettschools.rankonesport.com/New/Home.aspx>

What can I do to prepare for the swim season?

- o General: Overall conditioning will provide a solid base for you to achieve your goals
- o Swimming:
 - If you are on a year-round club team, keep working on your technique and endurance.
 - If you can swim the strokes, but want to improve before the season, both Columbia Athletic Club ([Off-season Conditioning](#)) and WEST Coast Aquatics ([High School Conditioning](#)) offer training tailored for high school swimmers. Summer swim teams (there are several in the Mill Creek area) will provide basic training, but are only for two months over the summer.
 - If you want to learn the strokes, swim lessons (and pre-competition lessons) are available at Columbia Athletic Club, WEST Coast Aquatics, YMCA, ...
 - Note: While there are only two heats (varsity and junior varsity) of each swimming event/stroke during each meet, there are additional heats of the 50 yard and 100 yard freestyle events. EVERYONE can expect to swim at least one event each meet (for many of the swimmers, it will be 50 yard freestyle and/or 100 yard freestyle). Some high school athletes who excel in other sports, can often excel in freestyle as well (the freestyle events include 50yd, 100yd, 200yd, 500yd, 200yd relay and 400yd relay). **If you train before the season, you can excel on the team.**
- o Diving:

- Contact Coach JoLynne (<http://www.everettsd.org/Page/9092>) early to explore your options to achieve your goals.
- Divers participate in some dual meets (when there is a diving board – about half of the dual meets) and in some diving only meets. Divers who are also good in another stroke (like freestyle) can also participate in a swimming event.

- How many events can I participate in?

o All swimmers/divers can participate in no more than four total events, and no more than two individual events (up to two individual and two relays, or one individual and all three relays). Diving counts as an individual event.

Where are the practices held?

- o Swimming: WEST Coast Aquatics ([Google Map](#)). Located across from the Mill Creek Country Club. Swimmers ride the school transportation bus to practice, but need to make their own arrangements after practice (usually carpool). Last year, School Bus Route #6 was used, and swimmers got off at the second stop from JHS and walked two blocks to the pool.
- o Diving: Forest Park Pool ([Google Map](#)). This pool is located in Everett. All Everett School District divers practice here. Cascade HS and Everett HS swimmers also practice here.

o Boys: November 13 – February 17