



École Intermédiaire
Cedar Hill Middle School
3910 Cedar Hill Road, Victoria, B. C. V8P3Z9

Dear Parents/Guardians,

Sept.18, 2018

We will once again this year be having a swim team at Cedar Hill! The club accepts all levels of swimmers with the goals being to have fun and get better at swimming. Swimmers must be able to swim 25 metres independently. Swimming is a sport that is outside of the regular athletic teams at middle school and therefore there is a charge to participate.

As with all school activities, **no student will be denied the ability to participate due to financial hardship. Please see Mr. Giesbrecht if this is a concern.**

The swim team will practice one day a week, Wednesday 7:15 am in the morning at Gordon Head pool (please be at the pool by 7 am to be in the pool for 7:15). Our first practice is on Wednesday Oct 17th. Included as well are 4 Sunday/Saturday swim meets during the season (see attached letter).

Students are to arrange their own transportation to Gordon Head Pool and to school afterwards, often students/parents arrange car-pooling once swimmers are registered. Gordon Head pool requires an adult to be present with the students both before and after the practice. I will usually be able to meet the students, take attendance and supervise before the practice, however, I cannot stay to supervise the after practice change. Any parent also willing to help out with attendance and general supervision would be appreciated.

If you have any questions please contact Mrs. Reid at school. Looking forward to a great season!

Sincerely,
Mrs. Kari Reid

PS- Please contact me by email so that I can build a contact list for the season.
kreid@sd61.bc.ca

FAST School League Registration Information

Welcome parents to a brand new school swim team season! We are excited to partner once again with your school in delivering a fantastic program to your students. The program gives the students swimming skills, endurance in the water, teamwork, fitness and fun!

Our Program includes school swim team t-shirts, pool time, coaching, four competitions, prizes, and certificates. Participants must be able to swim 25 meters and be comfortable in the water without an instructor in the pool with them.

The season will begin the week of October 15th. All swimmers must be registered to participate. This year we are moving to a new online registration system to increase the speed and ease of signing up.

Here is how you join your swim team:

1. Go to www.pacificcoastswimming.com
2. Click on **Online Registration** on the left hand side, and click **Create Account** on the top right.
3. Once your account is created, under **Program Info/ Registration**, and choose **FAST School League**, and your school. Follow the prompts and you will be emailed a confirmation
4. Payment will be collected by the teacher sponsor before the first practice

Tentative F.A.S.T. Meet Dates (All at Saanich Commonwealth Place):

Sunday November 25th 10am-1pm

Sunday December 16th 10am-1pm

Sunday January 27th 1am-3pm

Sunday March 3rd 10am-2pm

The F.A.S.T meets consist of:

- 25m of each Free, Back, Breast, Fly and Kick a 50m Free and 4x25m relay
- A certificates for each swimmer at each F.A.S.T. meet
- Ribbons at the F.A.S.T. Championship meet
- A treat for all participants at the end of each meet

Please direct all your questions about the F.A.S.T. program to Ian by means of the contact information below.

All F.A.S.T. team practices will finish by the last week of February.

Sincerely,

Ian Mattock

Registrar | Pacific Coast Swimming

imattock@gmail.com