Dear team and parents,

I hope your summer is going well!

With the start of the academic year and our season just around the corner, we are very excited to have the upperclassmen back and welcome the incoming first-years to campus.

Please read through the enclosed information carefully. This includes important dates and schedules, particularly when it comes to planning your terms and holiday travel for the year. If you have any questions, please do not hesitate to reach out to me.

This is going to be a special season and I cannot wait to get it started with you!

Go Beavers!

Paul

**Important dates**

Sunday, October 1st – Start up meeting, Brown classroom (time TBD)

Monday, October 9th – First practice

*Prospective student-athlete official visit dates:*

October 6-7

October 20-21

November 3-4

**Special note:** Recruit visits are all-hands-on-deck events where all members of the team should expect to host and participate in team activities. Please do not make other plans during these dates.

**Holiday Travel**

*Thanksgiving Recess*

Last practice before: November 22nd 7-9am

First practice back: November 27th 4:15-6:15pm

*Winter Recess*

Last practice: December 21st 7-10am

First practice back: January 1st 5-7pm

**Special note:** All practices are required. For those wishing to spend more time with family during the holidays and making travel arrangements before December 21st, I ask that you communicate with me first and outline your plans to train with a club or high school team while at home.

**Schedules**

See our weekly practice and meet schedules on the last page. We will go over our attendance and participation expectations in more detail at our start up meeting, however, these schedules will enable you to plan your weeks and terms accordingly.

**Equipment and Gear**

It is expected that you will report to the first practice with googles and a training suit. While all other practice equipment is issued by the team, if you wish to purchase your own here is a list:

* Mesh bag
* Kickboard
* Pull buoy
* Snorkel
* Paddles (optional)

In addition to equipment, we issue every member of the team warmups, bags and parkas. Caps, both for practice and racing, and dual meet racing suits are provided by the program as well. Technical racing suits are subsidized, covering up to $150 for first-years and $75 for upperclassmen.

For those who want to purchase Caltech Swim & Dive branded gear, I will be sending out a link to our Team Store later this month. I encourage everyone to have at least a pair of shorts and t-shirt for dryland activities.

**Parent Involvement**

We are fortunate to have a supportive and involved parent base at Caltech. Because of this, there are a couple instances during the season where I ask that parents take the lead. To ensure a strong line of communication, please provide your contact information on the following spreadsheet. This will not be shared with any other party and solely used for Caltech Swimming and Diving purposes.

<https://docs.google.com/spreadsheets/d/1yWWA9mZQiBgXZTmEEscVMRRiwZgX8y-vCB0sKjd6zAg/edit?usp=sharing>

**SCIAC Championships Information**

The SCIAC Championships will be held February 21-24, 2018 at the Brenda Villa Aquatic Center in Commerce, CA. We had a great parent (and grandparent!) turnout last season and we’re going for a large presence at the championships again this season. I will be reserving a block of rooms for the team within the next few weeks. If you intend to travel to watch the championships and would like to book a room in the team’s block, please send me an email with the number of rooms and type.

**Weekly Practice Schedule**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|  | 7-8:30am |  |  |  | 7-8am | OFF |
|  | S&C at Barn |  |  |  | S&C at Barn |  |
| 4:15-6:15pm | 4:15-6:15pm | 4:15-6:15pm | 4:15-6:15pm | 4:15-6:15pm | 8-10am |  |
| Pool | Pool | Pool | Pool | Pool | Pool |  |

**Meet Schedule**

|  |  |  |
| --- | --- | --- |
| DATE | TEAMS/EVENT | TIME |
|  |  |  |
| NOVEMBER |  |  |
| Sat. 4 | **Alumni Meet** | 9:00 AM |
| Sat. 11 | **Redlands** | 10:30 AM |
| Sat. 18 | at La Verne | 10:30 AM |
|  |  |  |
| JANUARY |  |  |
| Sat. 13 | at Whittier | 10:30 AM |
| Sat. 14 | **Mills** | 10:30 AM |
| Sat. 20 | at CMS | 10:30 AM |
|  | vs. Occidental |  |
|  |  |  |
| FEBRUARY |  |  |
| Sat. 3 | at Pomona Pitzer | 10:30 AM |
|  | vs. Cal Lutheran |  |
| Sat. 10 | **Chapman** (Senior Meet) | 10:30 AM |
| Wed. 21 | SCIAC Championships |  |
|  | at Commerce, CA |  |
| Thu. 22 | SCIAC Championships |  |
|  | at Commerce, CA |  |
| Fri. 23 | SCIAC Championships |  |
|  | at Commerce, CA |  |
| Sat. 24 | SCIAC Championships |  |
|  | at Commerce, CA |  |
| MARCH |  |  |
| Fri. 2 | NCAA Diving West Regional |  |
| Wed. 21 | NCAA Championships |  |
|  | at Indianapolis, IN |  |
| Thu. 22 | NCAA Championships |  |
|  | at Indianapolis, IN |  |
| Fri. 23 | NCAA Championships |  |
|  | at Indianapolis, IN |  |
| Sat. 24 | NCAA Championships |  |
|  | at Indianapolis, IN |  |