



# CATHOLIC YOUTH SWIMMING



**DO YOU SWIM IN THE SUMMER-GKAISA  
or WANT TO IMPROVE YOUR STROKE TECHNIQUE?  
LET'S GET BACK IN THE WATER and BETTER YOUR SKILLS  
and SWIM FOR YOUR SCHOOL!**

**Coaches:** Maria Coco, Reagan Heitker, Kate Myers & Jackie Bertucci

**Catholic Youth Swimming & Diving Website:** <https://catholicyouth.swimtopia.com/>

This is where you will **register** your swimmer, check schedule, announcements, register for meets, etc. Please complete all registration items by November 15<sup>th</sup>.

**What is CYS?** CYS is a swim team for students attending Sacred Heart, St. Joseph, St. John Neumann, St. Mary's, and Episcopal School of Knoxville. Whether your child is a seasoned swimmer or just starting out, CYS is a great way to improve their skills, have fun, and be part of a team.

### **What can your child expect?**

- **Skill Development:** We'll teach all four strokes, starts, and turns.
- **Individual Attention:** We'll set personalized goals to help your child reach their full potential.
- **Team Spirit:** CYS fosters a supportive team environment.
- **Competitive Opportunities:** Middle school athletes can compete in various meets.

**Important Note:** 5th graders can practice but cannot compete in meets.

**Athletic Fee:** 6<sup>th</sup>-8<sup>th</sup> graders -\$150, this includes all practices & meets fees, make checks to Sacred Heart School (5<sup>th</sup> graders & USA Swimming year-round who do not come to practice -\$100)

**Swim Practices:** 1<sup>st</sup> Day of swim practice is **November 5<sup>th</sup>**. All practices are at the Allan Jones Aquatic Center on the UT Campus -**Tuesdays & Thursday: 8:00p-9:00p**, schedule could change in December depending on pool availability.

**Attendance:** You do not have to come to every practice to be on the team. Of course, the more you come to practice the more instruction you will receive. We do work with athletes who participate in multiple sports. Swimming does count towards your IRON EAGLE status for Sacred Heart and Iron Mustang for St. John Neumann.

\*If you are part of USA-swim club or other sports you still may swim CYS, we will work with you and your year-round coach to help enter your events, but you do not have to attend practices.

**Meets:** We have 4 fun dual meets and 2 championships. All competitions are not required. These meets are to have fun. Any swimmer from novice to advanced can swim. Everyone that swims will have individual goals but still swim as team and will become successful.

**Suits:** We have suits available at Swim and Tri, 5921 Kingston Pike, Knoxville, TN 37919, you may go to our Team Portal to purchase suits (code – CYSknox). Swim Caps will be available at the meets, all swimmers will receive a swim cap at their first meet and will also receive a t-shirt in December.

**Parent Volunteers:** We will be asking for parent volunteers to time, officiate, score, help swimmers get to blocks, snacks, etc. for the meets. Once you sign up our coaches and/or parent reps will be contacting you to help. Please volunteer.

### **Meet Schedule- (Subject to Change)**

November 24 – vs Webb Middle, swimming with Catholic High @ Allan Jones, 5:00p

December 8- vs CAK Middle & Bearden Middle swimming with High Schools @ Allan Jones, 5:00p in 10 lane pool

Dec. 21 - Ray Bussard Invitational (Allan Jones UTK- Warm-Up ~10:45a, ending around 2:00p)

Jan. 19 – vs Roane Co & Clinton Middle with Catholic High @ Student Aquatic Center UTK, 1:00p

Jan. 26 - KISL City Championship (Allan Jones UTK- Warm-Up ~12:30a, ending around 3:00p)