

**2018 Fallen Timbers Frogs Swim Team**  
**Important Information**

**Coaching Staff**

**Head Coach and 8 & Under Coach:** Caroline Lathrop  
**9-10 and 13 & Up Coach:** Jacob Sobczak  
**11-12 Coach:** Gretchen Rudolph  
**Future Frogs Coach:** Paula Kirby

**Parent Meeting** on Sunday June 3<sup>rd</sup> at 6pm and **Banquet** on July 31<sup>st</sup>

**Swim Practice**

Swim practice will be held at the pool on weekdays during June and July. The first practice will be on **June 4<sup>th</sup>**. Please bring a swimsuit, goggles, a towel and a water bottle.

Practice Times (may vary due to group size):

Ages 5-10	9:00-10:00am
Ages 11+	10:00- 11:00am

**Swim Meets**

The Fallen Timbers Frogs are a part of the Ohio Michigan Summer Swim League (OMSSL) along with Green Hills, Lincolnshire, Brookwood, Delta, and Bohn Pool. We will have a total of 3 home meets and 4 away meets. All swim meets are on Tuesday mornings, except champs, which is on Saturday 7/28 and will last the whole day. **We rely on parent volunteers to help with these meets.** We ask that each family complete at least 10 volunteer hours. Please see our parent reps at practices for more information!

Swim Meet Checklist:

<b>Swimmers:</b>		<b>Parents:</b>	
<i>Towels Goggles</i>	<i>Suit</i>	<i>Chair</i>	<i>Sunglasses</i>
<i>Team Cap</i>	<i>Healthy Snacks</i>	<i>Beverages</i>	<i>Sunscreen</i>

Swim Meet Schedule:

June 12 <sup>th</sup>	Mock Meet @ FT	ALL swimmers be there @ 9am	
June 19 <sup>th</sup>	vs. Lincolnshire	Warm Ups @ 9am	
June 26 <sup>th</sup>	@ Delta	Warm Ups @ 9am	
July 3 <sup>th</sup>	vs. Bohn Pool	Warm Ups @ 9am	
July 10 <sup>th</sup>	@ Green Hills	Warm Ups @ 10am	
July 17 <sup>th</sup>	@ Brookwood	Warm Ups @ 9am	
July 28 <sup>th</sup>	@ Green Hills (CHAMPS)		
	Ages 11 & up:	Warm Ups @ 7am	Start @ 8am
	Ages 10 & under:	Warm Ups @ 1pm	Start @ 2pm

**Stroke Clinics & Swim Lessons**

Great way for younger siblings to learn to swim or for swimmers to develop strokes and get 1-on-1 attention. See Coach Caroline for more information!

**Contact Information**

Head Coach- Caroline Lathrop: [carolineclathrop@gmail.com](mailto:carolineclathrop@gmail.com) or 419-262-1700.

\*\*Please note this is a new email address.\*\*

Parent Reps- Julie Meeker: [swimteam@ftfr.com](mailto:swimteam@ftfr.com) or 419-345-0745

Lisa Ellison: [swimteam2@ftfr.com](mailto:swimteam2@ftfr.com) or 419-320-6293

**PLEASE NOTE:** It is important that parents notify their coach when a child will miss practice for several days. **It is especially important to let a coach know if a child will miss a meet.** This is extremely important when the coaches are putting together meet lineups. If a swimmer misses a meet and a coach is not informed ahead of time the swimmer may be taken off relays for the following meet. Please, don't let your team down. We need you!