



# MUSKINGUM

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## RECREATION CENTER

**MRC Combined Middle School Swim Team!** Learn to swim fast, make new friends and race in meets! Swimmers in grades 6-8 of all skill levels are welcome to join, however swimmers must be able to swim at least one length of the pool (25 yards) unassisted. Swimmers will practice with other Muskingum county middle schoolers, but compete in their own school colors. Parents can also expect to have some fun learning to support competitive swimming at meets.

**Open House including Registration and Team Suit Fitting/Ordering:** Wednesday February 7<sup>th</sup> from 4p-6p at the MRC. Register for the team, meet the coaches and try on suits to see what fits best. Our vendor will also have goggles and other swim gear for sale. If you already know your size, you can order a team suit in your school colors online and still take advantage of bulk shipping. Order deadline is February 12<sup>th</sup>.

Link for online orders: <https://aquaticoutfittersofohio.com/pages/muskingum-mrc>.

**Practice:** Practices start Monday, February 19. Swimmers are expected to attend practice. The more your swimmer practices, the better your swimmer will get! Practices are on Monday, Tuesday and Thursday from 5pm-6pm. All practices will be tailored to support several skill levels. Local high school coaches and swimmers will be coaching the team.

### Meet Schedule:

Fri, March 9 Warm Ups at 5pm Meet at 6pm  
 Sat, March 17 Warm Ups at 8am Meet at 9am  
 Fri, March 23 Warm Ups at 5pm Meet at 6pm  
 Sat, April 7 Warm Ups at 8am Meet at 9am

All meets will be held at the MRC. Meets will also include swimmers from middle school programs in the surrounding areas (Coshocton, Martins Ferry, etc).

**Meet Events:** Each swimmer may swim in 3 individual events and 2 relay events at meets.

Girls/Boys	Medley Relay	Individual Medley	Freestyle	Backstroke	Breaststroke	Butterfly	Freestyle Relay
	200	100	50	50	50	50	200
			100	100	100		
			200				

**Costs:**

- Registration – MRC member rates are \$75 and Non-MRC member rates are \$100. Scholarships available requiring additional paperwork. Please see Libby for further information.
- Time – All meets are run by parent volunteers. Each family is expected to sign up for at least one job at each meet. Depending on the number of registrants, we may need to ask for more volunteers. We appreciate your additional assistance in any way that you can help.

**Optional costs:**

- Team Suit – Team suits in your school colors are recommended but not required. These suits can be used for both practice and meets. If you choose not to purchase a team suit, please wear any black or blue competition style suit for practice and meets. Team suits can be ordered at the open house on February 7<sup>th</sup> or purchased online.
- Team Cap – Caps are not required, but we recommend that all swimmers wear a cap for practice and meets, especially those swimmers with long hair.
- Team Shirt – included in the cost of the program in your school colors.

**Go SWIMMERS!!!!**

Questions? Please visit the MRC website at <http://www.muskingumrecreationcenter.org/> or contact Libby Hardwick, Aquatic and Sport Manager, at [libby@muskrec.org](mailto:libby@muskrec.org) or 740-454-4767.