



CONFERENCE MEET:

The Conference Meet is held the third Saturday in July. The location varies from year to year. Following the last regular meet, the swim team roster will again be posted on the bulletin board. Once again your child should highlight their name if they will be in town for Conference, and cross it out if they will not be available. **THIS DOES NOT MEAN THAT YOUR CHILD WILL QUALIFY TO SWIM IN THE CONFERENCE MEET!** It is merely a tool to help

the coaches compile their line-up more efficiently. The coaches will choose the conference swimmers based on swimmers' times throughout the season. In order to be qualified to swim in the Conference Meet, a swimmer has to swim in two regular meets that season.

CONFERENCE PRACTICE TIMES:

Conference practices are Monday through Friday the week prior to the meet. The head coach will determine times with coaching staff. All Conference swimmers are required to be at each practice. In addition to swimming, Conference practices may also include dry-land workouts. This includes running, calisthenics, and stretches. Therefore, a pair of running shoes, socks and shorts should be brought to practice.

PASTA PUMP-UP PARTY:

The Friday night before practice, the Swim Team will host a Pasta Party for both Conference Swimmers and any other swim team members that wish to come and cheer on their team. The Pasta Party will be from 4:00 - 7:00 p.m. Swimmers will be asked to contribute pasta dishes, paper goods, salads and drinks. A dish assignment sheet will be given to swimmers. In the past, the VFC has also had a tradition of shaving the heads of some of the male swimmers, dyeing swimmers' hair blue, and shaving cream fights! Please inform the coaches if you do not wish for your child to participate in these activities! We will also make posters to bring to the Conference Meet. Please send posters and markers with your children.

CONFERENCE VOLUNTEER REQUIREMENTS:

All parents of Conference swimmers will be required to volunteer at the Conference meet.

END OF THE YEAR PARTY:

Shortly after the Conference Meet, there will be a party at the VFC for all swim team members. We will reflect on the year, and trophies and awards will be given out at that time. Swimmers and their families will be assigned dishes as this is a team potluck.