

JH Meet Entry Process

Each meet will have an event participation confirmation deadline. Parents will access their account to confirm or decline participation for the that week. **(This needs to be done by midnight , otherwise the ability to accept or decline will be removed).**

Brian Vestal, Head Swimming Coach, will review all the confirmed swimmers and their **desired** swims. If necessary based on the needs of each team, those request may be approved or altered. A list of individual events will be emailed to parents ASAP and posted at the meet. **(The coaches have final say, but we do appreciate input from the swimmers.)**

Swimmers may swim 2 individual events and 2 relays. Swimmers need to stay until the end of the meet to cheer their school and support their teammates. Events are combined by gender . For example , there is a girls 50 free and a boys 50 free.

To participate in a relay , swimmers must earn relay spots by participating in individual events and earning relay splits. This can be accomplished at the time trial meet , or at a regular season meet. We need splits to make relays.

Requirement

- All student will practice a minimum of one time leading into each meet. We will offer practice Monday, Tuesday, Wednesday, and Thursday including meet days. If there is a meet on Friday, then we will offer practice on Friday.
- All students will need a team suit and team cap as a condition of participation in meets.
- D&J Sporting Goods is an approved vendor for Tomball ISD. They will offer swimsuits for CPJH, TJHS, and WWJH. Students will not swim if they do not have their uniform, just as a football player would not take the field without his jersey.

Don't forget! We meet annually during TSC meeting to plan special events, swim meets, and support for our swim teams. More information is online.

Best Wishes,

Brian Vestal

Head Swimming Coach

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