



Austin High School  
Maroon Swimming & Diving  
Welcome Back Newsletter  
August 11, 2022

## Howdy Maroon Swim Family!!

Welcome back for the 2022-2023 school year! There is a LOT of information I need to get out to everyone, you may want to print this email out for your reference later. I'll also attach it as a pdf so that it might be easier to access and print. Please read through all of this...

### (1) My Recovery

Many people have sent me texts and emails asking how I've been doing with my recovery from the accident back in June. It's been a long, boring summer since then, with almost a month of that time spent on a couch healing. I tried swimming on day 30, but it was too soon and I couldn't do it at all. I went home that day pretty sad. On day 40, I tried again and managed to do 1000 slow, slightly painful meters. But it was a start. I tried to go up by about 500 yards per day after that. On day 50, I did 5000 meters by doing 50x100 on 1:40 at Lifetime. I've still got a lot of muscle loss from atrophy, and a bit of weight gain that I'm working on getting rid of from a month of very limited activity. I'm not 100% yet, but I'd say I'm a good 85% of the way to being back where I was before the accident. Thank you to everyone who checked in on me over the last few months and sent encouragement. It meant the world to me!

### (2) First Weeks of School

One of the first questions everyone wants to know is what happens during the first week of school. We will not start going to the pool until **Friday, August 26<sup>th</sup>**. Until then, students with swimming on their first period schedule will come to my room (**323 in the Classical Academy area**). We'll be using this time for things like "speed dating", team goal setting, and other "housekeeping" items that we need to take care of every year.

### (3) Parent Meeting

We will have a parent meeting at Austin HS on the evening of **Thursday, August 25<sup>th</sup>**, the night before our first practice. Swimmers are welcome to come but they do not **NEED** to be there. However, I do need every swimmer to be represented by **at least one parent**. If this is not possible, please contact me. We will be going over our season plan, expectations, practices, fundraising, travel, etc.

Parents will also need to bring cash and/or a checkbook with them. Many of these things can also be paid for/purchased online with the School Cash Online system that AHS uses, but we have the following items available for purchase that night

- \* Yearly Activity Fee (\$100/swimmer, \$50 for additional swimmers if siblings)
- \* Old team t-shirts available for \$5/shirt
- \* Team sweats available for new swimmers for \$30/set (top and bottom)
- \* Yard signs (\$15 each)

#### (4) Physicals and Rank One – MUST DO ASAP!! --

Before our first practice on **August 26**, I need EVERYONE to make sure they have completed their yearly participation physical and turned in that form to the school's trainer. If your swimmer has it with them on the first day of school, they can give it to me and I'll turn it in to the trainer. Or you can drop it off at the front office before. Everyone must also make sure that they have created a parent account in the Rank One portal and signed the required forms there for UIL participation, steroid policy, and concussion protocols.

All of this can be found at this website: <https://www.austinisd.org/athletics/forms>  
There is a pdf you can print up to take with you to your physical, as well as a link to the Rank One parent portal for parents to sign the on-line forms. Please take care of this ASAP if you have not already. This must be complete before your swimmer can attend a practice.

#### (5) King & Queen of the Springs

One of our favorite traditions is our annual King and Queen of the Springs event. This will take place on **Friday, September 16<sup>th</sup>**. Parents, we'll need volunteers to help. You can sign up at the parent meeting on 8/25. Even if you don't volunteer, a lot of parents like to be around to watch. Look for more information from Coach Calver in the coming weeks.

#### (6) Lock-In

Another favorite pre-season event for our kids is our annual team building Lock-In/Movie Night/Game Night at McKinney Roughs State Park near Bastrop. We have the facility reserved for the evening of **Saturday, September 10<sup>th</sup>, starting at 5pm**. We've done this as an overnight sleep-over in the past, and we've done it as a late night event that ended at midnight. I've got it reserved all night, but I'm going to get a feel from the kids if they want to do it overnight or not. More information on this will come at the parent meeting.

#### (7) Website

I want to encourage everyone to use our website as a source of information. I'll do my best to update it regularly and make sure that it's a good source to go to for information about upcoming events, team records, announcements, celebrations, etc. If you've never visited our website, I'd like to encourage all of you, especially our new families, to look at it, learn a bit about your coaches and team history, and get familiar with the content. If there's anything you think is MISSING that you'd like to see on there, let me know.

[austinhighswimming.com](http://austinhighswimming.com)

Swimmers, I'll see you next week.

Parents, I'll see you at the parent meeting on August 25<sup>th</sup>!

Loyal Forever,



Coach Goodwyn

Coach Calver