

AQUATICS

Non-Swimming Events

Assisted, Floatation and Walking Events

Practice Information

Day: Tuesday

Dates: April 2, April 9, April 16, April 23, April 30, May 14 (No practice May 7)

Time: 6:30 p.m. to 8:00 p.m.

Location: Midco Aquatic Center, Sioux Falls

Attendance Requirement: Athletes also participating in track may miss up to three practices total between the two sports but no more than two within one sport. If you miss any additional time beyond three practices or a total of 4.5 hours, you may be scratched from participating. Athletes only participating in Aquatics may miss up to one practice or a total of 1.5 hours **and** the practice hours must be made up by attending either a Soccer Skills or Track and Field practice. Please contact Tracy Donovan to schedule make-up hours. Missed time includes arriving late or leaving early from practice.

Competition Dates

SE Area Aquatics

Midco Aquatic Center, Sioux Falls

Friday, May 3, 2019

1:00 p.m. – 6:00 p.m.

State Summer Games

USD, Vermillion

May 16 – 18, 2019

Swimming Competition is Friday, May 17

Reminder: Area participation is required to attend State. Athletes not attending state, your last practice will be April 30.

Area and State Summer Games information will be provided as soon as it becomes available from Special Olympics South Dakota (SOSD). You may also check our website, www.sosiouxfalls.org, and/or Facebook page, www.facebook.com/sffireworks, for updates.

Aquatics Practices Rules

- Athletes need to be dressed and ready to begin practice at 6:30 p.m.
- **No food or drink is allowed at practice – water is acceptable.**
- Due to insurance reasons, **this is not an open or family swim time.** The only people permitted in the pool or on the pool deck are 2019 registered aquatics athletes, coaches and volunteers.
- Please **do not** interfere with practice. This is for the safety of our athletes. Questions can be addressed before and/or after practice.
- Female athletes are required to wear a one-piece swimming suit.
- **Practice hours are from 6:30-8:00.** The last part of practice, which we call “fun time”, is still practice time. Athletes are not to leave practice prior to 8:00 p.m.

If you have questions or will miss practice, please call the Aquatics Coordinator, Annie First, at 605/759-0081, the Fireworks phone at 605/336-0240 or email Tracy Donovan at Tracy.D@sosiouxfalls.org.