

OAKDALE HIGH SCHOOL PHYSICAL EDUCATION

SWIMMING INFORMATIONAL LETTER

Dear Parent,

We would like to give you the following information, so your daughter/son can have a positive experience in the swimming unit. The state curriculum for swimming consists of learning beginner, intermediate and advance swimming skills along with basic survival skills.

- 1. It is recommended that a female student wear a one-piece, however if she only has a two-piece swimsuit, she must make sure everything is covered adequately. A t-shirt or shorts over the swimsuits is acceptable. Males can wear any shorts (No cut-offs) or t-shirt.*
 - 2. Students must have zip-lock bags to store wet suits in lockers. Wet stuff makes the lockers rust. Each student must take their wet stuff home daily however, don't forget to bring a suit and towel for the next day.*
 - 3. Students must provide their own towel. Showers are available before and after swimming.*
 - 4. The class will be divided into beginners, intermediate and advanced swimmers. The front crawl, back crawl, breast stroke, elementary backstroke and side stroke will be taught. Survival skills will be discussed.*
 - 5. The unit will count for 1/4 of the semester grade. Participation is required to pass the class.*
 - 6. No running or diving is allowed.*
 - 7. Students will be given 15 minutes to shower and dress*
 - 8. Students on medical notes or home excuse notes will not receive their points for each day they miss.*
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Parents: Please sign below and return this portion to your child's physical education teacher. Your signature indicates that you have read the swim informational letter. If you have any questions, please feel free to call Oakdale High Physical Education Department. 847-3007

Sincerely,

Oakdale High Physical Education Department

Print Student's Name _____

Parent's Signature _____ Date _____