 2024 Swimming

Welcome to the 2024 swimming season with LEEP!

Please note our NEW start time so that all athletes could get a full hour of practice in the pool. Coaches will use the time to go over the practice plan, do stretching and all athletes can be in the water promptly at 6:00 p.m. To save time, athletes may put their swimsuits on at home and come to practice so they just need to remove external clothing before practice. We **only have an hour** for each practice.

**EVERYTHING IS SUBJECT TO CHANGE!**

**Practice Information:**

**Location: Mankato East High School 2600 Hoffman Rd, enter door #9, park in the Far East Parking Lot by Thomas Park. The pool is located on the Northeast side of the School.**

* Tuesday, March 19 Mankato East High School Pool 5:30 – 7:00 p.m.
* Tuesday, March 26 Mankato East High School Pool 5:30 – 7:00 p.m.
* Tuesday, April 2 Mankato East High School Pool 5:30 – 7:00 p.m.
* Tuesday, April 9 Mankato East High School Pool 5:30 – 7:00 p.m.
* Tuesday, April 16 Mankato East High School Pool 5:30 – 7:00 p.m.
* Tuesday, April 23 Mankato East High School Pool 5:30 – 7:00 p.m.
* Tuesday, April 30 Mankato East High School Pool 5:30 – 7:00 p.m.
* Tuesday, May 7 Mankato East High School Pool 5:30 – 7:00 p.m.
* Tuesday, May 14 Mankato East High School Pool 5:30 – 7:00 p.m.
* Tuesday, May 21 Mankato East High School Pool 5:30 – 7:00 p.m.
* Tuesday, June 4 Mankato East High School Pool 5:30 – 7:00 p.m.
* Tuesday, June 11 Mankato East High School Pool 5:30 – 7:00 p.m.
* Tuesday, June 18 Wrap Party LEEP Offices 5:30 – 6:30 p.m.

# Tournament Information: Time TBD

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| **Regional – Sunday, April 28** | **State – Saturday & Sunday June 15 & 16** |
| Rochester Rec Center  21 Elton Hills Dr NW; Rochester, MN | Lakeville Century Middle School  18610 Ipava Avenue |

**If you know that you will not be attending some or any of the tournaments, let us know as soon as possible!**

**Forms and Fees:**

All athletes must have a LEEP Participation Information Form and Special Olympic Athlete Application on file at LEEP to participate. The Special Olympic Athlete Application must be completed **every three years**. These forms do require a primary care provider’s signature and **athletes are not able to participate without them**.

If you are not sure if you have these forms completed, please call LEEP at 507-387-5122. **All registration fees and membership fees must be paid as soon as possible unless you have communicated that you are doing monthly payments.** If an athlete is having financial difficulties, there are some scholarship funds available. Please contact LEEP at 507-387-5122 for more information.

# What to Wear for Practice?

LEEP does not have an official Special Olympics uniform for swimming.

* One-piece swimsuits for females and for males we suggest a drawstring tie waistband.
* Swim caps and goggles are optional.
* LEEP will provide kickboards and pull buoys for practices and competitions.

# Cancellations:

**A message will be left on the LEEP’s cancellation line at 507-387-5122 (option 3), if the practice is canceled.** If there are any questions, please confirm practices before arriving at the facility. All cancellation decisions will be made two hours prior to practice on the day of practice. ***If Mankato Public School activities are canceled due to weather, all LEEP practices/events/activities are also automatically cancelled.***

**Other:**

Special Olympics practices are held at a school facility. Tobacco products are prohibited by Special Olympics and there is absolutely **no smoking, vaping, chewing, etc. on school grounds**. If you do feel the need to use these products, please do so before you arrive or after you leave the facility. Also, LEEP is not responsible for supervision of participants before or after designated practice times, so it is important that transportation for athletes is on time. Thank you!

If you have any questions, please contact the Athletic Manager at the LEEP Office 507-387-5122 or by email at [athletics@mankatoleep.org](mailto:athletics@mankatoleep.org).