



# TEAM G NEWS

February 2018, Issue 6

## REMINDER.....Sign up now for the Polar Plunge now !

Team G and No Daddy No will once again brave the cold waters of Bde Maka Ska (formerly Lake Calhoun) on March 3rd at 12:30 p.m. **Register by February 9th** to guarantee your free R-Word t-shirt. The polar plunge is the main source of revenue for our annual Team G budget and allows us to keep all participation with Team G FREE!

Register at [11.GIG Team G Twin Cities and No Daddy No Team](#)

Sign up for t-shirts is through a Google Doc [here](#). **MUST BE DONE by 2/9** in order to guarantee a shirt!

**Not interested in plunging?** While all athletes are expected to participate in at least one Team G fundraiser, we do realize that the Polar Plunge is not for everyone. If you are not interested/able to join the Polar Plunge team but still want to support our efforts, you have a few options.

1. Make a donation to fellow plungers on the team; OR
2. If you want to make an outright donation, please email Melissa for steps on submitting a donation with 100% going to Team G.

### *Upcoming Dates:*

- 2/9 - R-Word Shirt orders due
- 3/3 - Polar Plunge
- 3/4 - Swimming registration closes
- 3/21- Swimming starts
- 4/14 - Basketball Area
- 4/29 - Swimming Area

## Swimming Registration now open!!!!

The swim season will soon be upon us and registration is open. Please note that unlike other sports, there is a limit to the number athletes we are able to add to our team. This is based on the capacity of the pool and the number of coaches needed.

To be eligible for the swim team, the athlete **MUST** be able to swim at least 1 length of the pool on their own.

### Details of practice:

- Wednesdays 6 - 7 beginning March 21st
- St. Louis Park [Community Central Pool](#)

Visit our [Swimming page](#) for more details on requirements and priority of being added to the team.

## Athlete & Volunteer Paperwork

All athletes, unified partners, and volunteers/coaches must have ALL paperwork completed and filed with the SOMN office in order to participate with Team G. This is a requirement of SOMN to ensure safety and for insurance liability for our team.

Paperwork, including the medical consent for athletes and background checks for coaches is good for 3 years. Expect to receive an email with a notice within 3 months of expiration from Melissa with your next steps. It is then your responsibility to take steps to be sure to complete that paperwork in a timely manner.

Many notices are afforded with time to renew before the beginning of the sport season. If paperwork is not in place before the first practice, the athlete/unified partner/volunteer, will not be able to practice.

If you have questions or concerns, please reach out to Melissa by emailing [teamgtwincities@gmail.com](mailto:teamgtwincities@gmail.com).