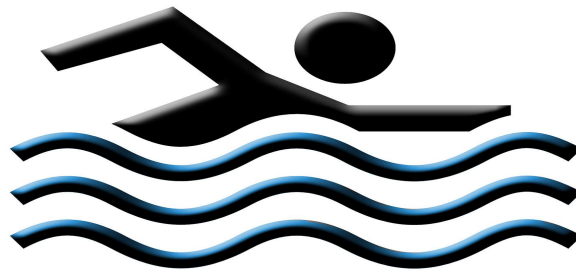


AHS SWIMMING/DIVING HANDBOOK

2021



AHS TEAM PHILOSOPHY

- Albany swimming's purpose and philosophy is to develop young girls into strong, independent, driven, respectful women. We want to teach our athletes to be strong swimmers through hard work, disciplined routine, intelligent technique and motivated minds/spirits. We aim to put emphasis on being a team and on being competitive in whatever we do! There is extreme value in applying the will to win and will to succeed in everything we do in our lives. If you are internally motivated to win each and every day, then you are constantly striving to be the best possible version of yourself.
- We strive to develop character, accountability, dedication and respect both in and out of the pool to benefit everyone involved for a lifetime!

Team Expectations

ACADEMICS

- ACADEMICS ARE *PRIORITY AND THEY ALWAYS COME BEFORE SWIMMING/DIVING.*
- POOR GRADES OR MISSING ASSIGNMENTS WILL RESULT IN MISSING PRACTICE TO MAKE UP OR IMPROVE GRADES
- *BE RESPONSIBLE* IN THE CLASSROOM AND *RESPECTFUL TO YOUR TEACHERS!*

PRACTICE

- PRACTICE IS *MANDATORY* AND YOU ARE EXPECTED TO *BE ON TIME AND BE READY TO WORK!*
- IF YOU ARE SICK OR NEED TO MAKE UP SCHOOL WORK YOU MUST HAVE A NOTE FROM PARENT OR TEACHER TO BE EXCUSED.
- *UNEXCUSED ABSENCES WILL RESULT IN MISSED COMPETITION.*
- “SWIM-OFFS” OR TIME TRIALS WILL BE HELD FREQUENTLY, AND WILL HELP DETERMINE VARSITY/JV LINE UPS FOR MEETS

CHARACTER

- YOU ARE REPRESENTING YOUR TEAM, YOUR SCHOOL, YOUR FAMILY AND YOURSELF, SO REMEMBER TO *DISPLAY GOOD CHARACTER THRU WISE DECISIONS, A GOOD MORAL COMPASS AND MATURITY.*
- WE HOLD OUR SWIMMERS TO *HIGH VALUES OF SELF-CONTROL, COMPASSION, DEDICATION AND INTEGRITY.* LIVE THESE VALUES IN AND OUT OF THE POOL AND PEOPLE WILL RESPECT YOU AND OUR SPORT!

KEYS TO EXCELLENCE FOR AHS

RESPECT:

We expect all swimmers/divers to be respectful not only to the coaches but to your teammates, parents, teachers, opponents and officials. Everywhere you go, even outside of swimming and school, you are a representative of Albany Swim/Dive and AHS. Disrespect towards the coaches or other swimmers WILL NOT BE TOLERATED and may result in forfeiture of your Letter and ineligibility to participate in meets or practice.

ACCOUNTABILITY:

Take responsibility for your actions and your results!
“Don’t whine, don’t complain, and don’t make excuses. Do your best!” -John Wooden

PASSION:

Find something in life that makes it worthwhile and WORK AT IT! Love it and be determined to succeed. The definition of PASSION is “a strong inclination towards an activity that you like, find important, and invest time and energy”. Remember to always find the love of the sport and keep that as motivation for success.

ATTITUDE:

Please come to every practice and meet with a positive attitude. Life comes with many ups and downs, and someone’s best day may be another’s worst. Bringing a positive attitude can be contagious and lift everyone up and push us to have our best possible team!

TEAM PLAYER:

Swimming is unique because although most of the events are individual, there are also relay events and team scoring. We are only strong if we are a team and build each other up. We expect that if an athlete is not in an event they are cheering for others on the team that are swimming or diving. *Cell phones will not be allowed on deck during meets or practice.*

LETTERING REQUIREMENTS

A Varsity Letter is an honor that must be earned. Receiving a Varsity Letter is earned through swimming or diving performance, positive attitude, attendance, good grades, and being a team player.

The following are the requirements for earning a Varsity Letter in Swimming:

1. Abide by the rules of both Albany Area Schools and the MSHSL. Breaking one of these rules will result in immediate forfeiture of their Letter and possible suspension/expulsion from the team according to MSHSL/AAS policies.
2. For swimmers a total of 200 points or more during the 2019 swim/dive season is needed. Divers will need to dive varsity for at least 75% of the meets and earn a total of 150 points or more.

Points are given from the following:

Varsity Swims

Varsity swim win = 3 points

Varsity swim scoring points but not a win = 2 points

Varsity swim not scoring = 1 point

Diving--varsity dive score/win =3 points

Varsity dive but not scoring = 1 point

All-Conference = 25 points

Top 8 in Sections = 30 points

Top 16 in Sections = 20 points

Section Times List-- see attached list

Earning one time from this list = 20 points

Each additional qualifying time = 5 more points

Attendance

Each Swimmer/Diver must attend all swim/dive practices and meets, and HITS/dryland training sessions. Attendance will be taken at all practice sessions and there will also be a sign in/sign out sheet at HITS.

This year we will do attendance in “reverse”. Every swimmer will start out with 150 points and divers 125 points. You will **lose 5** points for any **unexcused** absence at HITS/dryland and/or swim practice/dive practice, and **1** point for any **excused absence**. You will also **lose 2** points for any tardy or “**poor**”/**disruptive practice**. I know there may be necessary, excused absences that you may lose points for, but you can make those up with the points above for swimming in meets, GPA or qualifying.

We expect athletes to arrive on time and in proper attire. Swimmers should be on deck with all equipment and caps/goggles, etc on and ready to be **in the water at the time practice starts**. Standing on deck or locker room past assigned time constitutes a tardy.

An excused absence is a note given in writing or text form to Coach Karla, Dana or Samantha before practice starts. If you are ill during the day and need to leave school please text either Karla or Dana to let them know. Do not come to practice if you are too ill to be in school. If there is a swim meet the day after you are ill, you will not be swimming in that meet.

Please inform Coach Karla or Dana if you know that you will be missing a meet as soon as possible. We have a lot of swimmers to put in events and relays and the sooner we know the better.

Note--if you have an unexcused absence you will not be eligible to swim in the next swim meet.

Academics

You are all STUDENT Athletes and academics must come first. We want our swimmers and divers to not only excel in the pool but also the classroom and in life.

3.5-4.0 GPA for 1st Quarter = 25 points

3.0-3.49 GPA for 1st Quarter = 15 points

******The coaching staff reserves the right to award a letter to a swimmer/diver that they feel is deserving of the honor.******

SECTION QUALIFYING TIMES

2021

(New updated times)

200 Medley Relay	One Relay per school
200 Freestyle	2:20.0
200 I.M.	2:36.5
50 Freestyle	:28.0 (was :28.5)
Diving	140 points
100 Butterfly	1:13.0
100 Freestyle	1:02.0 (was 1:02.5)
500 Freestyle	6:15.0
200 Free Relay	One Relay per school
100 Backstroke	1:14.0
100 Breaststroke	1:20.5
400 Free Relay	One Relay per school

These times are guidelines to compete at the Section Meet. Each team is allowed 1 relay per team and 4 entries for each individual event. Coaches reserve the right to bring athletes close to time cuts based on effort and attitude.

State Class A Girls Standards

(Must be attained at the Section Finals Meet)

200 Medley Relay	1:54.12
200 Freestyle	1:58.85
200 I.M.	2:15.56
50 Freestyle	:24.93
100 Butterfly	1:00.46
100 Freestyle	:54.68
500 Freestyle	5:26.02
200 Free Relay	1:41.85
100 Backstroke	1:01.03
100 Breaststroke	1:09.63
400 Free Relay	3:43.70

****FOR HOME MEETS GIRLS SHOULD BE ON DECK BY 4:30PM TO HELP SET UP POOL AND WARM-UP**

****ALL SCHEDULES ARE AVAILABLE ON THE SCHOOL WEBSITE ACTIVITIES PAGE.**

****DOWNLOAD "MEET MOBILE" APP FOR INSTANTANEOUS MEET RESULTS.**

SWIM & DIVE 101: THE BASICS

ABOUT HIGH SCHOOL SWIM&DIVE

If you are new to competitive (High School) swimming and diving, you may find it a bit confusing...but HANG IN THERE! It's awesome and exciting.

High School swim and dive is one combined, competitive sport. Both swimmers and divers compete against the same schools in the same meets. Depending on the type of meet and where it is being held, diving is normally conducted during the swimming competition or at the beginning in some championship meets. Swim and dive points are added together for each team to determine the meet scores.

Here is an overview of what to expect and how to enjoy the season:

DUAL MEETS (REGULAR SEASON COMPETITION)

The high school season consists of a number of dual meets (see attached schedule). Don't look for meet programs that list each swimmer competing by event since teams do not turn in a lineup until shortly before the meet often times and coaches can change swimmers events during the meet for strategic plans. You can check Meet Mobile app to see the line-ups if the host team utilizes that software. All dual meets have 9 individual events and 3 relay events. In our pool (4 lane pool) or a 5 lane pool, each team can enter 2 athletes/Relays per heat (JV Heat, Varsity Heat). In a 6 lane pool each team is allowed to enter 3 athletes/relays per heat. Swimmers may enter a maximum of four events per meet, no more than two of which can be individual events. Swimmers/divers are selected by the coach for each event or relay based on their times and the coach's goals for that meet.

The order of events is as follows:

200yard Medley Relay (4 swimmers: 50 Back/50Breast/50Butterfly/50Free - one swimmer for each)

200yard Freestyle (8 lengths of the pool: most pools are 25 yds in length)

200yard Individual Medley(1 swimmer swimming 50 fly/50back/50breast/50free)

50yard Freestyle

Diving (each diver does 6 dives in a required sequence) Scoring is done by adding the 3 judges scores (0-10) and multiplying them by the dives degree of difficulty and then adding each dive score together for a total)

100yard Butterfly

100yard Freestyle

500yard Freestyle (20 lengths of the pool and a teammate keeps track with lap counters at the far end of the pool for the swimmer competing)

200yard Freestyle Relay (4 swimmers each swimming a 50 free (american crawl))

100yard Backstroke

100yard Breaststroke

400yard Freestyle Relay (4 swimmers each swimming a 100 free)

**Each stroke has specific rules and requirements that must be met. Officials watch for those specifications and appropriate starts and turns.

SCORING

- **RELAYS:** The top 3 places are scored: In a six lane pool scoring for relays is 8-4-2...In a four/five lane pool scoring for relays is 6-3-1
- **INDIVIDUAL SWIMMING EVENTS:** The top 5 places are scored in a six lane pool 6-4-3-2-1 and the top 3 places are scored in a four/five lane pool 4-3-1.
- **DIVING EVENTS:** The diving competition is scored as an individual event the same as the swimming events.
- **FINAL SCORE:** Once a team scores 94 points in a six lane pool or 52 points in a four/five lane pool they have enough points to win the meet. Many coaches will swim exhibition after they pass those winning point totals so they don't run up the score. This is done out of courtesy to the other team.

CHAMPIONSHIP MEETS SUCH AS SECTIONS, CONFERENCE AND STATE MEETS ARE SCORED DIFFERENTLY THAN DUAL MEETS AND USUALLY ARE EXPLAINED IN THE MEET PROGRAMS.

RELAY MEETS ARE USUALLY INVITES OF SEVERAL TEAMS. ONLY RELAY EVENTS ARE SWAM; NO INDIVIDUAL EVENTS TAKE PLACE. A VARIETY OF RELAY EVENTS ARE SWAM THAT ARE NOT PART OF A TYPICAL DUAL MEET.

DIVING AT TRUE TEAM, SECTIONS, STATE MEETS AND SOME CONFERENCE MEETS REQUIRE 11 DIVES RATHER THAN THE SIX PERFORMED IN THE DUAL MEETS.

THE TOP 2 SWIMMERS/RELAYS AT SECTION FINAL MEETS ADVANCE TO THE STATE MEET OR ANY SWIMMERS THAT SWIM AT OR UNDER THE STATE STANDARD CUT TIME LISTED EARLIER IN THIS PACKET. THE TOP 4 DIVERS FROM THE SECTION MEET QUALIFY FOR THE STATE MEET. ASK YOUR SWIMMERS OR COACHES FOR MORE INFORMATION. WE ARE SUPER PASSIONATE ABOUT THE SPORT AND LOVE TALKING ABOUT IT!

2021 AHS SWIM/DIVE PRACTICE SCHEDULE

PRE-SEASON (BEFORE SCHOOL STARTS):

(Monday thru Friday, August 16th thru September 3rd, 2021 when there is not a meet)

****ALL PRACTICES ARE HELD AT THE AHS POOL. EACH SWIMMER NEEDS A ONE-PIECE SWIMSUIT, SWIM CAP, 1 OR 2 PAIR OF GOGGLES, TOWEL, TENNIS SHOES & CLOTHES FOR DRYLAND/WEIGHTLIFTING AND TOILETRIES FOR SHOWERING AFTER.****

JH/some JV - mostly all 7th-9th graders

Pool Practice will be 3:00pm to 5:00pm

Varsity/some JV - mostly all 10th-12th graders

Dryland practice 4:15 to 4:50pm either outside/in Weightroom

Pool Practice 5:00pm to 7:30pm

DIVING PRACTICE (ALL GIRLS INTERESTED IN COMPETING IN DIVING)

11:00am to 1:30/2pm Monday thru Thursdays

8:00am to 10:30am Fridays

******Sam has the exact schedule for the divers which may vary according to her schedule slightly******

*****JV/VARSITY WILL ALSO HAVE PRACTICE ON MONDAY, SEPTEMBER 6TH (LABOR DAY EVENING) FROM 5-7pm....SORRY BUT WE HAVE A MEET ON TUESDAY, SO WE NEED TO GET IN TO STRETCH/CONDITION.**

****We know these times are different and might be a little upsetting for some of you, but it's the only way we can arrange practice with 35+ girls in a 4 lane pool and our work schedule. We want to keep the girls in lanes of 5 people or less so every yard counts.**

****THERE WILL BE TIME TRIALS DURING THE PRE-SEASON AND PERIODICALLY WITH SWIM-OFFS DURING THE SEASON TO DETERMINE YOUR PRACTICE GROUP.**

SCHOOL YEAR PRACTICE SCHEDULE:

THESE PRACTICE TIMES MUST BE KEPT PROMPTLY AS LISTED!!!! EACH SWIMMER WILL BE EXPECTED TO BE DRESSED AND IN THE WATER AT THE START TIME LISTED. ANYONE NOT READY TO GO AT THE START WILL BE ASKED TO LEAVE PRACTICE FOR THE DAY AND IT WILL BE CONSIDERED AN UNEXCUSED ABSENCE. IF YOU HAVE A NOTE FROM A TEACHER OR PARENT YOU WILL BE ALLOWED TO PRACTICE, NO EXCEPTIONS THIS YEAR. SORRY FOR THE STRICT RULES, BUT DANA AND I WILL ALREADY BE AT PRACTICE FOR 5 HOURS A DAY AND DON'T HAVE A MINUTE TO WASTE OF OUR TIME, YOUR TIME OR YOUR PARENTS TIME.

****An unexcused absence means you will not be allowed to swim in the next meet, and it can affect your lettering potential for the end of the season.**

JH PRACTICE/some JV PRACTICE (mostly all 7th-9th graders)

3:15-5:00/5:15pm in the pool (some dryland done during practice)

VARSITY/some JV PRACTICE (mostly all 10th-12th graders)

4:15-4:50pm dryland/HITS/weightlifting

5:00pm-7:30pm in the pool

*****ALL SWIMMERS DO HAVE THE OPTION TO DO THE SCHOOL WEIGHT/CONDITIONING PROGRAM IN THE MORNINGS IF OFFERED INSTEAD OF BEFORE PRACTICE, BUT WE DO NEED PROOF OF ATTENDANCE*****

DIVING PRACTICE

Most likely mornings from 6:15-7:45am, but your coach Samantha Sell will let you know.

****This season Junior High Swimmers will still have their designated meets specifically for them, but they may have the chance to attend some Varsity away meets at larger pools. JV/Varsity swimmers/divers remember that the practice groups don't dictate your meet spot (ie. A swimmer in the Varsity practice may swim in a JV Heat and a swimmer from the JV practice may swim in a Varsity heat.) AND DON'T LOOK AT YOUR PRACTICE TIME AS A NEGATIVE OR POSITIVE, YOU'RE ALL TEAMMATES!!!!**

WE ARE SUPER EXCITED ABOUT THIS SWIM SEASON AND HOPE ALL OF YOU ARE TOO!!! WE ARE LEAVING BEHIND “MEDIocre” AND HEADING FOR “EXTRAORDINARY” THIS YEAR!!!

Please read thru this entire handbook with your parents so you understand our policies and expectations. Once you have read and understand everything, please sign your name, date and have your parents sign so that we know that we are all together on the same page this season.

I, _____, have read and understand the rules and policies in this handbook and those of the MSHSL. I promise to uphold these expectations and be a good teammate and upstanding athlete for the 2021 AHS swim season.

Signed (Athlete): _____ Date: _____

Signed (Parent): _____ Date: _____