

SOUTH ST. PAUL SWIMMING & DIVING



2022 Team Handbook

Welcome

Welcome to the 2022 Girls Swimming and Diving season for the South St. Paul Packers. My staff and I are extremely excited about this upcoming season. Every swimmer and diver should enjoy the experience of being a Packer athlete. This handbook will contain all the information that the swimmers and parents will need to know before the start of the season.

Coaches

Head Coach: Ty Kier

Email: ttkier@gmail.com

Assistant Coach: Celeste Grimm

Diving Coach: TBD

Coaches Philosophy

As a coach, I define success as the growth an athlete makes in developing lifelong skills during their time on our team. Athletes should have fun while developing swimming skills as well as learning to be a supportive teammate. I will work to create a culture of inclusion and teamwork.

Why we Play

The coaches intent is to intentionally provide students with the opportunities to develop life skills like:

- being responsible
- achieving their goals
- striving for excellence
- learning from mistakes and failure
- helping others succeed
- overcoming adversity
- being a contributing member of a team

Mission Statement

The mission of the South Saint Paul Activities program is to promote healthy youth development through programs that encourage participation, healthy lifestyles, development of positive attitudes and skills, and a sense of accomplishment. Consistent with the mission of the activities program, the Board of Education believes that co-curricular activities can be a vital educational experience and can contribute to healthy youth development.

Team Info

Practice times:

- Practices are held at Central Square Community Center
- During regularly scheduled school days, practice will start at 3 pm, and end by 6.
- Practice times may vary for Varsity vs. J.V.
- On non-school days athletes may have digital practice, or altered practice times.
- On non-school days some practices may be optional.

Team Equipment:

- Practice suits (backup recommended)
- Goggles (backup recommended)
- Water bottle
- Towel
- Travel Bag
- Team warm-up (will be issued – return at end of the season)
- Team Swim cap for meets (Paid with Booster Fees)
- Team suits (Order window will be announced)
- If needed: inhalers/ prescriptions (please inform the Athletics Office and Coach ASAP of all medication that a swimmer will be required to have on him.)

Activities Office

What you will need ?

Please see Activities office for the official checklist and all the forms and fees associated with it. You must have all of it in to participate on the first day of practice:

- _____ Athletic fee
- _____ Current Physical on file
- _____ Parents' Permit and Health Questionnaire
- _____ MSHSL Athletic Eligibility Statement (signed and dated)
- _____ School Dist. Additional Eligibility Form (signed and dated)
- _____ Waiver of Insurance and Media Release (signed and dated)
- _____ MSHSL Athletic Eligibility Information

Questions? Please contact Kris Nihart at (651) 457-9462.

Captains

Team Captains are an important part of our team. Captains are the bridge between Coach and Athlete. Captains provide leadership to athletes, assist younger athletes, run captains practice in the preseason, lead team building activities, help create lineups, mentor teammates, and more.

Team Captains are selected in part through an interview process with input from team voting.

Any swimmer or diver violating MSHSL drug, alcohol or tobacco policies during their high school period of eligibility will be ineligible for captain for that season.

Lettering Policy

There are three ways an athlete can letter:

1. Place in the top 16 at the Section Meet in an individual event.
2. Finish with a minimum of 36 varsity letter credits
 - Athletes earn varsity credits for placing in Varsity events during Conference Dual Meets
 - Bonus Credits are Available throughout the season:
 - Recruit a swimmer or diver = 1 credit
 - Attend all meets in their entirety = 1 credit
 - 95% of all practices = 1 credit
 - Participation in other Sports or Activities = 1 credit
 - Academic Honor Roll for Trimester 2 = 1 credit
 - Fundraise or Volunteer for the Booster Club = 1 credit
3. Coaches' discretion – a combination of years of service, year in school, attendance, improvement, attitude, and ability are all taken into account.

Any swimmer or diver violating MSHSL drug, alcohol or tobacco policies during the season will forfeit their letter. The athlete must demonstrate sportsmanship and citizenship in the opinion of the coaching staff.

End of Season:

We expect each athlete to make the team a high priority and expect a great amount of dedication and commitment. This supports the philosophy of helping our student athletes to maximize growth in the sport, academically, socially, and personally. Athletes will discuss goals with coaches periodically throughout the season.

Each athlete is expected to, and will, compete in an end of the season meet in order to complete their season. Athletes will participate in the Junior Varsity Championship Meet or the Section Meet. Some relays and individuals may qualify for the State Meet.

Section Meet

In order to participate in the Section Meet, athletes must have displayed excellent dedication, commitment, and attitude throughout the season. We are limited in the number of people who can participate at the Section Championships. There have been occasions where we do not necessarily enter the maximum entries per event since we want the individuals to be competitive at their respective championship meet. Occasionally, a swimmer may swim at both the JV Championship Meet and the Section Meet but will never swim the same event at both meets.

Awards

The following awards will be decided at the conclusion of the season:

- Most Valuable Athlete - athlete that earns the most varsity points during the season
- Young Talent(s) - 7-9th grade athlete that earns the most varsity points during the season
- Most Improved Athlete - athlete that has the most amount of time dropped or diving points increased in a single event

- Hardest worker - decided by the coaching team for the season's most dedicated athlete.

- Packer Pride Award - voted on by our athletes as an award for leadership and sportsmanship

Communication

Attendance and Absences:

Athletes are expected to be at practice everyday, if possible.

If athletes cannot be at practice, they must notify a coach at least 24 hours prior to the start of practice in order to be excused. Day-of notifications will be considered on a case-by-case basis.

To notify a coach of a known absence, please email swim4ty@gmail.com

- If an athlete is unexcused from practice, they may not be eligible to participate in the next meet.
- If an athlete is home sick from school, they are not expected to be at practice.
- If an athlete is out sick within 2 days before a meet, they will likely not participate in relay events at the meet but are still expected to participate, as able.
- Athletes must attend school the day of a meet in order to be eligible to compete.

Concerns of athletes and parents

Please communicate any question or concern with the coaching staff immediately. Coaches will intentionally strive to create an environment of equity and fairness. Our goal is to facilitate a transformative experience for the athletes. If a situation arises that needs to be addressed, I encourage athletes to address it with the coaching staff with the expectation that they will be treated fairly and with their success in mind. Parents can also reach out to coaches to address ways that our team can continue to strive for the success we all wish for our athletes.

Ongoing

Most ongoing communication will be done via email: either from the coach or the boosters. The booster email is sspswimming@gmail.com. The boosters coordinate parent volunteers who wish to support the team on meet days as a worker at the pool.

Captains may send information to the team via text. We encourage the athletes to reach out to the captains to get included.

There is a Facebook Group that often has non-essential content that is team related:

SSP Swim & Dive Teams

Expectations

Responsibilities of Athletes:

- You are a student first! All homework, studying, and any other school events come first. Plan accordingly with meet and practice schedules. You can be held out of meets and practices for academic reasons.
- Represent South St. Paul, South St. Paul School District, Metro East Conference, and Minnesota State High School League by following all rules and regulations.
- Respect your coaches, teammates, opponents, officials, and volunteers.
- Set goals
- Give your best effort and attitude
- You are expected to follow any and all laws stated by Federal and State Agencies as well as the Minnesota State High School League. Additional information available at: www.mshsl.org

Responsibilities of Parents:

Parent's are expected to provide support to their student athletes' involvement with the team at practices and meets. Encouraging a healthy lifestyle with sleep and nutritional food will enhance our athletes' experience and help to reach their goals. Please help support the South St. Paul Swimming and Diving program by volunteering your time at swimming and diving events.

Meet expectations:

- It is expected that you arrive on time to help with set up and stay after the meet for take down
- Be respectful towards teammates, coaches, opponents and officials
- Show good sportsmanship
- Stay and cheer on your team, no leaving early unless permission has been given
- Wear team suit, warm-up, and team swim cap
- Limit cell phone use during the meet
- Support your teammates

Travel:

Every athlete is expected to travel to and from an athletic event with the team. Exceptions can be made by the coach. Written permission from the athlete's parent/guardian to the athletic office prior to the meet is necessary for an athlete to travel home from the meet other than on the bus.

COVID Procedures

Our main priority is keeping our athletes and community safe. The information passed down to our school can change our policies as a result of new data and research. As a result, our schedule and protocol may change. The coaches will prioritize athlete safety as our first concern. Here are some expectations to improve the chances that we will complete the season.

- Coaches will document attendance, lane assignments, and transportation so we can do contact tracing quickly
- Monitor your health - use the guidance that SSP has published about how you're feeling. **If you are not feeling well, please do not attend practice!**
- Guidelines may change as the season progresses. Check with the district or state for any updates to guidelines.

Participants agree that if he/she is exposed to, or infected by, COVID-19 during the period of participation, they will immediately cease participation and follow Minnesota Department of Health protocols for schools and activities. The MSHSL Graduated Return to Sport protocol is recommended following a diagnosis.

		<i>week of:</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17								
18	GIRLS WEEK 1	8 / 1 5	8a-12p	7-10a	8a-12p	7-10a	xxx	
19	GIRLS WEEK 2	8 / 2 2	8a-12p	7-10a	8a-12p	practice 7-10a CONF RELAYS	PRACTICE MEET 3-8p	
20	GIRLS WEEK 3	8 / 2 9	8a-12p	vs LILA vs MPA/ SCPA 3-8p	8a-12p	vs TART 3-8pm	7-10a	
21	GIRLS WEEK 4	9 / 5	3-6pm	3-6pm	3-6pm	@HM	3-6pm	
22	GIRLS WEEK 5	9 / 1 2	3-6pm	3-6pm	3-6pm	@NORTH	3-6 CC	TARTAN INVITE
23	GIRLS WEEK 6	9 / 1 9	3-6pm	vs Park	3-6pm	vs MAHT 3-8pm	3-6p	
24	GIRLS WEEK 7	9 / 2 6	3-6pm	3-6pm	3-6pm	vs SIML 3-8pm	3-6p	
25	GIRLS WEEK 8	1 0 / 3	3-6pm	@CH	3-6pm	@HAST	3-6pm	8a-12p
26	GIRLS WEEK 9	1 0 / 1 0	3-6pm	3-6pm	3-6pm	@TRVR	practice 3-6pm True Team	True Team
27	GIRLS WEEK 10	1 0 / 1 7	3-6pm	3-6pm	3-6pm	6-10a	6-10a	8a-12p
28	GIRLS WEEK 11	1 0 / 2 4	3-6pm	vs COMO 3-8pm	3-6pm	practice 3-6pm JV CONF	3-6pm	HASTINGS INVITE
29	GIRLS WEEK 12	1 0 / 3 1	3-6pm	3-6pm	3-6pm	3-6pm	3-6pm	8a-12p
30	GIRLS WEEK 13	1 1 / 7	3-6pm	12p-4p	**SECTION MEET**			
31	GIRLS WEEK 14	1 1 / 1 4	3-6pm	3-6pm	**STATE MEET**			

