

The logo features a stylized wolf's head in white and grey, centered within a grey shield-like shape. The wolf has a determined expression with its tongue slightly out. Above the wolf's head is a solid grey rectangular block.

AHS Swim & Dive Team 2023

AHS Team Philosophy

We coach to develop young athletes to be their best in both swimming and life and strive to be strong adults with great integrity, empathy, respect and the ability to deal with challenges that may come up while never giving up on their goals.

Albany High Swim & Dive Team Expectations

Standards of Excellence:

- As part of the AHS Swim & Dive team you will be held to higher standards not only in the pool, but in the classroom and public. Everything you do reflects directly on AHS and the AHS Swim & Dive team.
- We expect that you will give 100% in all meets AND practices. Make sure every time you leave the pool you have given your best.

Good Character:

- The sport of swimming can teach you important life skills such as integrity, dedication, self-control, and compassion. We expect all swimmers and divers to represent these values at all times.

Academics

- You are a student first. Academics always come before swimming and diving.
- Poor grades/missing assignments will result in missing practice to make up or improve grades.
- You are expected to perform to the best of your abilities in the classroom as well as the pool. Give it your all because anything else is a waste of your time, as well your teachers' and coaches' time.

Respect

- We expect all swimmers and divers to be respectful not only to the coaches, but also to your teammates, parents, teachers, opponents, officials, and yourself.
- Remember everywhere you go, you are a representative of AHS and the AHS Swim & Dive Team.
- 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 practices.

Team Player

- Swimming is unique because although most 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 all athletes to stay on the pool deck throughout the meet and be cheering for the others on the team if they are not in that event.
- Cell phones will NOT be allowed on deck during meets or practices.

Practice

- Every practice is mandatory and you are expected to be there on time and ready!
- If you are sick or have to leave school early please have one of your parents send a message on Remind to Coach Dana ASAP. We will not accept messages from students about attendance issues.
- If you will be late or miss practice due to making up missed school work please let Coach Dana know before your absence, if possible.
- Absences due to pre-planned vacations or obligations need to be communicated by a parent to Coach Dana in advance if possible.
- Unexcused absences from practices will result in missed competition.
- Time trials will be held frequently to determine JV/Varsity lineups for meets.

Attitude

- Attitude is one thing that you have complete control over. Please come to every practice and meet with a positive attitude. A positive attitude will go a long way in helping improve the performance of not only yourself but your teammates as well.

Enjoy the season and trust the process

- The swimming and diving season is one of the longest and hardest of all the sports. Trust in yourself, your coaches, and your teammates to push you to attain your goals. Live in the moment and enjoy your time on the team as it will go by quickly!

Swimmers and divers can expect the following from their coaches:

- Coaches will give 100% at every practice and meet.
- Coaches will be an advocate for every swimmer and diver in and out of the pool.
- Coaches will treat every swimmer and diver with the dignity and respect they deserve.
- Coaches will set high expectations for each swimmer and diver.

All Athletes will be expected to follow the guidelines within the Student Activities and Handbook as well.

Coach Dana's Contact Information:

Cell Phone : 320-493-6758

Email: dana.crumley@gmail.com

Thru the Remind app : @ 2k3h8 (same as old one)

Lettering Requirements

A Varsity Letter is an honor that must be earned. Receiving a Varsity Letter is earned through a combination of 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/Diving:

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 150 points or more during the 2023 swim and dive season is needed. Divers will need to dive varsity for at least 75% of the meets and earn a total of 100 points or more. Both swimmers and divers must also finish in good standing with the team.

Points are awarded as follows:

Varsity Swims

Varsity swim win = 3 points (½ points awarded for relays)

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 1 time from this list = 20 points

Each additional qualifying time = 5 more points

Coaches will choose your events for meets. Because our team size is smaller this year, you may be asked to swim different events than what had been your “usual” in the past.

Attendance

Each swimmer/diver is expected to attend all swim/dive practices and meets and dryland training sessions. We expect all swimmers/divers to arrive on time and in proper attire. Swimmers should be on deck with all equipment at the time practice starts. Standing around on deck or in the locker room is NOT on time.

Attendance will be taken at all practices and dryland. Weightlifting before or after school is optional but dryland is mandatory.

Unexcused absences may result in missed competitions.

1 unexcused practice = you will not compete in the following meet

3 unexcused practices = you will not be a member of the team any longer

An **Excused** absence is a note given in writing or sent on Remind to Coach Dana before practice starts (includes pre-planned absences). If you are ill during the day and need to leave school please have one of your parents send a message to Coach Dana to let her know. Do not come to practice if you are too ill to be in school. If there is a meet the day after you are ill, you will not be swimming in the meet.

Please inform Coach Dana ASAP if you know you will be missing a meet. One swimmer's absence affects other swimmers events and relays so the sooner we know the better.

Academics

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

2023 AHS Swim/Dive Practice Schedule (Both Pre-Season and School Year)

Each swimmer needs a one piece swimsuit, swim cap, goggles, towel, tennis shoes and workout clothes for dryland, and toiletries for showering after practice and meets.

Junior Varsity Practice—determined by coaches)

Pool Practice from 3:15pm to 4:30pm (M-F)

Dryland on pool deck from 4:45pm to 5:00pm (M,W,F only)

Varsity Practice—determined by coaches)

Pool Practice from 4:30pm to 6:30pm (M-F)

Dryland on pool deck from 3:45pm to 4:15pm (M,W,F)

Diving Practice –TBD but probably after Varsity Practice is done (6:45pm)

**Any changes for the weekly practice schedule will be communicated at practice and on Remind.

*There will also be **Varsity Practice only** on Monday, September 4th from 4:00 pm to 6:00pm.

SECTION QUALIFYING TIMES

2023

(New updated times)

200 Medley Relay	One Relay per school
200 Freestyle	2:20.0
200 I.M.	2:37.5
50 Freestyle	:28.0
Diving	140 points
100 Butterfly	1:13.5
100 Freestyle	1:02.0
500 Freestyle	6:18.0
200 Free Relay	One Relay per school
100 Backstroke	1:14.0
100 Breaststroke	1:21.5
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 Standards

(Must be attained at the Section Finals Meet)

200 Medley Relay	1:53.65
200 Freestyle	2:00.16
200 I.M.	2:15.66
50 Freestyle	:25.08
100 Butterfly	1:00.32
100 Freestyle	:54.73
500 Freestyle	5:25.16
200 Free Relay	1:42.40
100 Backstroke	1:01.76
100 Breaststroke	1:09.38
400 Free Relay	3:45.49

ALBANY HUSKIES SWIM & DIVE 2023

DATE		SITE	TIME	OPPONENT
8/29	Tue	T	6:00p	Becker Relays
8/31	Thur	H	1:00p	Sauk Centre
9/5	Tue	Minnewaska	6:00p	Morris/Minnewaska
9/7	Thur	H	5:00p	Melrose
9/14	Thur	H	6:00p	Ogilvie/Mora
9/16	Sat	West Fargo	10:30a	Border Battle
9/21	Thur	T	6:00p	Little Falls
9/28	Thur	H	6:00p	Foley
10/3	Tue	T	5:30p	Becker
10/5	Thur	SJU	6:00p	Cathedral
10/10	Tue	T	6:00p	St. Cloud Apollo
10/12	Thur	T	6:00p	Milaca
10/17	Tue	H	6:00p	Litchfield
10/23	Mon	H	6:00p	Holdingsford
10/28	Sat			GRC Meet
11/9-		St. Cloud Tech		Section Meet
11/11				Section Meet

7th & 8th Grade

9/7	Thur	H	5:00p	Melrose
9/11	Mon	Foley	6:00p	Foley, Ogilvie/Mora
9/23	Sat	Sauk Centre	10:00a	Sauk Centre Invite
10/2	Mon	Milaca	6:00p	Milaca, Little Falls
10/16	Mon	Milaca	4:00p	GRC JV Meet

AHS Swimming and Diving Team Signature Sheet

I have read, understand, and accept the AHS Swim & Dive expectations. By signing below, I agree to follow the rules and guidelines set forth in this handbook, and to accept the consequences for not following these guidelines handed down by the AHS Swim & Dive Program. I also understand that one parent/guardian signing holds both to this agreement.

Swimmer/Diver : _____(print name)
_____ (signature) Date: _____

Parent/Guardian: _____(print name)
_____ (signature) Date: _____