

# Austin Girls Swim and Dive 2023

*“There are no secrets to success.  
It is the result of preparation, hard work, and learning from failure”—Colin Powell*

**Coaches:** Alexa Dolan Peterson (co-head), Ryan Kelly (co-head), Amanda Hemry (assistant swim), Anna Anderson (diving)

**Email:** alexa.dolan@austin.k12.mn.us ; ryan.kelly@austin.k12.mn.us

**Remind:** via text: @b6932f to 81010

Via web: <https://www.remind.com/join/b6932f>

**Important Dates:** Aug 7-11: Supervised pre-season “captains’ practices” at Ellis pool from 9:00-10:30 a.m.  
Aug 7: Fall Sports Meeting—Austin High School, Christgau Hall, 6:00 p.m.  
Aug 13: Kick-off Party & Parents’ meeting for athletes and families at Veteran’s Pavilion 6:30-8:00 p.m.  
Aug 19: Practice 8:00-11:00, team pool party at Tobak’s house after practice  
Aug 29: First Meet—HOME against Tri-City United  
Sept 16: Cougar Relay Meet in Mankato—Varsity only meet, no practice for other athletes  
Sept 30: Austin Packer Invite (team fundraiser, helpers needed)  
Oct 13&14: True Team Diving (13<sup>th</sup>), True Team Swimming (14<sup>th</sup>)—Varsity and most JV athletes attend  
Oct 27&28: Varsity Big 9 Diving (27<sup>th</sup>), JV Big 9 Diving, JV & Varsity Big 9 Swimming (28<sup>th</sup>)  
Nov 8-10: Section Swimming (8<sup>th</sup> & 10<sup>th</sup>) NOON START, Lakeville; Section Diving (9<sup>th</sup>) Location/Start: TBD  
Nov 16-18: State Meet, Minneapolis—Noon Start all days

**Practices:** Bud Higgins Pool @ Ellis Middle School. 4:00-6:15 p.m. M-F, Sat 8:00-11:00 a.m.

**Who we are:** The Austin Packers Swim and Dive Program has a longstanding reputation of being a program with great students, competitors, and people. We do not have tryouts; we do not cut; and we do not sit people. We ask our athletes to work hard and push one another. We value a positive attitude and commitment to hard work as much as we do athletic ability. Our coaches value and focus on the improvements of the girls above and beyond their wins/losses/finishes in a given meet.

**Participation:** Our dual meets will have a place for all athletes who are able to swim 50 yards legally and without assistance. All participants have the ability and expectation to improve as the season progresses. We will focus on 3 goals for every athlete, every week.

- 1) **Compete:** Do your absolute best each day; race, perform and give full effort!
- 2) **Be technique-focused:** Train and compete with technique in mind. Doing this will lead to improvements!
- 3) **Reach for goals:** Whether the goal is a season/personal best or something else, go get it!

The primary emphasis on this team is not the win vs the loss; it’s the growth. This isn’t to say that we don’t care about winning; we do! Winning is fun and we love to win swim meets, but even when we lose a contest, we focus on the positive accomplishments of the athletes. There will always be personal bests, drops in time, and higher diving scores to celebrate.

**Contests:** Our athletes will compete in our dual meets (9) as an entire team. Weekend invitational meets (3), as well as Big 9, True Team, and Sections have limited entries, so only the top 3 or 4 swimmers/divers can participate. Athletes will usually know a week prior to the meet whether they are going. If your swimmer cannot be at a meet, let Coach Dolan or Coach Kelly know ASAP via email or Remind. Sudden changes in a lineup can cause a major domino-effect as it moves people through events/relays to cover for that absence. If you are going to be unable to make an invite, knowing early will allow to bring a younger swimmer who may not have had the chance otherwise.

For our home dual meets; we ask that all athletes are at the pool with their suit on no later than 1.5 hours before the start of the meet. The girls are expected to help with meet set-up before the meet and tear down afterwards. We also need

parents/family/friends to help with concession stand duty, announcing the meet, timing, and running the computer/scoreboard. If you have never helped before, we have plenty of experienced parents to help you learn the jobs.

**Practice:** Practice is crucial to success. Athletes are expected to be on deck, dressed, and ready to get to work when practice starts. Drivers and rides can be coordinated for high school students from AHS to Ellis during the school week. It is the responsibility of athletes and families to get athletes to practice on Saturdays and non-school days. A full schedule of practice dates and times is available for all athletes and parents. Electronic copies will be emailed and paper copies are available.

Practice will have a dry-land portion to it. Dryland is NOT meant as a means of grand muscle building or massive gains in agility. Dryland is mostly preventative medicine. While athletes will get stronger and more explosive from dryland training, the most important goal of our daily exercises is to limit injuries to shoulders, knees, and hips by strengthening the smaller stabilizer and antagonist muscle groups that are often not stressed in other activities.

**Attendance:** Attendance in school is a must. Be on time to class, ready to work. Excellence is a mindset—and it is not one you can just turn off and on. Take pride in your schoolwork, and everything else will fall into place. **YOU MUST BE IN ATTENDANCE IN SCHOOL THE ENTIRE DAY OF A COMPETITION and THE FOLLOWING DAY.** If a student has an unexcused absence on a meet day, they are not eligible to compete that night. Absences that are excused for activities for the high school activities department are funerals, medical appointments, court, and school field trips/events.

Attendance at practice and meets is also a must. Athletes are expected to attend every practice. If you are going to be absent or late, athletes are expected to contact Coach Dolan or Kelly prior to the absence. If you are finishing/making up something with a teacher after school, please bring a pass when you get to practice. Unexcused absences (or excessive tardies) may result in a swimmer being deemed ineligible for competition by the coaching staff and/or the AHS athletic department.

**Eligibility:** When athletes sign up as a member of this team, they make a commitment to follow the rules set forth by the Minnesota State High School League and Austin High School. Violations of rules may result in loss of eligibility, which could be one contest or much longer. Violations that could result in loss of eligibility include poor academics, any illegal substance use, attendance, and behavior issues. Athletes must be in school all day on the day of a contest and the day following a contest. Medical notes must be provided to the activities office if your athlete visits the doctor the day of or day after a meet and misses any amount of school. The coaching staff's expectation for the athletes is to show good character on and off the pool deck, meaning that if a student is serving ISS, she will not be eligible to compete with her teammates but will be expected to show up to the scheduled meet and practice. If there are questions or concerns about this policy, please see one of the coaches.

### **New This Season—Leadership Focus for all Athletes**

Developing leadership skills in our athletes is important. Involvement in sports and other extracurricular activities is a great place for students to build life-long skills that go beyond physical, musical, and artistic. The swim and dive program is leading the way this season by creating a “leadership group” of interested athletes in grades 10-12. These athletes have chosen the following four leadership traits to focus on this season: **Be a Teammate, Choose a Positive Attitude, Take Risks, and Seek Improvement.** Our student-leaders, with the support of coaches, will be playing an active role in running team-building activities and assisting with day-to-day procedures. Our hope is that by focusing on leadership skills with more of our athletes, we can make our very diverse team of individuals feel more like a family.

What to bring to practices:

1. One-piece competitive-style swimsuit (Swimoutlet.com is a great place to order cheap practice suits.)
2. Water bottle, labeled with name
3. Goggles (swimmers only) and Swim Cap (most swimmers wear one/divers, optional)
4. Towel
5. Healthy snack to eat before practice starts or during a short break (Breaks occur during 2.5-3 hour practices only.)

## 2023 Team Lettering & State Cut Times

<b>Team Lettering Times</b>	<b>Events</b>	<b>2023 State Cut Times</b>
One Per Team	<b>200 Yard Medley Relay</b>	1:53.63
2:21.99	<b>200 Yard Freestyle</b>	2:00.16
2:41.99	<b>200 Yard Individual Medley</b>	2:15.66
29.59	<b>50 Yard Freestyle</b>	25.08
Four Per Team w/ 11 dives	<b>1 Meter Diving</b>	Top Four at Sections
1:17.99	<b>100 Yard Butterfly</b>	1:00.32
1:04.99	<b>100 Yard Freestyle</b>	54.73
6:29.99	<b>500 Yard Freestyle</b>	5:25.16
One Per Team	<b>200 Yard Freestyle Relay</b>	1:42.40
1:15.99	<b>100 Yard Backstroke</b>	**1:01.76
1:25.99	<b>100 Yard Breaststroke</b>	1:09.38
One Per Team	<b>400 Yard Freestyle Relay</b>	3:45.49

The State qualifying standards for each swimming event is established by taking the three-year average of the 16<sup>th</sup> fastest time of the state meet preliminaries at the U of M Aquatic Center. The standard may not deviate more than 1% up or down in any given year.

## Nutrition:

In order to reach your peak performance, you not only have to train hard during practice, but you have to fuel your body so that you can achieve that peak performance.

### Carbohydrates:

#### Why Carbohydrates are important:

- Carbohydrates are best known for their ability to give the body energy
- Carbohydrates are stored in the form of glycogen in muscles, after a hard workout these stores are depleted and must be refilled by eating carbs in order to be ready for the next workout

#### When to consume carbs

- To get the most use of carbs it is beneficial to consume them 1-2 hours before a workout, depending on the source.
- Consuming complex carbs after a workout will help the body replenish glycogen stores in the muscles, which will help ensure that you are ready for the next workout or race

#### Types of carbs

- Carbs are found in most foods that we eat on a daily basis, however in varying amounts and forms
- For example both fruit and vegetables contain carbs, however the carbs in fruit are in the form of sugar whereas the carbs in vegetables are in the form of starch and fiber
- Grains are almost solely comprised of carbs, while beans and legumes are mostly carbs with a bit of protein
- Each source of carbohydrate can be beneficial at different times. Fruit can be great right before a workout or during a swim meet when you need a quick energy boost but shouldn't be your main source of carbs. Vegetables are great because of their low sugar content however some may find that high fiber foods immediately before a workout or during a swim meet may not suit them.

### Protein

#### Why Protein is important

- In the body protein gets broken down into individual amino acids which are then used to repair muscle tissue
- Without adequate protein intake an athlete's muscles will be unable to repair and get stronger, which can result in a plateau in training and performance.
- Protein needs vary depending on factors such as the size of the individual and how often they are exercising
- Excellent sources of protein include chicken, lean beef, fish, eggs, nuts, beans, and dairy products
- Protein must be accompanied with carbs for optimal recovery. A 3:1 carb to protein ratio is ideal.

#### Protein Powders

- Protein Powders can be useful for athletes that are doing high amounts of training and are struggling to get in enough protein. However that doesn't mean that everyone needs to be using them all the time.
- When using a protein powder it is extremely important that the proper research is done before hand to ensure that you are using a quality brand that is free of additives, excess sugars and fillers.

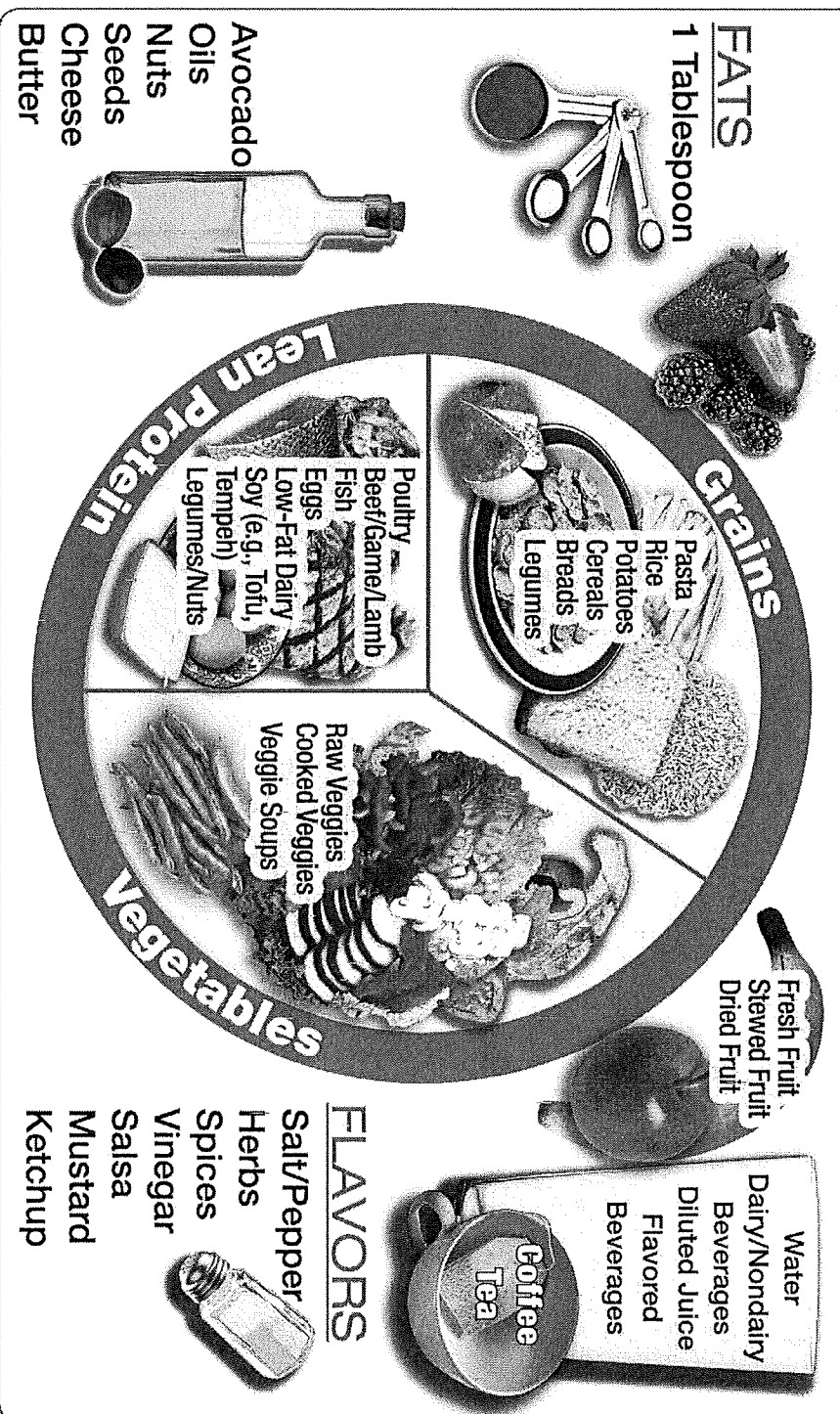
#### Hydration - Proper hydration is important when it comes to recovering properly for many reasons

- Hydration refers to more than just water but also the replenishment of electrolytes
- Replenishing electrolytes is important for not only rebuilding muscle but also helping to avoid muscle cramps as well as maintaining mental clarity and focus
- Dehydration causes the harder your heart has to work, resulting in a perceived higher exertion rate due to an elevated heart rate
- The simplest way to check your hydration status is by looking at your urine - the more clear it is the more hydrated you are

**Fats:** Fats are important. You need them to absorb and process certain nutrients and vitamins. Some fats should be consumed with each meal, but you may want to avoid these pre-race.

# ATHLETE'S PLATE

## MODERATE TRAINING:



The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCS) Sport Nutrition Graduate Program.  
For educational use only. Print and use front and back as 1 handout.

**Austin Girls' Swimming and Diving  
August 2023**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	July 31	1	2	3	4	5
6	<b>7</b> Captains Practice (Ellis) 9:00-10:30 a.m. <b>*Fall Sports Mtg.</b> <b>6PM AHS</b>	<b>8</b> Captains Practice (Ellis) 9:00-10:30 a.m.	<b>9</b> Captains Practice (Ellis) 9:00-10:30 a.m.	<b>10</b> Captains Practice (Ellis) 9:00-10:30 a.m.	<b>11</b> Captains Practice (Ellis) 9:00-10:30 a.m.	12
13 6:30-8:00 p.m. <b>Season Kick-Off and Parents' Meeting at Veterans Pavilion</b>	<b>14</b> Practice Varsity 7:00-9:30 AM  JV/Ellis & Divers 4:00-6:15 PM	<b>15</b> Practice Varsity 7:00-9:30 AM  JV/Ellis & Divers 4:00-6:15 PM	<b>16</b> Practice Varsity 7:00-9:30 AM  JV/Ellis & Divers 4:00-6:15 PM	<b>17</b> Practice  Whole Team 4:00-6:30 PM	<b>18</b> Practice Varsity 7:00-9:30 AM  JV/Ellis & Divers 4:00-6:15 PM	19 Practice Varsity 8:00-11:00 AM JV/Ellis 9:00-11:00 AM Team Party at Tobak's House
20  <b>Please attend conferences before or after practice time.</b>	<b>21</b> Practice 4:00-6:30 PM  <b>12-4pm &amp; 5-9pm AHS Conferences</b>	<b>22</b> Practice 4:00-6:30 PM	<b>23</b> Practice 4:00-6:30 PM  <b>12-8pm Ellis Conferences</b>	<b>24</b> Practice 4:00-6:30 PM	<b>25</b> Practice 4:00-6:30 PM	26 Practice  Varsity 8:00-11:00 AM  JV/Ellis 9:00-11:00 AM
27	<b>28</b> <b>1<sup>st</sup> Day of School</b>  Practice 4:00-6:15 PM	<b>29</b> <b>Home Meet vs TCU</b> 6:00 start time  Athletes on deck at 4:15 p.m.	<b>30</b>  Practice 4:00-6:15 PM  Pasta Party	<b>31</b> <b>Away Meet vs Owatonna</b> 6:30 start time  Location: Middle School		

**Austin Girls' Swimming and Diving  
September 2023**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Practice 4:00-6:15	<b>2</b> No Practice— Labor Day Weekend
<b>3</b>	<b>4</b> <b>Labor Day</b>  Practice 5:30-7:00	<b>5</b>  Practice 4:00-6:15	<b>6</b>  Practice 4:00-6:15	<b>7</b> <b>Home Meet vs Roch. Century</b> 6:30 start time  Athletes on deck at 4:45	<b>8</b>  Practice 4:00-6:15	<b>9</b> Practice Varsity 8:00-11:00 JV/Ellis 9:00-11:00
<b>10</b>	<b>11</b> Practice 4:00-6:15	<b>12</b> Practice 4:00-6:15	<b>13</b> Practice 4:00-6:15	<b>14</b> <b>Away Meet vs Mankato East</b> 6:30 start time Location: East High School	<b>15</b> Practice 4:00-6:15	<b>16 Cougar Relays Varsity Only Meet</b> Dive: Noon Swim: 2:00  Location: East High School
<b>17</b>	<b>18</b> Practice 4:00-6:15	<b>19</b> Practice 4:00-6:15  Team Pictures	<b>20</b> Practice 4:00-6:15	<b>21</b> <b>Home Meet vs Red Wing</b> 6:30 start time  Athletes on deck at 4:45	<b>22</b> Practice 4:00-6:15	<b>23</b> Practice Varsity 8:00-11:00 JV/Ellis 9:00-11:00
<b>24</b>	<b>25</b>  Practice 4:00-6:15	<b>26</b>  Practice 4:00-6:15	<b>27</b>  Practice 4:00-6:15	<b>28</b> <b>Home Meet vs Faribault</b> 6:30 start time  Athletes on deck at 4:45	<b>29</b>  Practice 4:00-6:15  Pasta Party	<b>30 Austin Invite</b>  <b>Diving</b> 8:30 start time  <b>Swimming</b> 12:00 start time

**Austin Girls' Swimming and Diving  
October 2023**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>Homecoming Week at AHS</b>	2 Practice 4:00-6:15	3 <b>Away Meet vs Roch. JM</b> 6:30 start time Location: JM High School	4 Practice 4:00-6:15	5 Practice 4:00-6:15	6 Choose <u>one</u> practice 6:00-7:30 AM 4:00-5:30 PM	7 Practice Varsity 8:00-11:00 JV/Ellis 9:00-11:00
8	9 Practice 4:00-6:15	10 <b>Home Meet vs Rochester Mayo</b> 6:30 start time  Athletes on deck at 4:45	11 Practice 4:00-6:15	12 Practice 4:00-6:15  Pasta Party	13 <b>True Team Diving Northfield Middle School</b> Start Time TBD	14 <b>True Team Swim Northfield Middle School</b> Start Time TBD
15	16 Practice 4:00-6:15	17 <b>Away Meet vs Winona</b> 6:30 start time Location: Swim: High School Dive: Middle School	18 Practice 4:00-6:15 *End of season for athletes not moving on to Big 9 or JV Big 9	19  Practice 8:30-10:30	20  No practice	21  No practice
No School—Education MN Break						
22	23 <b>Big 9/JV Big 9 Participants</b>  Practice 4:00-6:15	24 Practice 4:00-6:15	25 Practice 4:00-6:15	26 Practice 4:00-6:15  Pasta Party	27 <b>Big 9 Diving Northfield MS</b> Start time TBD  Swim Practice 4:00-6:15	28 <b>Big 9 Meets</b> <b>JV- 9:30 AM</b> <b>Swim: Rec Center</b> <b>Dive: Century HS</b>  <b>Varsity-3:00 PM</b> <b>Swim: Rec Center</b>
29	30 <b>Section Team</b> Practice 4:00-6:15	31 Practice 4:00-6:15				



**Austin Girls' Swimming and Diving  
November 2023**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Practice 4:00-6:15	<b>2</b> Practice 4:00-6:15	<b>3</b> Practice 4:00-6:15	<b>4</b> Practice 8:00-11:00
<b>5</b>	<b>6</b> Practice 4:00-6:15	<b>7</b> Practice 4:00-6:15	<b>8</b> Noon Start <b>Swimming Only</b> Section Prelims Lakeville South  <b>Section Diving Practice</b> 4:00-6:15	<b>9 Diving Only</b> Section Prelims, Semi-finals, Finals  Location & Start Time TBD <b>Swim Practice</b> 4:00-6:15	<b>10</b> Noon Start <b>Swimming Finals</b> Section Finals Lakeville South	<b>11</b> State Practice 8:00-11:00 AM
<b>12</b> <b>Swim &amp; Dive Banquet</b> <b>Details TBD</b>	<b>13</b> State Practice 4:00-6:15	<b>14</b> State Practice 4:00-6:15	<b>15</b> State Practice 4:00-6:15	<b>16</b> <b>State Diving Prelims</b>  U of M 12:00 start	<b>17</b> <b>State Swimming Prelims</b>  U of M 12:00 start	<b>18</b> <b>State Swim &amp; Dive Championships</b> U of M 12:00 start
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		