



TEAM HANDBOOK  
2023-2024

# Zizzer Handbook Table of Contents

Introduction	3
Coaches	4
Tryout Requirements	5
Expectations (Coaches, Swimmers, Captains, and Parents)	6
Equipment/Apparel (provided and needed)	7
Code of Conduct	8
Captain Application	9
Team Goals	10
Individual Goal Sheet	11
Meet Schedule	12
Practice/Meet Schedule	13-15
Meet/Practice Travel	16
Maps/Directions to Meets	17-40
Overnight Meets (include who goes to State)	41
State Qualifying Standards (including break time)	42
White Cap Standards (Varsity Meet Standards)	43
School Records	44
School Top 10 Performance List	45-46
Varsity Lettering Requirements	47
Team Awards	48
Useful Websites	49
NISCA Academic All-America Requirements	50-51
NISCA All-America Requirements	52
NISCA Scholar Team Requirements	53

## WELCOME!

Welcome to the West Plains High School Zizzer Swim Team! I am looking forward to an outstanding year for both boys and girls swimming. You have joined a team that has proven success at the highest levels and is destined to have more. Last year, the boys and girls saw a historic year at all levels.

So that's the past. Let's look to the future! I am excited to continue this success and see what each member of the Zizzer Swimming family can and will accomplish this year. With commitment and hard work, we will have great success. It is not going to be easy. Those mid-season blues may hit hard, but we will fight through and rise above the tough times to find success at the end of the season. My hope for each of you is that you find your own greatness and truly enjoy the sport of swimming.

This packet outlines hopefully everything you will need for this season. I have tried to consider all aspects of Zizzer Swimming and what each coach, parent, and swimmer needs or wants to know. Of course, if there is something missing, let me know, and I will make alterations for future years after getting the information out to you for this year. My goal is to be transparent about all aspects of Zizzer Swimming.

# Let's have a great season!!

# GO ZIZZERS!

## ZIZZER COACHES

### **Ryan Smith (Head Boys and Girls Coach)**

Coach Smith has been the Head Coach for West Plains High School swim teams since 2017. He also coached Liberty (Mountain View) High School swim teams 2015-2022. He has 12 years of competitive swimming in Jefferson City, MO in leagues/conferences including USS/USA, YMCA, and Mid-MO. He has 20 total years of coaching experience. He currently teaches in the math department at West Plains after 11 total years at Liberty-MV (8 in choral music/theater and 3 in 7<sup>th</sup> grade math). He is a graduate of Western Governors University (Master of Arts in Mathematics Education), Drury University (Bachelor of Music Education), and Jefferson City High School.

### **Sheila Sparks (Assistant Boys Coach)**

Coach Sparks has been the Assistant Boys Coach for West Plains High School since 2017 and was the Assistant Girls Coach 2018-2021. She has 23 years teaching experience in Special Education. She is currently the Student Working At Transition Teacher at West Plains High School. Mrs. Sparks has a Bachelor's Degree in Education with certification K-12 and Early Childhood.

# Zizzer Swim Team Requirements

## 2023-2024 School Year

Varsity swim teams are limited to 16 boys and 16 girls.

All swimmers wanting to be on the swim team must come to the first week of practice. At the end of the first week, swimmers must be able to meet the following criteria to be considered for the Varsity team:

- Legally swim at least 3 of the 4 competitive strokes.
- Swim a 50 Freestyle with a flip turn and no stops in under 45 seconds.
- Swim a 200 Freestyle without stopping.
- Swim a 100 of a second competitive stroke legally without stopping.
- Have a positive attitude and actions at all practices.
- Be able to commit to practices and meets.

Other criteria such as speed, being able to legally swim all 4 competitive strokes, and endurance will be considered if more than 16 can complete the above criteria.

Swimmers unable to complete the above criteria or not making the top 16 will be allowed to practice during times in which all lanes of the pool are available.

Final decisions and team numbers are at the Head Coach's discretion.

Sincerely,

Head Coach Ryan Smith  
Boys' Assistant Coach Sheila Sparks  
Girls' Assistant Coach Kourtney Stockton

# Expectations

## Coaches

Coaches will

- be transparent with swimmers and parents.
- be present and available for all practices and meets.
- utilize expertise to better Zizzer Swimming.
- dedicate themselves to the swimmers' growth as a student, swimmer, and person.

## Swimmers

Swimmers will

- be present at **EVERY** practice and meet.
- put forth their best effort at every practice and in every race.
- dedicate themselves to improving technique and speed.
- work to grow as a student, swimmer, and person.

## Captains

Captains will

- be a leader in and out of the pool.
- support the goals of the team and help to achieve them.
- encourage each teammate to be the best and help them in any way they can.
- be the biggest cheerleader and supporter of the team at meets.

## Parents

Parents will

- be supportive of their swimmer, the team, the coaches, and Zizzer Swimming.
- commit to making sure their swimmers are at practice on time and are picked up on time.
- help with fundraising, time at hosted meets, and help provide snacks/drinks for meets.
- cheer on their swimmer and the team in all meets (whether at the meet or from home).

# Equipment and Apparel

## Provided Equipment

Equipment Bag  
Kickboard  
Long Fins  
Short Fins  
Pull Buoy  
Paddles

## Provided Apparel

Team T-Shirt  
Team Suit  
Team Cap  
Team Parka

## Needed Equipment

Water Bottle  
Yoga Mat for Dryland (optional)

## Needed Apparel

Team Jacket  
Practice Suit(s)  
Goggles  
Extra Goggles and Caps  
Towel(s)  
Tech Suit (optional)

## Zizzer Swim Team Code of Conduct

West Plains Boys Swim season begins August 7<sup>th</sup> and concludes October 28<sup>th</sup> for those not qualifying for MSHSAA State and November 10<sup>th</sup> for those qualifying for MSHSAA State.

Swimmers must have 14 practices before our first meet August 26<sup>th</sup> for the Zizzer Invitational at the West Plains Aquatic Center (outdoor pool) and must maintain at least 75% practice attendance to be eligible for meets. It is important to attend every practice prior to that first meet! If you are unable to attend practice due to a school event or sickness, please notify Coach Smith or Coach Sparks via the Band App at least 2 hours before practice. If you are unable to attend a regular meet, Coach Smith needs 24-hour notice. If you are unable to attend an invitational or championship meet, Coach Smith needs at least 1-week notice (except in emergency situations). It is preferable to let Coach Smith know as close to the beginning of the season as possible as to which meets you will be unable to attend. He plans meet entries well in advance. Not notifying coaches of missed practices (No Call/No Show) or having excessive unexcused absences may result in suspension from the next meet(s) at the coaches' discretion.

Swim caps are provided by West Plains High School.

Physicals are required every year. This is the athlete's and parent's responsibility. Swimmers will not be allowed to practice until both have been completed and are on file with the Athletic Director's office. These will be counted as unexcused absences.

Team swimsuits are ordered and paid for by the team (if fundraising allows). Otherwise, a preset fee will need to be paid by the first practice for suit and other expenses. Please use a different swimsuit while practicing to avoid wearing out your meet suit. For those that have legitimate shots at qualifying for MSHSAA State (individually or relay) should consider purchasing a tech suit. These are more expensive but are beneficial for those performing at a high level. Through generous donations and some fundraising, we have some team tech suits available for use. Only wear a tech suit for a meet after consulting Coach Smith.

Team shirts are provided to the swimmers from fundraising.

Fins, kickboards, paddles, buoys, and equipment bags are provided by the high school. If swimmers prefer their own, that is fine. Swimmers are responsible for purchasing their own goggles. Please have an extra pair or two available in case of breakage or loss.

Swimmers must follow all West Plains High School Handbook and Zizzer Swim Team Handbook policies and expectations at practices and meets. This includes good sportsmanship among teammates and competing swimmers. Swimmers that do not follow such policies and expectations will meet with coaches, parents, and the Athletic Director. All decisions made by the coaches and Athletic Director are final.

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

Student Signature \_\_\_\_\_

Date \_\_\_\_\_

# West Plains Swim Team

## Captain Application

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Number of Years of High School Swimming: \_\_\_\_\_ Total Number of Years of Swimming: \_\_\_\_\_

Why do you want to want to be captain?

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What characteristics do you possess that will make you a good captain?

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What characteristics does a good captain have that you do not possess (or are working to possess)?

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What specific goals do you have for the Zizzers this season?

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How will you specifically help the team reach those goals?

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What individual goals do you have for this season?

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## Team Goals

### Shoot-The-Moon Goals

- Team Top 10 at MSHSAA State
- Team Top 5 at SWMO
- Ozark Conference Team Champion
- Monett Invite Team Champion
- Zizzer/Lady Zizzer Invite Team Champion
- Team Top 5 at Springfield Invite
- Team Top 5 at COMO (Boys)
- Team Top 5 at Winnetonka Holiday Invite (Girls)
- Team Top 5 at Ozark Invite
- 3 Relays Qualify for State Finals
- 3 Relays Qualify Top 6 at SWMO
- 3 Relays medal at Ozark Conference
- Undefeated Dual Meet Record
- All Swimmers Earn Conference 1<sup>st</sup> Team All-Academic

### Tier-One Goals

- Team Top 25 at MSHSAA State
- Team Top 10 at SWMO
- Team Top 3 at Ozark Conference
- Team Top 3 at Monett Invite
- Team Top 3 at Zizzer/Lady Zizzer Invite
- Team Top 10 at Springfield Invite
- Team Top 10 at COMO (Boys)
- Team Top 10 at Winnetonka Holiday Invite (Girls)
- Team Top 10 at Ozark Invite
- 3 Relays Qualify for State
- 3 Relays Qualify Top 12 at SWMO
- 3 Relays Top 5 at Ozark Conference
- Winning Dual Meet Record
- All Swimmers Earn at least Conference Honorable Mention All-Academic

Tier 1 Goals are worth 1 point each. If a Shoot-The-Moon Goal is reached, they are 2 points each. This has a possibility of 26 points if all Shoot-The-Moon Goals are reached. At the end of the season, Coach Smith is penalized with one of the following:

- 5 points – 50 Butterfly
- 10 points – 200 IM
- 15 points – 100 Butterfly
- 20 points – 500 Freestyle
- 25 points – 1500-meter practice (created by team)

Name: \_\_\_\_\_

Rank the events in order of preference to focus on this season (1-8). Then make a goal time for each event.

<u>Individual Events</u>	<u>Best Time</u>	<u>Goal Time</u>
____ 50 Freestyle	_____	_____
____ 100 Freestyle	_____	_____
____ 200 Freestyle	_____	_____
____ 500 Freestyle	_____	_____
____ 100 Butterfly	_____	_____
____ 100 Backstroke	_____	_____
____ 100 Breaststroke	_____	_____
____ 200 Individual Medley	_____	_____

Goals for this season (be specific with times and/or results):

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I want to work on the following this season:

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## West Plains Zizzer Swim Team

<u>Date</u>	<u>Meet</u>	<u>Location</u>	<u>Meet Start Time</u>
<b>8/26</b>	<b>Zizzer Invitational</b>	<b>West Plains</b>	<b>9:00 AM/1:00 PM</b>
8/29	All-Relays	Springfield	5:00 PM
8/31	Seymour Multi-Team Meet	Seymour	4:30 PM
9/5	Carthage Multi-Team Meet	Carthage	4:30 PM
<b>9/9</b>	<b>Ozarks Invitational</b>	<b>Springfield</b>	<b>8:00 AM/1:00 PM</b>
9/14	West Plains Multi-Team Meet	West Plains	4:30 PM
9/19	Webb City Multi-Team Meet	Webb City	4:30 PM
<b>9/23</b>	<b>Monett Invitational</b>	<b>Monett</b>	<b>8:00AM/11:00 AM</b>
<b>**9/29</b>	<b>COMO Invitational Prelims</b>	<b>Columbia</b>	<b>TBA</b>
<b>**9/30</b>	<b>COMO Invitational Finals</b>	<b>Columbia</b>	<b>TBA</b>
10/6	Kickapoo Multi-Team Meet	Springfield	4:30 PM
10/10	Poplar Bluff Multi-Team Meet	Poplar Bluff	4:00 PM
10/16	Ozark Conference Championships	Springfield	4:30 PM
<b>10/21</b>	<b>Springfield Invitational</b>	<b>Springfield</b>	<b>9:00 AM/1:30 PM</b>
<b>**10/27</b>	<b>SWMO Championships Prelims</b>	<b>Springfield</b>	<b>2:00 PM</b>
<b>**10/28</b>	<b>SWMO Championships Finals</b>	<b>Springfield</b>	<b>9:00 AM/1:00 PM</b>
<b>10/31</b>	<b>Last Chance Meet (if necessary)</b>	<b>Springfield</b>	<b>4:30 PM</b>
<b>11/3</b>	<b>District Diving</b>	<b>TBA</b>	<b>6:30 PM</b>
<b>^^**11/9</b>	<b>MSHSAA State Championships Prelims</b>	<b>St. Peter's</b>	<b>12:00 PM/4:30 PM</b>
<b>^^**11/10</b>	<b>MSHSAA State Championships Finals</b>	<b>St. Peter's</b>	<b>10:00 AM</b>

**Varsity only** – Coach will decide who goes at least 1 week before (except Last Chance Meet).

^Must have qualifying times to go. It is an overnight meet.

\*\*Overnight meet.

Meet times are subject to change. If there are 2 times, first is diving (except for State).

# JUNE 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Summer Practices are at West Plains Outdoor Pool	26 Practice 6-8 pm	27 Practice 6-8 pm	28 Practice 6-8 pm	29 Practice 6-8 pm	30 Practice 7-9 am	

# JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 WP Dead Week →
2	3	4	5	6	7	8 →
9 →	10 Practice 6-8 pm	11 Practice 6-8 pm	12 Practice 6-8 pm	13 Practice 6-8 pm	14 Practice 7-9 am	15
16	17 Practice 6-8 pm	18 Practice 6-8 pm	19 Practice 6-8 pm	20 Practice 6-8 pm	21 Practice 7-9 am	22
23	24 Practice 6-8 pm	25 Practice 6-8 pm	26 Practice 6-8 pm	27 Practice 6-8 pm	28	29
30	31 Fall Sports No-Contact					

# AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> Fall Sports No-Contact	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b> Practices will be at West Plains Outdoor Pool →	<b>7</b> Boys Season Begins Practice 6-8 pm	<b>8</b> Practice 6-8 pm	<b>9</b> Practice 6-8 pm	<b>10</b> Practice 6-8 pm	<b>11</b> Practice 6-8 pm	<b>12</b> Practice 9-11 am
<b>13</b>	<b>14</b> Practice 6-8 pm	<b>15</b> Practice 6-8 pm	<b>16</b> Practice 6-8 pm	<b>17</b> Practice 6-8 pm	<b>18</b> Practice 6-8 pm	<b>19</b> Practice 9-11 am
<b>20</b>	<b>21</b> Practice 3:15-5:15 pm Or 4-6 pm	<b>22</b> Practice 3:15-5:15 pm Or 4-6 pm	<b>23</b> Practice 3:15-5:15 pm Or 4-6 pm	<b>24</b> Practice 3:15-5:15 pm Or 4-6 pm	<b>25</b> Practice 3:15-5:15 pm Or 4-6 pm	<b>26</b> Zizzer Invitational
<b>27</b> All Practices move to Civic Center	<b>28</b> Practice 3:15-5:15 pm or 4-6 pm	<b>29</b> Practice 6-7:30 am All Relays in Springfield	<b>30</b> Practice 3:15-5:15 pm or 4-6 pm	<b>31</b> Practice 6-7:30 am Meet @Seymour		

# SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> Practice 3:15-5:15 pm or 4-6 pm	<b>2</b> Practice 8-10 am
<b>3</b>	<b>4</b> No Practice. Civic Center is closed.	<b>5</b> Practice 6-7:30 am Meet @Carthage	<b>6</b> Practice 3:15-5:15 pm	<b>7</b> Practice 3:15-5:15 pm	<b>8</b> Practice 3:15-5:15 pm	<b>9</b> Ozarks Invitational @Springfield
<b>10</b>	<b>11</b> Practice 3:15-5:15 pm	<b>12</b> Practice 3:15-5:15 pm	<b>13</b> Practice 3:15-5:15 pm	<b>14</b> Practice 6-7:30 am Home Meet	<b>15</b> Practice 6-7:30 am Homecoming	<b>16</b> Practice 8-10 am
<b>17</b>	<b>18</b> Practice 3:15-5:15 pm	<b>19</b> Practice 6-7:30 am Meet @Webb City	<b>20</b> Practice 3:15-5:15 pm	<b>21</b> Practice 3:15-5:15 pm	<b>22</b> Practice 3:15-5:15 pm	<b>23</b> Monett Invitational @Monett
<b>24</b>	<b>25</b> Practice 3:15-5:15 pm	<b>26</b> Practice 3:15-5:15 pm	<b>27</b> Practice 3:15-5:15 pm	<b>28</b> Practice 3:15-5:15 pm	<b>29</b> COMO Invitational @Columbia	<b>30</b> COMO Invitational @Columbia

# OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Practice 3:15-5:15 pm	3 Practice 3:15-5:15 pm	4 Practice 3:15-5:15 pm	5 Practice 3:15-5:15 pm	6 Practice 6-7:30 am @Springfield	7 Practice 8-10 am
8	9 Practice 3:15-5:15 pm	10 Practice 6-7:30 am Meet @Poplar Bluff	11 Practice 3:15-5:15 pm	12 Practice 3:15-5:15 pm	13 Practice 3:15-5:15 pm	14 Practice 8-10 am
15	16 Ozark Conference Championships @Springfield	17 Practice 3:15-5:15 pm	18 Practice 3:15-5:15 pm	19 Practice 3:15-5:15 pm	20 Practice 1-3 pm	21 Springfield Invitational @Springfield
22	23 Practice 3:15-5:15 pm	24 Practice 3:15-5:15 pm	25 Practice 3:15-5:15 pm	26 Practice 3:15-5:15 pm	27 Southwest Missouri Championships @ Springfield	28 Southwest Missouri Championships @ Springfield
29	30 Practice 3:15-5:15 pm	31 Practice 3:15-5:15 pm Last Chance (if necessary)				

# NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Practice 3:15-5:15 pm	2 Practice 3:15-5:15 pm	3 Practice 3:15-5:15 pm	4
5	6 Practice 3:15-5:15 pm	7 Practice 3:15-5:15 pm	8 Practice 1:30-2:30 pm	9 MSHSAA State Championships @St. Peters	10 MSHSAA State Championships @St. Peters	11

## Meet and Practice Travel

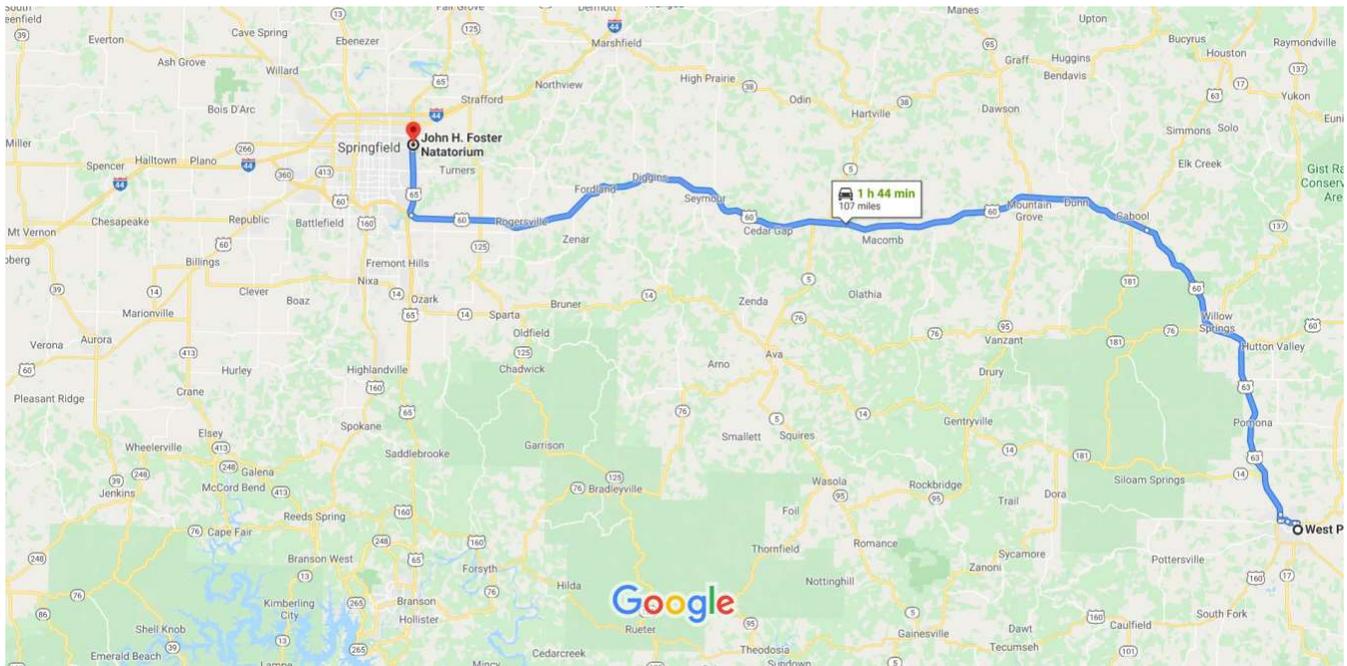
West Plains Civic Center and Outdoor Pool Practices – Swimmers need to find their own transportation to and from these practices. Swimmers that are unable to drive can find rides from swimmers that do drive from morning practices to school or to afternoon practices from school. Otherwise, parents need to arrange to drop swimmers off and pick swimmers up on time.

To Meets – West Plains will provide transportation to all meets. Swimmers are expected to ride the bus or vans to all meets. If there is an unavoidable conflict, this needs to be worked out with the coaches well in advance. Some circumstances will need to be cleared with administration. Under no circumstance will a swimmer be allowed to transport themselves.

From Meets – West Plains will provide transportation from all meets. If parents want to or need to transport their swimmer(s), they are welcome to, but they will need to sign their swimmer(s) out with the coaches. Under no circumstance will a swimmer be allowed to transport themselves.



**West Plains High School to John H. Foster Natatorium** Drive 107 miles, 1 h 44 min



Map data ©2020 5 mi

**West Plains High School**  
602 E Olden St, West Plains, MO 65775

**Take N Howell Ave to Joe Jones Blvd**

- ↑ 1. Head east toward E Olden St  
79 ft
- ↶ 2. Turn left toward E Olden St  
52 ft
- ↶ 3. Turn left onto E Olden St  
466 ft
- ↷ 4. Turn right onto N Howell Ave  
0.5 mi

**Follow US Hwy 63 N and US-60 W to E Chestnut Expy in Springfield. Take the US-65 BUS/Chestnut Expy exit from US-65 N**

- ↶ 5. Turn left onto Joe Jones Blvd  
0.3 mi
- ↑ 6. Continue onto W Abe Taylor St  
0.6 mi

- ↑ 7. Continue onto Good Hard Dr  


---

354 ft
- ↑ 8. Continue onto Independence Dr  


---

0.5 mi
- ↑ 9. Continue straight to stay on Independence Dr  


---

0.2 mi
- ↘ 10. Turn right onto Porter Wagoner Blvd  


---

0.5 mi
- ⤴ 11. Use the right 2 lanes to take the ramp onto  
Porter Wagoner Blvd/US Hwy 63 N  
i Continue to follow US Hwy 63 N  


---

29.6 mi
- ↑ 12. Continue onto US-60 W  


---

68.0 mi
- ⤴ 13. Use the right lane to merge onto US-65 N via  
the ramp to Buffalo  


---

5.6 mi
- ↘ 14. Take the US-65 BUS/Chestnut Expy exit  


---

0.2 mi

#### Drive to N Eastgate Ave

- 1 min (0.4 mi)

↘ 15. Turn right onto E Chestnut Expy  


---

0.1 mi
- ↙ 16. Use the left lane to turn left at the 1st  
cross street onto N Eastgate Ave  
i Destination will be on the right  


---

0.3 mi

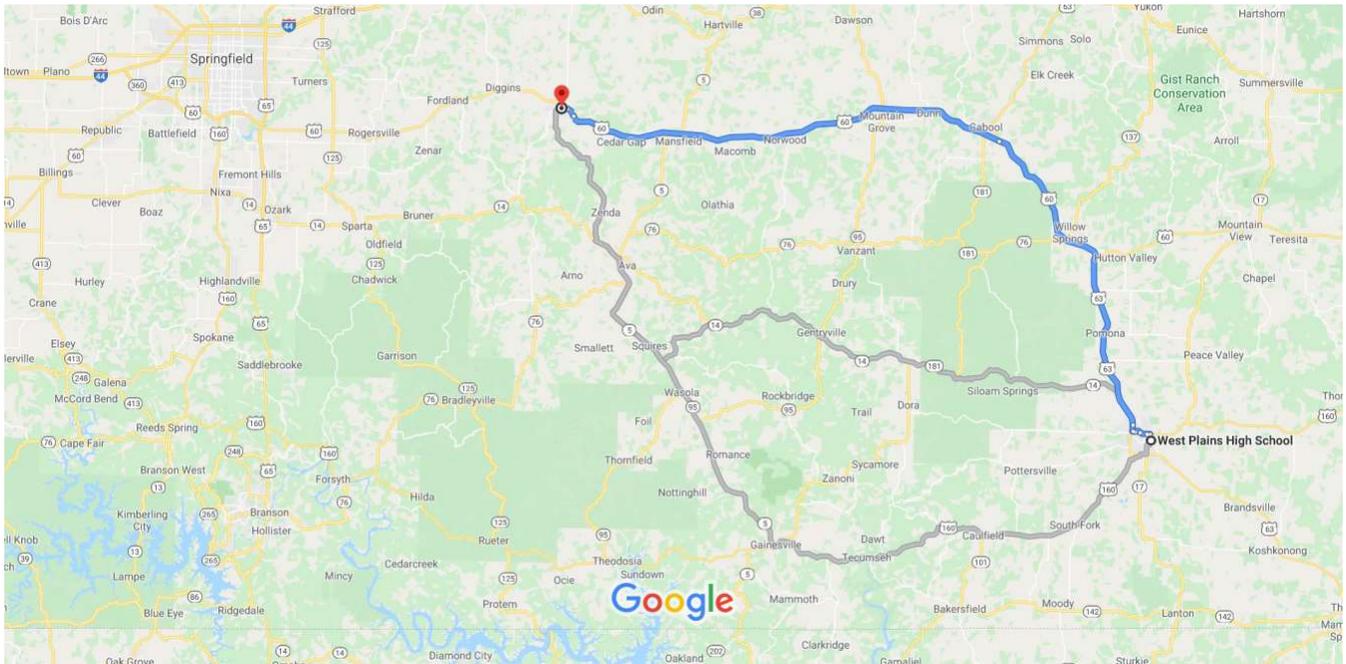
## John H. Foster Natatorium

654 N Eastgate Ave, Springfield, MO 65802

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.



**West Plains High School to Ozarks Family YMCA** Drive 72.6 miles, 1 h 13 min



Map data ©2020 5 mi

**West Plains High School**  
602 E Olden St, West Plains, MO 65775

**Take N Howell Ave to Joe Jones Blvd**

- 2 min (0.6 mi)
- ↑ 1. Head east toward E Olden St
- 79 ft
- ↶ 2. Turn left toward E Olden St
- 52 ft
- ↶ 3. Turn left onto E Olden St
- 466 ft
- ↷ 4. Turn right onto N Howell Ave
- 0.5 mi

**Follow US Hwy 63 N and US-60 W to Oak Lawn Rd in Hazelwood Township**

- 1 h 7 min (70.6 mi)
- ↶ 5. Turn left onto Joe Jones Blvd
- 0.3 mi
- ↑ 6. Continue onto W Abe Taylor St
- 0.6 mi

- ↑ 7. Continue onto Good Hard Dr  


---

354 ft
- ↑ 8. Continue onto Independence Dr  


---

0.5 mi
- ↑ 9. Continue straight to stay on Independence Dr  


---

0.2 mi
- ↪ 10. Turn right onto Porter Wagoner Blvd  


---

0.5 mi
- ⤴ 11. Use the right 2 lanes to take the ramp onto  
Porter Wagoner Blvd/US Hwy 63 N  
*Continue to follow US Hwy 63 N*  


---

29.6 mi
- ↑ 12. Continue onto US-60 W  


---

38.8 mi

#### Follow E Clinton Rd to E Center Ave in Seymour

- 3 min (1.4 mi)
- ↶ 13. Turn left onto Oak Lawn Rd  


---

167 ft
- ↪ 14. Turn right onto E Clinton Rd  


---

0.8 mi
- ↷ 15. Slight right to stay on E Clinton Rd  


---

151 ft
- ↶ 16. Turn left onto E Clinton Ave  


---

144 ft
- ↶ 17. Turn left onto E Center Ave  
*Destination will be on the right*  


---

0.5 mi

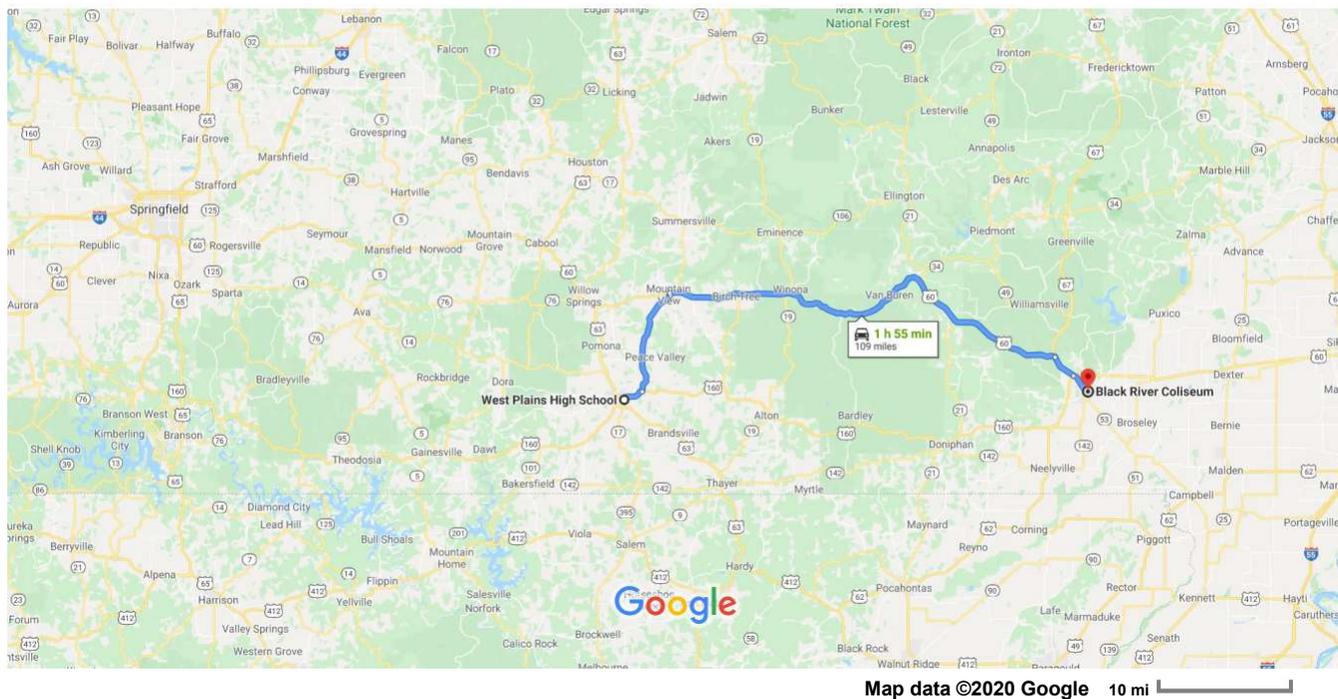
## Ozarks Family YMCA

315 E Center Ave, Seymour, MO 65746

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.



## West Plains High School to Black River Drive 109 miles, 1 h 55 min Coliseum



### West Plains High School

602 E Olden St, West Plains, MO 65775

#### Take Allen St to US-160 E/Joe Jones Blvd

- 2 min (0.7 mi)
- 79 ft
- 52 ft
- 0.2 mi
- 0.5 mi
- 4 min (3.4 mi)

#### Follow MO-17 N to US-60 E in Mountain View

- 23 min (19.5 mi)
- 19.1 mi

- ↶ 7. Turn left onto N Elm St  
 ⓘ Pass by the gas station (on the right in 0.4 mi)  
 \_\_\_\_\_ 0.4 mi

**Follow US-60 E to US-60 BUS E/US-67 Business in Poplar Bluff Township**

\_\_\_\_\_ 1 h 16 min (81.6 mi)

- ↷ 8. Turn right onto US-60 E  
 \_\_\_\_\_ 76.8 mi
- ↷ 9. Keep right at the fork, follow signs for US-60 E/US-67 S/Poplar Bluff and merge onto US-60 E/US-67 S  
 ⓘ Continue to follow US-60 E  
 \_\_\_\_\_ 4.8 mi

**Continue on US-60 BUS E/US-67 Business. Drive to Cherry St in Poplar Bluff**

\_\_\_\_\_ 11 min (4.2 mi)

- ↶ 10. Keep left to continue on US-60 BUS E/US-67 Business  
 ⓘ Pass by Fazoli's (on the right in 1.3 mi)  
 \_\_\_\_\_ 3.2 mi
- ↶ 11. Use the left 2 lanes to turn left onto W Pine St  
 ⓘ Pass by Fisher Auto Parts (on the left in 0.3 mi)  
 \_\_\_\_\_ 0.7 mi
- ↷ 12. Turn right onto N 5th St  
 \_\_\_\_\_ 0.2 mi
- ↷ 13. Turn right onto Cherry St  
 ⓘ Destination will be on the right  
 \_\_\_\_\_ 302 ft

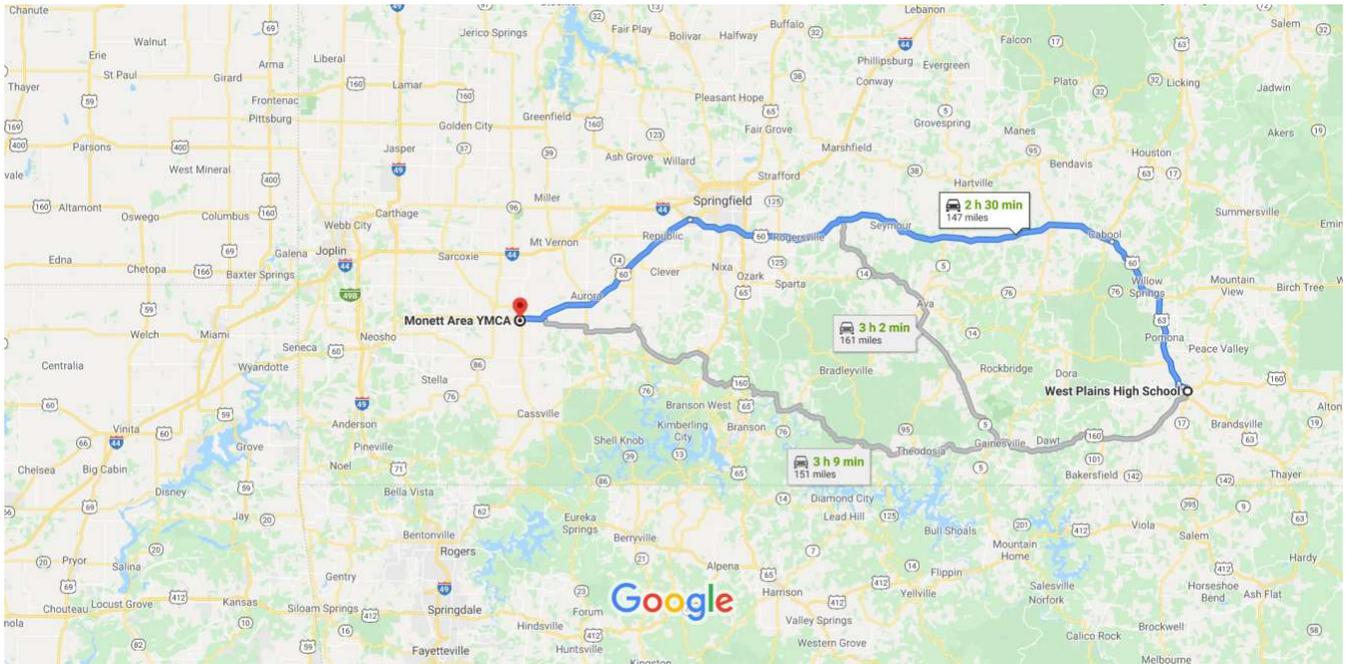
**Black River Coliseum**

301 S 5th St, Poplar Bluff, MO 63901

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.



**West Plains High School to Monett Area YMCA** Drive 147 miles, 2 h 30 min



Map data ©2020 Google 10 mi

**West Plains High School**  
602 E Olden St, West Plains, MO 65775

**Take N Howell Ave to Joe Jones Blvd**

- ↑ 1. Head east toward E Olden St  
79 ft
- ↶ 2. Turn left toward E Olden St  
52 ft
- ↶ 3. Turn left onto E Olden St  
466 ft
- ↷ 4. Turn right onto N Howell Ave  
0.5 mi

**Follow US Hwy 63 N and US-60 W to S Lincoln Ave in Monett**

- ↶ 5. Turn left onto Joe Jones Blvd  
0.3 mi
- ↑ 6. Continue onto W Abe Taylor St  
0.6 mi
- ↑ 7. Continue onto Good Hard Dr  
354 ft

- ↑ 8. Continue onto Independence Dr

---

0.5 mi
- ↑ 9. Continue straight to stay on Independence Dr

---

0.2 mi
- ↗ 10. Turn right onto Porter Wagoner Blvd

---

0.5 mi
- ⤴ 11. Use the right 2 lanes to take the ramp onto  
Porter Wagoner Blvd/US Hwy 63 N

**i** Continue to follow US Hwy 63 N

---

29.6 mi
- ↑ 12. Continue onto US-60 W

---

78.2 mi
- ↘ 13. Take the MO-413/Springfield/Republic  
exit toward US 60 W

---

0.2 mi
- ↶ 14. Turn left onto MO-413 S/US-60 W/W  
Sunshine St (signs for Republic)

**i** Continue to follow US-60 W

**i** Pass by Domino's Pizza (on the left in 5.2 mi)

---

35.9 mi

Continue on S Lincoln Ave to your destination

- ↶ 15. Turn left onto S Lincoln Ave

---

1 min (0.5 mi)
- ↶ 16. Turn left

**i** Destination will be on the left

---

361 ft

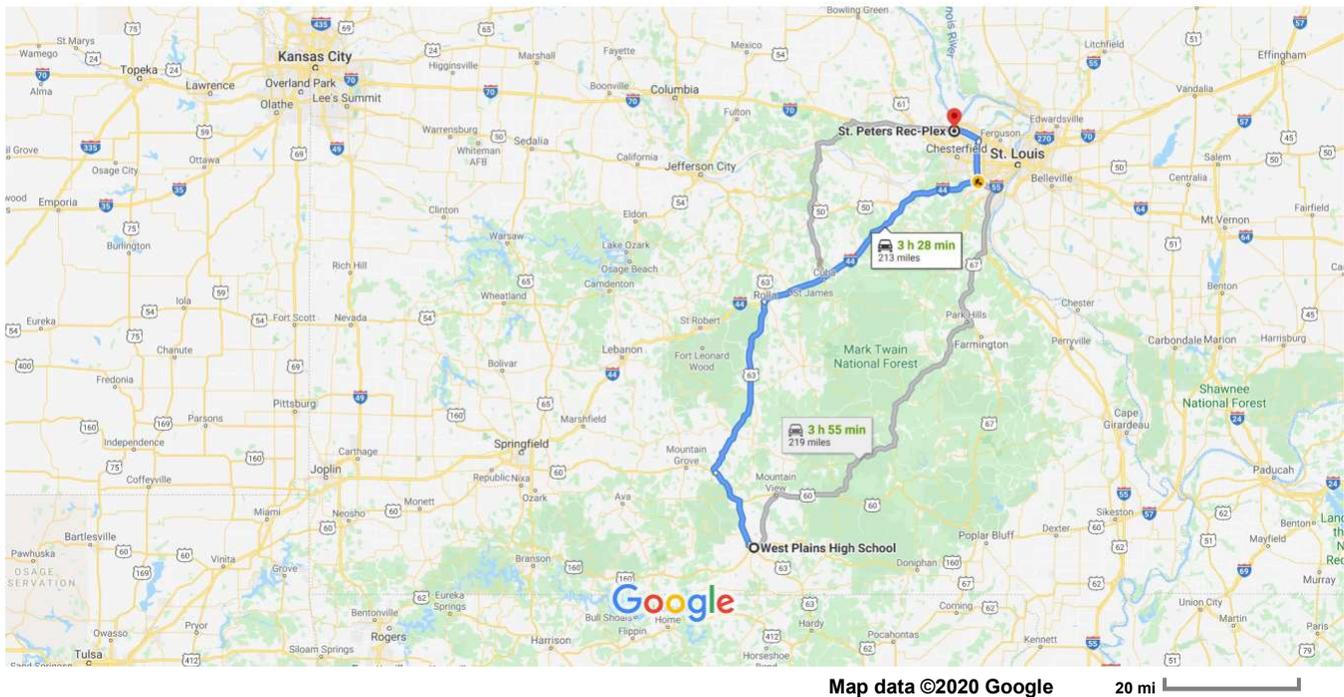
## Monett Area YMCA

115 S Lincoln Ave #2367, Monett, MO 65708

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.



## West Plains High School to St. Peters Drive 213 miles, 3 h 28 min Rec-Plex



### West Plains High School

602 E Olden St, West Plains, MO 65775

Get on I-44 E in Rolla from US Hwy 63 N and US-63 N

1 h 43 min (98.8 mi)

- ↑ 1. Head east toward E Olden St  
79 ft
- ↶ 2. Turn left toward E Olden St  
52 ft
- ↶ 3. Turn left onto E Olden St  
466 ft
- ↷ 4. Turn right onto N Howell Ave  
0.5 mi
- ↶ 5. Turn left onto Joe Jones Blvd  
0.3 mi
- ↑ 6. Continue onto W Abe Taylor St  
0.6 mi
- ↑ 7. Continue onto Good Hard Dr  
354 ft
- ↑ 8. Continue onto Independence Dr  
0.5 mi

- ↑ 9. Continue straight to stay on Independence Dr  
 \_\_\_\_\_ 0.2 mi
- ↗ 10. Turn right onto Porter Wagoner Blvd  
 \_\_\_\_\_ 0.5 mi
- ⤴ 11. Use the right 2 lanes to take the ramp onto  
 Porter Wagoner Blvd/US Hwy 63 N  
 ⓘ Continue to follow US Hwy 63 N  
 \_\_\_\_\_ 29.6 mi
- ⤴ 12. Use the right lane to take the US-63 N/US-60  
 BUS ramp to Houston/Rolla  
 \_\_\_\_\_ 0.3 mi
- ↑ 13. Continue onto US-60 BUS W/US-63 N/US Hwy 63  
 N  
 ⓘ Continue to follow US-63 N/US Hwy 63 N  
 ⓘ Pass by Huddle House (on the left in 65.6 mi)  
 \_\_\_\_\_ 65.8 mi
- ↙ 14. Turn left onto University Dr  
 \_\_\_\_\_ 0.2 mi
- ⤴ 15. Turn right to merge onto I-44 E  
 \_\_\_\_\_ 0.1 mi

Continue on I-44 E to Saint Charles. Take exit 225 from I-70 W

- \_\_\_\_\_ 1 h 41 min (112 mi)
- ⤴ 16. Merge onto I-44 E  
 \_\_\_\_\_ 90.0 mi
  - ↘ 17. Use the right 2 lanes to take exit 276 to  
 merge onto I-270 N toward Chicago  
 \_\_\_\_\_ 14.1 mi
  - ↘ 18. Use the 2nd from the right lane to take the  
 Kansas City/I-70 E exit toward St Louis  
 \_\_\_\_\_ 0.3 mi
  - ⤴ 19. Keep left at the fork to continue on Exit  
 20B, follow signs for I-70 W/Kansas City  
 and merge onto I-70 W  
 \_\_\_\_\_ 7.7 mi
  - ↘ 20. Take exit 225 for Cave Springs toward  
 Truman Road  
 \_\_\_\_\_ 0.2 mi

Take Mexico Rd to your destination in St. Peters

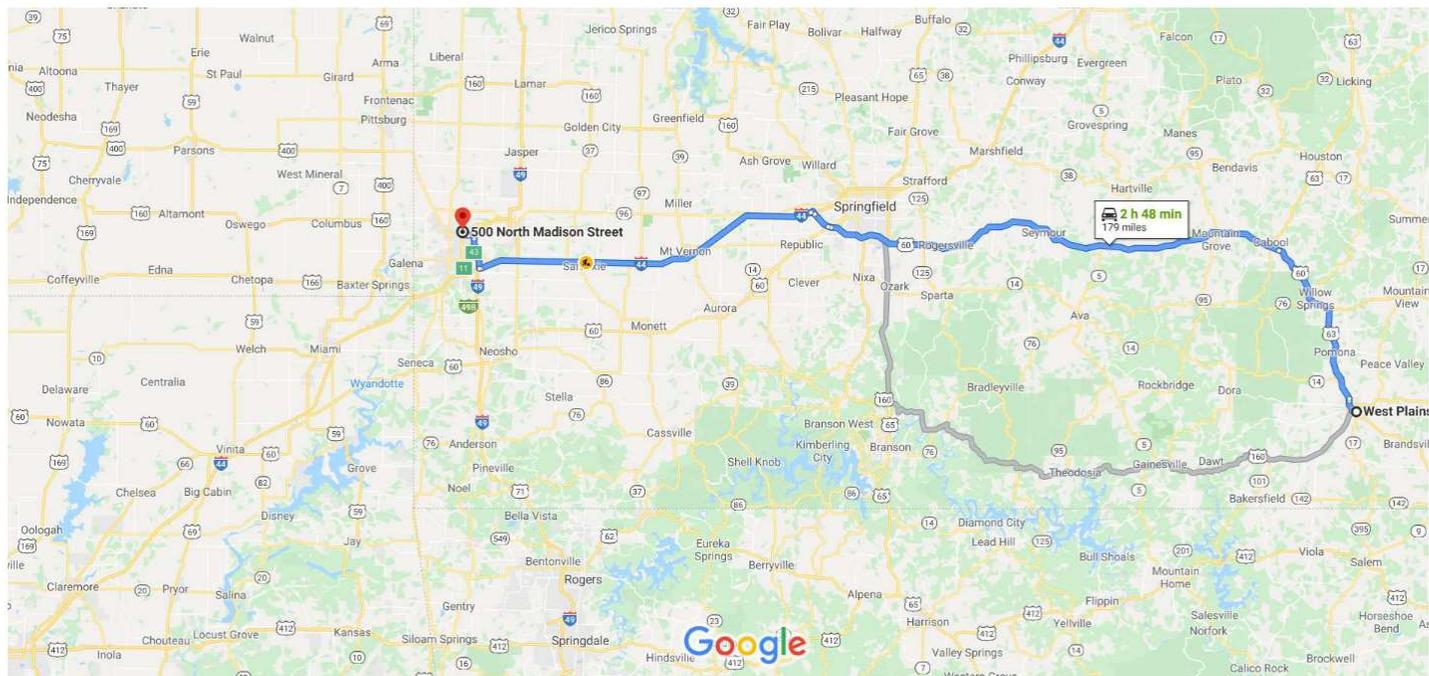
\_\_\_\_\_ 6 min (1.9 mi)

- ↩ 21. Use the left 2 lanes to turn left onto Cave Springs Rd (signs for Saint Peters)  
0.2 mi
- ↪ 22. Use the right 2 lanes to turn right onto Mexico Rd  
Pass by Valvoline Instant Oil Change (on the right in 0.4 mi)  
1.5 mi
- ↩ 23. Turn left  
52 ft
- ↑ 24. Continue straight  
341 ft
- ↩ 25. Turn left  
Destination will be on the right  
236 ft

## St. Peters Rec-Plex

5200 Mexico Rd, St Peters, MO 63376

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.



Map data ©2020 Google 10 mi

## West Plains

Missouri 65775

### Get on Porter Wagoner Blvd/US Hwy 63 N

- 7 min (2.9 mi)
- ↑ 1. Head north on Court Square toward E Main St  
374 ft
  - 2. Turn right onto W Main St  
0.6 mi
  - ↗ 3. Slight right toward Porter Wagoner Blvd  
0.1 mi
  - ↑ 4. Continue onto Porter Wagoner Blvd  
 ⓘ Pass by Hardee's (on the left in 0.5 mi)  
1.8 mi
  - ⤴ 5. Use the right 2 lanes to take the ramp onto Porter Wagoner Blvd/US Hwy 63 N  
0.4 mi

### Follow US Hwy 63 N, US-60 W and I-44 to N Madison St in Webb City

- 2 h 43 min (176 mi)
- ⤴ 6. Merge onto Porter Wagoner Blvd/US Hwy 63 N  
 ⓘ Continue to follow US Hwy 63 N  
29.2 mi

-  7. Continue onto US-60 W

---

78.2 mi
-  8. Continue onto James River Fwy W

---

0.5 mi
-  9. Continue onto MO-360 W/James River Fwy W

---

3.0 mi
-  10. Use the left lane to take the I-44 W exit toward Joplin

---

0.9 mi
-  11. Merge onto I-44

---

56.2 mi
-  12. Take exit 11 for I-49 S/US-71 S/MO-249 N toward Neosho/Fort Smith

---

0.3 mi
-  13. Keep right at the fork, follow signs for MO-249 N/MO-66 and merge onto MO-249 N

---

5.1 mi
-  14. Use the left lane to take exit 43 for U.S. 71 Business/MO-171 N toward Webb City

---

0.6 mi
-  15. Continue onto I-49BL/MO-171 N/E MacArthur Dr

---

0.6 mi
-  16. At the traffic circle, take the 2nd exit onto I-49BL/E MacArthur Dr

 [Continue to follow I-49BL](#)

---

1.0 mi
-  17. Turn right onto S Madison St/U.S. Rte 66

---

0.4 mi
-  18. Continue straight onto N Madison St

---

55 s (0.3 mi)

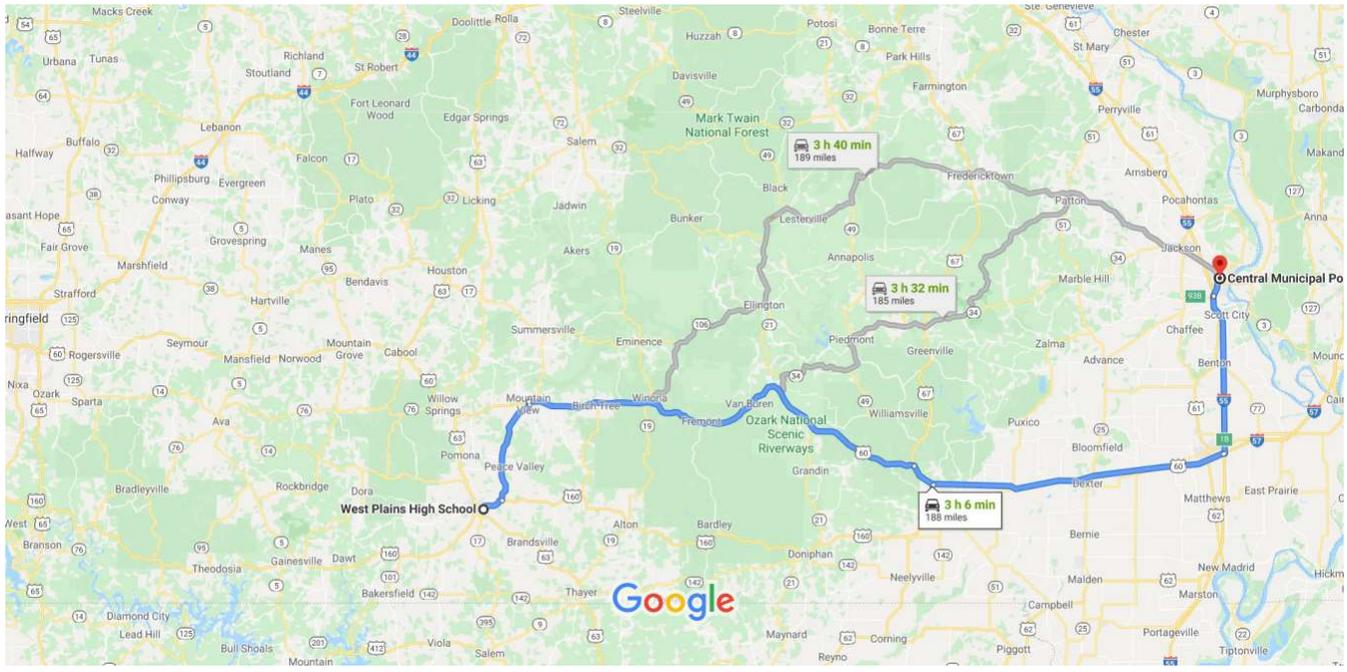
## 500 N Madison St

Webb City, MO 64870

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.



**West Plains High School to Central Municipal Pool** Drive 188 miles, 3 h 6 min



Map data ©2020 Google 10 mi

**West Plains High School**  
602 E Olden St, West Plains, MO 65775

**Take Allen St to US-160 E/Joe Jones Blvd**

- ↑ 1. Head east toward E Olden St  
2 min (0.7 mi)
- ↶ 2. Turn left toward E Olden St  
79 ft
- ↷ 3. Turn right onto E Olden St  
52 ft
- ↶ 4. Turn left onto Allen St  
0.2 mi
- ↶ 4. Turn left onto Allen St  
0.5 mi
- ↷ 5. Turn right onto US-160 E/Joe Jones Blvd  
4 min (3.4 mi)
- i Continue to follow US-160 E**

**Follow MO-17 N to US-60 E in Mountain View**

- ↶ 6. Turn left onto MO-17 N  
23 min (19.5 mi)
- 19.1 mi

- ↶ 7. Turn left onto N Elm St  
 ⓘ Pass by the gas station (on the right in 0.4 mi)  
 \_\_\_\_\_ 0.4 mi

**Follow US-60 E and I-55 N to Independence St in Cape Girardeau**

\_\_\_\_\_ 2 h 32 min (164 mi)

- ↷ 8. Turn right onto US-60 E  
 \_\_\_\_\_ 76.8 mi
- ↷ 9. Keep right at the fork, follow signs for US-60 E/US-67 S/Poplar Bluff and merge onto US-60 E/US-67 S  
 ⓘ Continue to follow US-60 E  
 \_\_\_\_\_ 4.8 mi
- ↗ 10. Use the right lane to merge onto US-60 E/US-67 N via the ramp to Sikeston  
 ⓘ Continue to follow US-60 E  
 \_\_\_\_\_ 51.5 mi
- ↑ 11. Continue onto I-57/US-60 E  
 \_\_\_\_\_ 0.3 mi
- ↷ 12. Take exit 1B to merge onto I-55 N toward St Louis  
 \_\_\_\_\_ 27.8 mi
- ↷ 13. Take exit 93B for US-61 toward I-55/Cape Girardeau  
 \_\_\_\_\_ 0.1 mi
- ↑ 14. Continue onto I-55BL/US-61 N  
 \_\_\_\_\_ 3.0 mi

**Continue on Independence St to your destination**

\_\_\_\_\_ 2 min (0.3 mi)

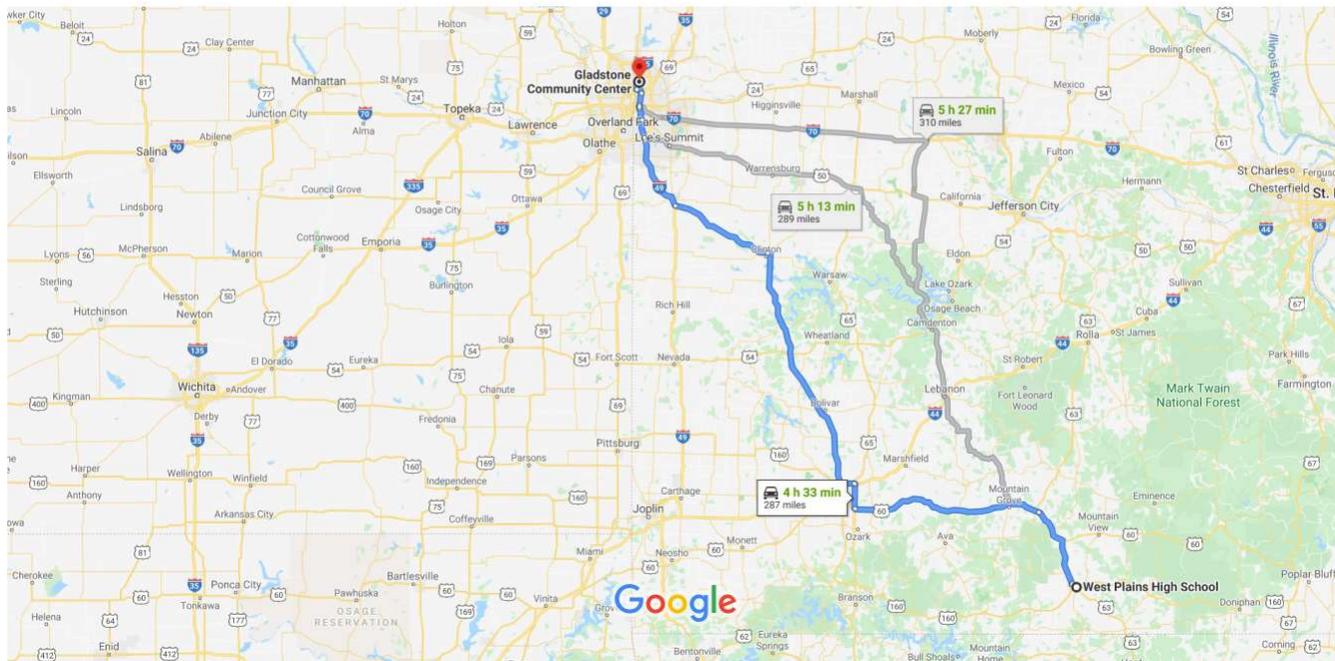
- ↷ 15. Turn right onto Independence St  
 \_\_\_\_\_ 0.2 mi
- ↶ 16. Turn left onto Clark St  
 \_\_\_\_\_ 348 ft
- ↷ 17. Turn right onto Whitener St  
 \_\_\_\_\_ 279 ft
- ↶ 18. Turn left  
 \_\_\_\_\_ 102 ft
- ↶ 19. Turn left  
 ⓘ Destination will be on the right  
 \_\_\_\_\_ 89 ft

**Central Municipal Pool**

1920 Whitener St, Cape Girardeau, MO 63701



## West Plains High School to Gladstone Drive 287 miles, 4 h 33 min Community Center



### West Plains High School

602 E Olden St, West Plains, MO 65775

#### Take N Howell Ave to Joe Jones Blvd

2 min (0.6 mi)

- ↑ 1. Head east toward E Olden St  
79 ft
- ↶ 2. Turn left toward E Olden St  
52 ft
- ↶ 3. Turn left onto E Olden St  
466 ft
- ↷ 4. Turn right onto N Howell Ave  
0.5 mi

#### Follow US Hwy 63 N, US-60 W and US-65 N to MO-13 N/N

Kansas Expy in Springfield. Take exit 77 from I-44

1 h 47 min (113 mi)

- ↶ 5. Turn left onto Joe Jones Blvd  
0.3 mi
- ↑ 6. Continue onto W Abe Taylor St  
0.6 mi

- ↑ 7. Continue onto Good Hard Dr  


---

354 ft
- ↑ 8. Continue onto Independence Dr  


---

0.5 mi
- ↑ 9. Continue straight to stay on Independence Dr  


---

0.2 mi
- ↗ 10. Turn right onto Porter Wagoner Blvd  


---

0.5 mi
- ⤴ 11. Use the right 2 lanes to take the ramp onto  
Porter Wagoner Blvd/US Hwy 63 N  
i Continue to follow US Hwy 63 N  


---

29.6 mi
- ↑ 12. Continue onto US-60 W  


---

68.0 mi
- ⤴ 13. Use the right lane to merge onto US-65 N via  
the ramp to Buffalo  


---

8.4 mi
- ↘ 14. Use the right 2 lanes to take the I-44 W  
exit toward Joplin  


---

0.7 mi
- ⤴ 15. Merge onto I-44  


---

4.2 mi
- ↘ 16. Take exit 77 for MO-13 N toward Bolivar  


---

0.1 mi

#### Get on I-49 N/MO-7 N/US-71 N in Harrisonville

1 h 52 min (124 mi)

- ↗ 17. Turn right onto MO-13 N/N Kansas Expy  
(signs for Bolivar)  
i Continue to follow MO-13 N  


---

86.7 mi
- ↑ 18. Continue onto MO-7 N/E Hwy 7  


---

36.6 mi
- ⤴ 19. Use the right lane to take the ramp onto  
I-49 N/MO-7 N/US-71 N  


---

0.3 mi

#### Follow I-49 N, US-71 N and I-29 N to NW 68th St in KCMO. Take the N w 68th St exit from US-169 N

46 min (47.5 mi)

-  20. Merge onto I-49 N/MO-7 N/US-71 N  
 Continue to follow I-49 N/US-71 N  
26.2 mi
-  21. Continue straight onto I-49 N  
0.8 mi
-  22. Continue onto US-71 N  
6.2 mi
-  23. Keep left to stay on US-71 N  
4.3 mi
-  24. Continue straight to stay on US-71 N  
0.5 mi
-  25. Merge onto I-70 W/US-71 N  
0.4 mi
-  26. Continue onto I-29 N/I-35 N  
4.5 mi
-  27. Keep left at the fork to continue on I-29 N/US-71 N, follow signs for Interstate 29 N/St Joseph  
2.2 mi
-  28. Take exit 2A to merge onto US-169 N toward Smithville  
2.4 mi
-  29. Take the N w 68th St exit  
0.1 mi

Take N Broadway and NW 72nd St to your destination in Gladstone

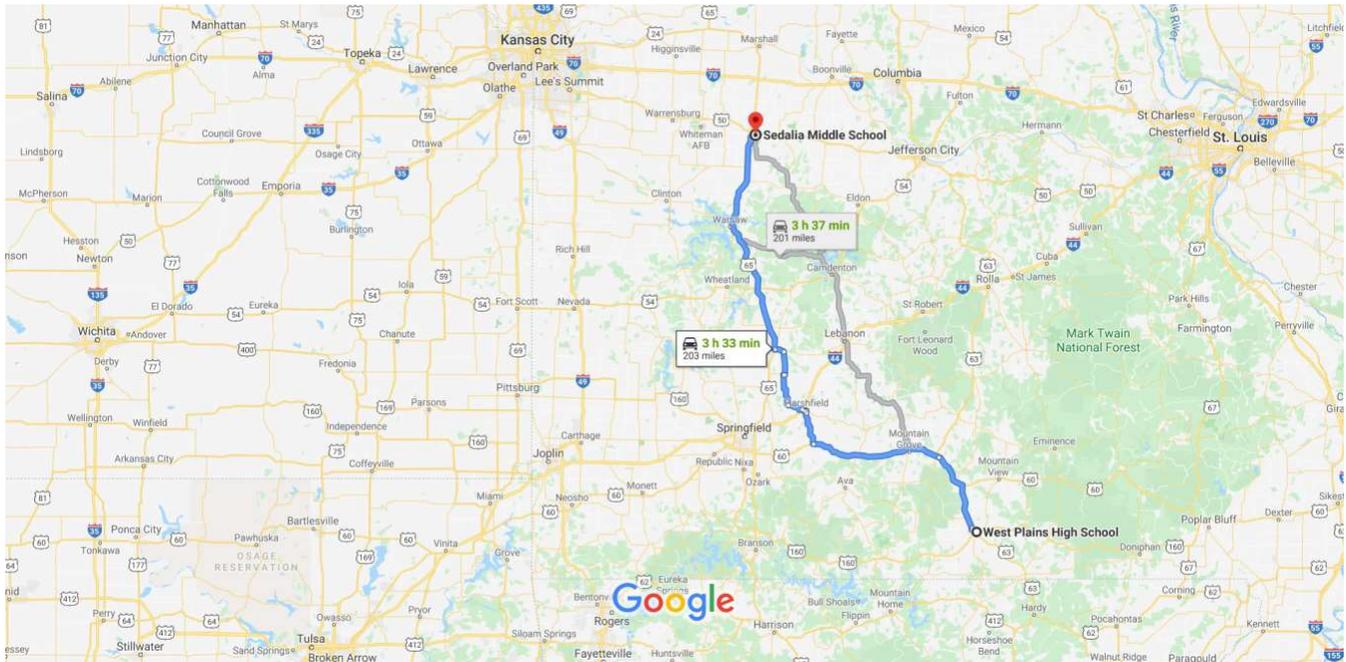
5 min (1.7 mi)

-  30. Use the right 2 lanes to turn right onto NW 68th St  
0.2 mi
-  31. Use any lane to turn slightly left onto N Broadway/Salt Rock Rd  
 Continue to follow N Broadway  
0.4 mi
-  32. Turn right onto NW 72nd St  
0.8 mi
-  33. Turn right onto N Holmes St  
0.2 mi
-  34. Turn left at NE 70th St  
 Destination will be on the right  
223 ft

**Gladstone Community Center**  
 6901 N Holmes St, Gladstone, MO 64118



## West Plains High School to Sedalia Middle School Drive 203 miles, 3 h 33 min



### West Plains High School

602 E Olden St, West Plains, MO 65775

#### Take N Howell Ave to Joe Jones Blvd

- 2 min (0.6 mi)
- ↑ 1. Head east toward E Olden St  
79 ft
  - ↶ 2. Turn left toward E Olden St  
52 ft
  - ↶ 3. Turn left onto E Olden St  
466 ft
  - ↷ 4. Turn right onto N Howell Ave  
0.5 mi

#### Follow US Hwy 63 N and US-60 W to State Hwy A in Diggins

- 1 h 14 min (78.1 mi)
- ↶ 5. Turn left onto Joe Jones Blvd  
0.3 mi
  - ↑ 6. Continue onto W Abe Taylor St  
0.6 mi
  - ↑ 7. Continue onto Good Hard Dr  
354 ft

- ↑ 8. Continue onto Independence Dr  
0.5 mi
- ↑ 9. Continue straight to stay on Independence Dr  
0.2 mi
- ↗ 10. Turn right onto Porter Wagoner Blvd  
0.5 mi
- ⤴ 11. Use the right 2 lanes to take the ramp onto  
Porter Wagoner Blvd/US Hwy 63 N  
[Continue to follow US Hwy 63 N](#)  
29.6 mi
- ↑ 12. Continue onto US-60 W  
46.3 mi

**Continue on State Hwy A. Take MO-38 W and State Hwy  
H to US-65 N/Ash St in Buffalo**

- ↗ 13. Turn right onto State Hwy A  
11.8 mi
- ↑ 14. Continue onto S Marshall St  
0.6 mi
- ↶ 15. Turn left onto S Crittenden St  
0.1 mi
- ↶ 16. Turn left onto E Jackson St  
[Pass by U.S. Bank Branch \(on the right in 0.6 mi\)](#)  
0.7 mi
- ↑ 17. Continue onto Rte 66/W Washington St  
[Pass by O'Reilly Auto Parts \(on the left\)](#)  
0.2 mi
- ↑ 18. Continue onto Spur Dr  
[Pass by Dairy Queen Grill & Chill \(on the left in 0.5 mi\)](#)  
0.8 mi
- ↶ 19. Turn left onto MO-38 W  
5.9 mi
- ↗ 20. Turn right to stay on MO-38 W  
11.6 mi
- ↗ 21. Turn right onto State Hwy M  
0.5 mi
- ↶ 22. Turn left onto State Hwy H  
8.0 mi
- ↶ 23. Turn left onto MO-32 W  
[Pass by Hardee's \(on the left in 3.4 mi\)](#)  
3.4 mi

➤ 24. Turn right onto US-65 N/Ash St

**i** Continue to follow US-65 N

1 h 19 min (78.8 mi)

Take Clinton Rd and W 24th St to your destination

5 min (2.0 mi)

➤ 25. Turn right onto W 32nd St

236 ft

↶ 26. Turn left onto Clinton Rd

0.7 mi

➤ 27. Turn right onto W 24th St

1.0 mi

↶ 28. Turn left onto S Ingram Ave

0.2 mi

➤ 29. Turn right

**i** Destination will be on the left

328 ft

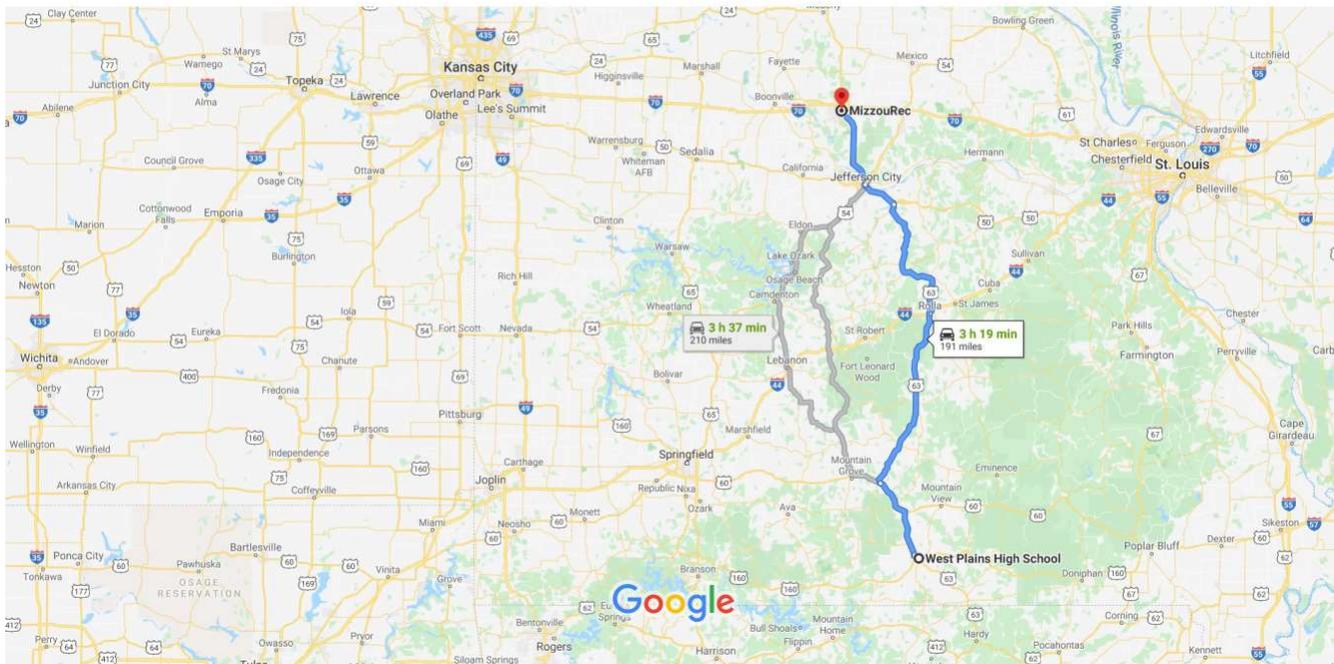
## Sedalia Middle School

2205 S Ingram Ave, Sedalia, MO 65301

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.



## West Plains High School to MizzouRec, Drive 191 miles, 3 h 19 min Rollins Street, Columbia, MO



Map data ©2020 Google 20 mi

### West Plains High School

602 E Olden St, West Plains, MO 65775

#### Take N Howell Ave to Joe Jones Blvd

- ↑ 1. Head east toward E Olden St  
2 min (0.6 mi)
- ↶ 2. Turn left toward E Olden St  
79 ft
- ↶ 3. Turn left onto E Olden St  
52 ft
- ↷ 4. Turn right onto N Howell Ave  
466 ft
- ↷ 4. Turn right onto N Howell Ave  
0.5 mi

Take US Hwy 63 N, US-63 N, US-50 W and US-63 N/US Hwy 63 N to MO-740 W/E Stadium Blvd in Columbia. Take the MO-740/Stadium Blvd exit from US-63 N/US Hwy 63 N

- ↶ 5. Turn left onto Joe Jones Blvd  
3 h 13 min (188 mi)
- ↑ 6. Continue onto W Abe Taylor St  
0.3 mi
- ↑ 6. Continue onto W Abe Taylor St  
0.6 mi

- ↑ 7. Continue onto Good Hard Dr  


---

354 ft
  - ↑ 8. Continue onto Independence Dr  


---

0.5 mi
  - ↑ 9. Continue straight to stay on Independence Dr  


---

0.2 mi
  - ↪ 10. Turn right onto Porter Wagoner Blvd  


---

0.5 mi
  - ⤴ 11. Use the right 2 lanes to take the ramp onto  
Porter Wagoner Blvd/US Hwy 63 N  
*Continue to follow US Hwy 63 N*  


---

29.6 mi
  - ⤴ 12. Use the right lane to take the US-63 N/US-60  
BUS ramp to Houston/Rolla  


---

0.3 mi
  - ↑ 13. Continue onto US-60 BUS W/US-63 N/US Hwy 63  
N  
*Continue to follow US-63 N/US Hwy 63 N*  
*Pass by Huddle House (on the left in 65.6 mi)*  


---

116 mi
  - ⤴ 14. Keep left at the fork, follow signs for US-63  
N/US-50 W/Jefferson City and merge onto US-  
50 W/US-63 N  


---

12.4 mi
  - ↪ 15. Take the exit onto US-54 E/US-63 N  


---

1.1 mi
  - ↶ 16. Use the middle lane to continue on US-54 E  


---

0.7 mi
  - ↪ 17. Take the US-63 N exit toward Columbia  


---

0.3 mi
  - ↑ 18. Continue onto US-63 N/US Hwy 63 N  


---

25.9 mi
  - ↪ 19. Take the MO-740/Stadium Blvd exit  


---

0.2 mi
- Continue on MO-740 W/E Stadium Blvd. Drive to Rollins St**  


---

6 min (2.4 mi)
- ↶ 20. Use the left 2 lanes to turn left onto MO-740  
W/E Stadium Blvd  


---

1.6 mi
  - ↪ 21. Turn right onto S College Ave  


---

0.5 mi

↶ 22. Turn left onto Rollins St

 Destination will be on the left

0.2 mi

## MizzouRec

1000 Rollins St, Columbia, MO 65203

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.

## Overnight Meets

West Plains will provide lodging for all overnight meets. Lodging for State is provided by the school. Lodging for other meets is provided for through our fundraising efforts. Please participate in all fundraising opportunities.

### Policies:

1. All West Plains High School policies apply.
2. All hotel policies apply.
3. No boys in girls' rooms, and no girls in boys' rooms.
4. Coaches will set a time to be confined to the hotel room and do room checks.
5. Coaches will set a time to be ready to leave in the morning.
6. No leaving the hotel without a coach or parent (with coach permission).
7. Any damages to hotel property will be paid for by the swimmer.
8. Be respectful of your teammates and other hotel guests in regard to noise level.
9. Remember the real reason we are on the trip – to swim our best!
10. Represent West Plains High School, Zizzer Swimming, and yourself at the highest level.

If an overnight meet requires a qualifying time, only those swimmers will attend.

In regard to the Missouri State High School Activities Association's State Swimming Championships, the following will apply:

1. Swimmers that qualify Top 32 individually will attend.
2. For relays that qualify Top 32, the fastest 8 swimmers for each relay will attend.
3. Swimmers that do not qualify individually or as a member of a relay, may attend at their own expense if they volunteer to time. They will be excused from school and provided transportation, but they will need to pay for hotel expenses (can split with others) if space is not available in the qualified swimmers' rooms.
4. All qualified swimmers will receive a deck pass. This is \$24 to replace if lost. **Do not lose this or let others use it** (we have had issues with this before).
5. All swimmers (including alternates) will warmup during preliminaries. If you have issue with this, please let Coach Smith know by SWMO, so he can name another alternate to your spot.
6. All team members are expected to cheer on each Zizzer swimmer competing.
7. Everyone is expected to remain with the team the entire trip. Any alteration to this policy must be cleared well in advance with coaches and administration.

## State Qualifying Standards

Event	Qualifying Time		Gold Standard	
	<u>Y</u>	<u>M</u>	<u>Y</u>	<u>M</u>
200 Medley Relay	2:05.49	2:19.92	1:46.49	1:58.73
200 Freestyle	2:00.69	2:13.72	1:52.49	2:04.64
200 Individual Medley	2:18.09	2:33.42	2:07.19	2:21.31
50 Freestyle	24.19	27.06	22.79	25.50
100 Butterfly	1:01.99	1:09.05	56.09	1:02.48
100 Freestyle	53.89	59.87	50.59	56.20
500/400 Freestyle	5:34.39	4:53.59	5:12.09	4:34.00
200 Freestyle Relay	1:54.49	2:07.77	1:35.36	1:46.42
100 Backstroke	1:03.79	1:10.87	58.49	1:04.98
100 Breaststroke	1:10.49	1:18.24	1:04.39	1:11.47
400 Freestyle Relay	4:08.99	4:37.37	3:32.99	3:57.26

Event	Time that Qualified		16 <sup>th</sup> Place Time		8 <sup>th</sup> Place Time	
	<u>Y</u>	<u>M</u>	<u>Y</u>	<u>M</u>	<u>Y</u>	<u>M</u>
200 Medley Relay	1:48.09	2:00.52	1:43.79	1:55.72	1:40.02	1:51.52
200 Freestyle	1:55.37	2:07.83	1:50.42	2:02.35	1:46.73	1:58.26
200 Individual Medley	2:09.72	2:24.12	2:02.70	2:16.32	1:59.08	2:12.30
50 Freestyle	23.30	26.07	22.56	25.24	22.26	24.91
100 Butterfly	57.54	1:04.09	54.00	1:00.15	52.15	58.09
100 Freestyle	51.97	57.74	49.89	55.43	48.09	53.43
500/400 Freestyle	5:20.62	4:41.49	5:04.13	4:27.01	4:53.22	4:17.44
200 Freestyle Relay	1:36.85	1:48.08	1:33.35	1:44.17	1:31.50	1:42.11
100 Backstroke	59.67	1:06.29	55.69	1:01.87	53.27	59.18
100 Breaststroke	1:05.80	1:13.04	1:02.34	1:09.20	1:00.74	1:07.42
400 Freestyle Relay	3:37.81	4:02.63	3:26.36	3:49.88	3:20.49	3:43.34

For Qualifying Time and Gold Standard, first time is for yards, and second time is for meters.

If a relay achieves at least a Qualifying time for State, the top 8 (4 participants and 4 alternates) in each relay will be expected to continue to practice past SWMO Championships. If a relay officially qualifies for State, the top 8 in the relays that qualify will be expected to continue to practice through State Championships, go to State Championships, participate in all activities at State, and at least warmup with the team in Prelims. If you are not willing to make this commitment, Coach Smith needs to know within the first 2 weeks of the season.

## White Cap Standards Boys

<u>Event</u>	<u>Time</u>	
	<u>Y</u>	<u>M</u>
200 Freestyle	2:01.69	2:14.84
200 Individual Medley	2:22.39	2:38.19
50 Freestyle	23.99	26.84
100 Butterfly	1:01.39	1:08.39
100 Freestyle	53.39	59.32
500 (400) Freestyle	5:47.19	5:04.82
100 Backstroke	1:04.89	1:12.09
100 Breaststroke	1:11.49	1:19.35

- White Cap Standards must be achieved each year. Best Times from previous years will not count.
- Relays will only wear white caps at SWMO Finals if they qualify for the A or B Finals.

## School Records

**(new in 2023)**

<u>Event</u>	<u>Time</u>	<u>Date</u>	<u>Record Holder</u>
200 Medley Relay	1:44.56	11/14/2019	Jake Bramwell, Kyle Jolliff, Nate Bramwell, Jaxson Wood
50 Backstroke (LO)	27.19	10/29/2015	Sam Jensen
200 Freestyle	1:50.15	10/28/2022	Isaac Kammerer
200 Individual Medley	2:04.88	10/28/2022	Elias Curtis
50 Freestyle	22.56	10/29/2021	Jake Bramwell
100 Butterfly	54.92	11/11/2022	Elias Curtis
100 Freestyle	49.41	11/12/2022	Avery Miller
500 Freestyle	4:57.25	10/29/2022	Isaac Kammerer
200 Freestyle Relay	1:31.67	11/11/2022	Avery Miller, Dawson Fiorino, Elias Curtis, Isaac Kammerer
100 Backstroke	56.83	11/7/2015	Sam Jensen
100 Breaststroke	1:05.35	11/14/2019	Kyle Jolliff
400 Freestyle Relay	3:19.48	11/11/2022	Dawson Fiorino, Elias Curtis, Isaac Kammerer, Avery Miller

LO – Lead-off Leg of Medley Relay

# Top Ten Swims

## Boys

(New in 2023)

50 Freestyle			
Place	Time	Date	Swimmer
1	22.56	10/29/2021	Jake Bramwell (LO)
2	22.74	11/11/2022	Avery Miller
3	23.39	10/26/2019	Dakota Sparks
4	23.55	10/22/2022	Dawson Fiorino
5	23.61	11/11/2021	Elias Curtis (LO)
6	23.90	10/26/2019	Nate Bramwell
7	23.91	11/1/2019	Jaxson Wood
8	24.01	10/22/2022	Isaac Kammerer (LO)
9	24.11	10/27/2016	Zach Jensen
10	24.20	11/1/2019	Kyle Jolliff (LO)

100 Freestyle			
Place	Time	Date	Swimmer
1	49.41	11/12/2022	Avery Miller
2	50.68	11/11/2022	Dawson Fiorino (LO)
3	51.08	10/26/2019	Dakota Sparks
4	51.10	10/23/2021	Jake Bramwell (LO)
5	51.83	11/14/2020	Isaac Kammerer (LO)
6	52.02	11/1/2019	Nate Bramwell (LO)
7	52.03	10/23/2021	Elias Curtis
8	54.09	10/26/2019	Jaxson Wood
9	54.60	8/27/2016	Zach Jensen
10	55.28	10/29/2015	Sam Jensen (LO)

200 Freestyle			
Place	Time	Date	Swimmer
1	1:50.15	10/28/2022	Isaac Kammerer
2	1:52.97	11/2/2019	Dakota Sparks
3	1:53.36	10/17/2022	Elias Curtis
4	1:54.61	10/5/2021	Avery Miller
5	1:58.35	10/22/2019	Nate Bramwell
6	2:02.39	9/12/2022	Dawson Fiorino
7	2:02.72	10/28/2022	Ethan Squires
8	2:03.16	9/7/2021	Jake Bramwell
9	2:07.01	8/20/2016	Zach Jensen
10	2:09.06	9/17/2015	Sam Jensen

500 Freestyle			
Place	Time	Date	Swimmer
1	4:57.25	10/29/2022	Isaac Kammerer
2	5:10.37	11/1/2019	Dakota Sparks
3	5:16.61	10/14/2022	Elias Curtis
4	5:20.45	9/12/2022	Avery Miller
5	5:36.88	9/5/2015	Sam Jensen
6	5:44.64	10/9/2018	Nate Bramwell
7	5:49.29	9/1/2022	Dawson Fiorino
8	5:49.57	10/23/2021	Jake Bramwell
9	5:52.84	10/29/2021	Ethan Squires
10	5:54.59	10/27/2016	Drew Bledsoe

100 Butterfly			
Place	Time	Date	Swimmer
1	54.92	11/11/2022	Elias Curtis
2	55.94	11/2/2019	Nate Bramwell
3	56.49	10/22/2022	Isaac Kammerer
4	57.91	10/29/2022	Dawson Fiorino
5	58.54	10/11/2022	Avery Miller
6	58.62	11/5/2019	Kyle Jolliff
7	59.93	10/16/2018	Dakota Sparks
8	1:01.29	10/21/2016	Zach Jensen
9	1:02.08	10/27/2016	Drew Bledsoe
10	1:05.33	10/13/2020	Jake Bramwell

100 Backstroke			
Place	Time	Date	Swimmer
1	56.83	11/7/2015	Sam Jensen
2	57.76	10/27/2016	Zach Jensen
3	58.53	10/17/2022	Avery Miller
4	59.75	10/22/2022	Elias Curtis
5	1:00.43	11/1/2019	Jake Bramwell
6	1:02.55	11/1/2019	Jaxson Wood
7	1:02.63	10/22/2022	Dawson Fiorino
8	1:04.27	9/12/2022	Isaac Kammerer
9	1:08.03	10/20/2017	Riley Keith
10	1:08.19	10/28/2022	Toby Keith

<u>100 Breaststroke</u>			
<u>Place</u>	<u>Time</u>	<u>Date</u>	<u>Swimmer</u>
1	1:05.35	11/14/2019	Kyle Jolliff
2	1:09.21	10/29/2015	Alexander Cochran
3	1:09.72	9/22/2022	Avery Miller
4	1:10.63	9/22/2022	Isaac Kammerer
5	1:10.67	10/28/2022	Landen Johnson
6	1:12.00	10/29/2021	Brock Larsen
7	1:12.23	10/28/2022	Ethan Squires
8	1:14.61	9/30/2022	Elias Curtis
9	1:17.30	10/30/2014	Cole Turner
10	1:17.34	10/5/2021	Jake Bramwell

<u>200 Individual Medley</u>			
<u>Place</u>	<u>Time</u>	<u>Date</u>	<u>Swimmer</u>
1	2:04.88	10/28/2022	Elias Curtis
2	2:09.01	10/17/2022	Avery Miller
3	2:10.22	10/29/2015	Sam Jensen
4	2:10.82	10/23/2021	Isaac Kammerer
5	2:11.35	10/28/2022	Dawson Fiorino
6	2:18.87	9/14/2019	Dakota Sparks
7	2:20.94	10/29/2021	Peyton Wake
8	2:21.70	10/29/2022	Landen Johnson
9	2:23.81	10/4/2018	Nate Bramwell
10	2:24.22	10/15/2019	Kyle Jolliff

<u>200 Medley Relay</u>			
<u>Place</u>	<u>Time</u>	<u>Date</u>	<u>Swimmers</u>
1	1:44.56	11/14/2019	Jake Bramwell, Kyle Jolliff, Nate Bramwell, Jaxson Wood
2	1:45.36	11/2/2019	Jake Bramwell, Kyle Jolliff, Nate Bramwell, Dakota Sparks
3	1:46.41	10/30/2021	Avery Miller, Brock Larsen, Elias Curtis, Jake Bramwell
4	1:46.45	10/22/2022	Elias Curtis, Avery Miller, Isaac Kammerer, Dawson Fiorino
5	1:49.57	10/29/2015	Sam Jensen, Alexander Cochran, Drew Bledsoe, Zach Jensen
6	1:50.00	9/25/2021	Avery Miller, Isaac Kammerer, Elias Curtis, Jake Bramwell
7	1:50.58	10/14/2022	Avery Miller, Ethan Squires, Isaac Kammerer, Dawson Fiorino
8	1:50.83	10/11/2022	Avery Miller, Ethan Squires, Elias Curtis, Isaac Kammerer
9	1:50.89	11/11/2021	Avery Miller, Brock Larsen, Dawson Fiorino, Ethan Squires
10	1:51.25	11/11/2022	Toby Keith, Landen Johnson, Dawson Fiorino, Ethan Squires

<u>200 Freestyle Relay</u>			
<u>Place</u>	<u>Time</u>	<u>Date</u>	<u>Swimmers</u>
1	1:31.67	11/11/2022	Avery Miller, Dawson Fiorino, Elias Curtis, Isaac Kammerer
2	1:33.18	11/11/2021	Elias Curtis, Dawson Fiorino, Isaac Kammerer, Jake Bramwell
3	1:33.86	11/14/2019	Jake Bramwell, Kyle Jolliff, Jaxson Wood, Dakota Sparks
4	1:34.65	10/29/2022	Avery Miller, Ethan Squires, Dawson Fiorino, Isaac Kammerer
5	1:35.87	10/18/2021	Jake Bramwell, Dawson Fiorino, Ethan Squires, Isaac Kammerer
6	1:36.18	10/14/2022	Isaac Kammerer, Ethan Squires, Avery Miller, Elias Curtis
7	1:36.94	9/17/2021	Jake Bramwell, Dawson Fiorino, Avery Miller, Isaac Kammerer
8	1:37.65	10/22/2019	Jake Bramwell, Jake Newberry, Isaac Kammerer, Dakota Sparks
9	1:37.75	10/17/2022	Elias Curtis, Ethan Squires, Dawson Fiorino, Isaac Kammerer
10	1:37.90	10/31/2020	Isaac Kammerer, Elias Curtis, Dawson Fiorino, Jake Bramwell

<u>400 Freestyle Relay</u>			
<u>Place</u>	<u>Time</u>	<u>Date</u>	<u>Swimmers</u>
1	3:19.48	11/11/2022	Dawson Fiorino, Elias Curtis, Isaac Kammerer, Avery Miller
2	3:23.70	10/23/2021	Jake Bramwell, Isaac Kammerer, Elias Curtis, Avery Miller
3	3:28.81	11/2/2019	Nate Bramwell, Jaxson Wood, Jake Bramwell, Dakota Sparks
4	3:30.38	9/17/2022	Isaac Kammerer, Ethan Squires, Elias Curtis, Avery Miller
5	3:31.31	10/22/2022	Ethan Squires, Dawson Fiorino, Elias Curtis, Avery Miller
6	3:34.93	10/22/2019	Nate Bramwell, Dakota Sparks, Jaxson Wood, Kyle Jolliff
7	3:36.55	9/12/2022	Avery Miller, Dawson Fiorino, Ethan Squires, Isaac Kammerer
8	3:37.10	11/14/2020	Isaac Kammerer, Elias Curtis, Ethan Squires, Jake Bramwell
9	3:37.32	10/26/2019	Jake Bramwell, Nate Bramwell, Jake Newberry, Kyle Jolliff
10	3:38.61	8/27/2022	Isaac Kammerer, Elias Curtis, Ethan Squires, Dawson Fiorino

# Varsity Letter Requirements

A swimmer must earn 150 points.

AND

A swimmer must have 85% Practice Attendance.

Practice Attendance	1 point/2%	Max 50 points
Total Miles	1 point/2 miles	No Max
Summer Practice Attendance (Optional)	1 point/10%	Max 10 points
# of Varsity Meets	1 point/Varsity Meet	No Max
# of Individual Events	1 point/ <u>Different</u> Event	Max 8 points
Time Improvement	1 point/2 seconds	No Max
Points Scored		
Individual	1 point/4 points scored	No Max
Relay	1 point/8 points scored	No Max
OC Championships Medalist		
Individual	4 points/event	Max 8 points
Relay	1 point/event	Max 3 points
OC Championships Other Scorers		
Individual	2 points/event	Max 4 points
Relay	½ point/event	Max 1½ points
SWMO Championship Final		
Individual	5 points/event	Max 10 points
Relay	3 points/event	Max 9 points
SWMO Consolation Final		
Individual	4 points/event	Max 8 points
Relay	2 points/event	Max 6 points
SWMO C Final		
Individual	3 points/event	Max 6 points
Relay	1 point/event	Max 3 points
State Championship Final		
Individual	8 points/event	Max 16 points
Relay	6 points/event	Max 18 points
State Consolation Final		
Individual	7 points/event	Max 14 points
Relay	5 points/event	Max 15 points
State Qualifier		
Individual	5 points/event	*Max 40 points
Relay	3 points/event	Max 9 points
State Consideration Cut		
Individual	3 points/event	Max 24 points
Relay	1 point/event	Max 3 points
School Record		
Individual	2 points/event	Max 18 points
Relay	1 point/event	Max 3 points

\*Swimmers with times that would have qualified Top 32 in more than 2 individual events will still earn the "State Qualifier" points.

## Team Awards

**Varsity Letter** – Swimmer(s) with at least 150 points and 85% practice attendance over the course of the season.

**Swimmer of the Year** – Swimmer with most points according to Varsity Lettering Points.

**Individual Swim of the Year** – As chosen by the coach, it is the swimmer with the most impressive swim of the season.

**Relay Swim of the Year** – As chosen by the coach, it is the relay with the most impressive swim of the season.

**Senior Award** – Senior swimmer(s) with 800 total points over their career.

**Captains' Award** – A swimmer chosen by the captains and their criteria.

**Most Improved Award** – Swimmer(s) with the most time dropped over the course of the season.

## Useful Links

Missouri State High School Activities Association (MSHSAA)  
[www.mshsaa.org/Activities/Info/SwimmingDiving.aspx](http://www.mshsaa.org/Activities/Info/SwimmingDiving.aspx)

Direct Athletics (Girls State Cut Rankings)  
[www.directathletics.com/leagues/swimming/1028.html](http://www.directathletics.com/leagues/swimming/1028.html)

Direct Athletics (Boys State Cut Rankings)  
[https://www.directathletics.com/leagues/swimming/1022\\_146.html](https://www.directathletics.com/leagues/swimming/1022_146.html)

Facebook – Zizzer Swim Fans and Fams  
[www.facebook.com/ZizzerSwimFans](http://www.facebook.com/ZizzerSwimFans)

Facebook – West Plains Zizzer Swimming  
[www.facebook.com/zizzerswimming14](http://www.facebook.com/zizzerswimming14)

Facebook – Zizzer Swim Team (Group)  
[www.facebook.com/groups/1411168632531429](http://www.facebook.com/groups/1411168632531429)

**NATIONAL INTERSCHOLASTIC SWIMMING COACHES  
ASSOCIATION OF AMERICA, INC.**  
RULES, REGULATIONS AND PROCEDURES FOR BOYS AND GIRLS  
**NISCA Academic All-America**

1. To qualify for this award, you must: (A) have a minimum GPA of 3.750 on a 4 point scale, or 93.7500% of the grade scale your school uses for 7 semesters/11 trimesters. GPA may not be rounded up. (B) be a graduating senior; (C) have lettered in your high school program (swimming, diving, or water polo) your senior year.
2. School grade scale is required. Grade scale is the schools value given to an unweighted A. ex. 4.0, 5.0, 6.0, 11.0, 12.0, 100.
3. Your GPA may be weighted or unweighted. It must be for 7 semesters/11 trimesters. The 7<sup>th</sup> semester/11<sup>th</sup> trimester must include grades for all course taken in the current school year even if the course is a yearlong course with credit earned at the end of the year.
4. ONLY courses taken in grades 9-12 may be used in the GPA. Courses taken in grade 7-8 must be removed from the GPA.
5. Applicant has two options to determine the GPA:  
**Option 1** is the NISCA method of establishing a weighted GPA. It is used where the school does not use GPA's or does not weight.  
Examples for Option 1 are posted on the website at [www.niscaonline.org](http://www.niscaonline.org) under the Awards Program.  
**Option 2** is the GPA as it appears on the transcript that is for 7 semesters. Report card is required if the 7<sup>th</sup> semester is not inclusive of all courses taken and all grades earned.  
Examples for Option 2 are posted on the website at [www.niscaonline.org](http://www.niscaonline.org) under the Awards Program
6. GPA conversions are not allowed.
7. Application must include a copy of your 7 semester/11 trimester transcript with courses/grades earned for the current school year. If this is not included you must include a 1<sup>st</sup> semester **report card** with your application.
8. Applications are entered online at [www.niscaonline.org](http://www.niscaonline.org) under the Awards Program. The application portal opens on January 1 and closes on June at 11:59 PM.

10. The postmark deadline is **March 31** for fall and winter season sport.  
Spring season and late application deadline is **June 15**.  
It is required that application is **complete** at its deadline to not incur a late fee of \$30.
  11. No fee for member coaches if postmarked by the  
deadline. Nonmember fee is \$30  
Late fee for the member and nonmember coach is \$30.
  12. Payment of fees is via PayPal at the time of the online submission. Receipt for payment  
is required with the application. Payment may also be by check to NISCA.
  13. Membership numbers are available thru the NISCA website at [www.niscaonline.org](http://www.niscaonline.org)
  14. Please staple your application and transcript together when possible.
  13. Signature on **Express Mail must be waived**.
  14. Make a copy of your application for your records and for use if your application is  
lost in the delivery process.
  15. Swimmers who qualify and complete an application for Academic All-America honors  
will receive one commemorative certificate mailed directly to their **home address**.  
Additional certificates may be purchased after the All American Team has been  
announced.
  16. The accepted list is posted on the NISCA website at [www.niscaonline.org](http://www.niscaonline.org)
- . A complete application is: copy of online submission signed by applicant, parent, coach,  
principal or AD, registrar or counselor. Transcript for 7 semesters/11 trimesters. Report  
card for 7<sup>th</sup> semester/11 trimester. School stamp or seal on the online app or transcript.  
Applicable fees. Note: include everything in your mailing to avoid a potential late fee.

## NISCA Swimming All America

### Rules:

1. Applications must be submitted on-line at <http://www.niscaonline.org>.
2. All parts of the application must be completed. Failure to complete any section will delay the processing of your application.
3. For each application, the full home address and home telephone number of the swimmer(s) must be included
4. In order for a swimmer to be considered as a NISCA High School All-American he/she must compete for an interscholastic team and be scholastically eligible as determined by his/her state athletic association or school authority. All swimmers must be in at least the 9th grade level of school to be eligible. Swimmers are limited to 8 consecutive semesters of eligibility. **Fifth year seniors, 7th and 8th grade students are not eligible for consideration. See NFHS National Records Committee Policy Handbook Definition #1.**
5. Relay teams are limited to FOUR swimmers. ALL SWIMMERS ON THE RELAY MUST BE IN GRADE 9-12. Only **ONE TEAM PER SCHOOL per event.**
6. All times submitted must be achieved in a regularly scheduled interscholastic meet (no time trials) and will include times achieved up to and including *STATE MEET PERFORMANCES. NO TIME AFTER THE OFFICIAL STATE ASSOCIATION CHAMPIONSHIP MEET WILL BE ACCEPTED.*
  - USA Swimming OR YMCA meet times will NOT be considered.
  - National Federation Rules must govern the meet.
7. All times must be submitted to the one-hundredth of a second. NO MANUAL TIMES ACCEPTED. Automatic timing ONLY!
8. For times swum at a pool located at an altitude above 3000 feet, enter the time as swum and the correct altitude for the location of the meet. DO NOT ADJUST THE TIME.
9. All meet times must include documentation (copy of, or link to, the official meet results).
  - Non-Championship meet times MUST include the signatures of the Meet Manager and Meet Referee.
10. Only 25 yard or 25 meter times will be accepted.
11. A swimmer may be listed in as many events as his/her times qualify. Each event will require an application. Any fees associated with the applications will be paid at the end of the application process.

### Procedures:

1. Applications can be submitted online beginning on November 1<sup>st</sup>. Application deadlines are:
  - Fall season - December 31<sup>st</sup>
  - Winter season – March 31<sup>st</sup>
  - Spring season – June 15<sup>th</sup>
2. Fall and winter applications: you have 30 days from application submission to complete your application or it will be deleted and you will have to re-apply.
3. Fall and winter season coaches will be charged a \$30.00 late fee for each application entered after their season's deadline.
4. The application portal will close on midnight (Eastern) June 15<sup>th</sup> and no applications will be accepted once the portal has closed.
5. Non NISCA members will be charged a \$30.00 non-member fee per application.
  - NISCA Membership is \$75 at <http://niscaonline.org/Memberships>. On-line membership applications can take up to 24 hours to process.
6. The fastest one hundred (100) submitted and accepted times in each event will be named All-America.
  - Check applications submitted and accepted at <http://www.niscaonline.org/aaswimming/AppsProcessed.aspx>
  - Check applications submitted but NOT accepted at <http://www.niscaonline.org/aaswimming/AppsReceived.aspx>. You must contact the appropriate chairperson IMMEDIATELY if your name is on this list more than one week after you submitted the application.
7. Swimmers who are selected to the All-America teams will be mailed **one** commemorative certificate.
  - Additional certificates may be purchased after the All American Team has been announced. Certificates can be reordered here: [http://niscaonline.org/Portals/0/Documents/All%20America/All%20American%20Reorder%20Form\\_14.pdf?ver=2015-08-28-182020-000](http://niscaonline.org/Portals/0/Documents/All%20America/All%20American%20Reorder%20Form_14.pdf?ver=2015-08-28-182020-000)
  - **Certificates are sent to the ATHLETES HOME ADDRESS. If the address listed as the athletes home address is NOT their residence, NISCA is not responsible for replacing those certificates.**
8. Print a copy of each application and any payment receipt for your records as proof of submission.

## NISCA Scholar Team Award Application

The objective of the Scholar Team award is to recognize teams that perform on a high academic level. The award is a cumulative effort by a team of 12 or more athletes who strive for academic success during their high school careers.

Deadline postmark date for submitting Scholar Team applications is March 31<sup>st</sup> for fall and winter seasons.

Spring season deadline is June 15<sup>th</sup>. No applications will be accepted after June 15<sup>th</sup>. The on-line application portal opens on January 1<sup>st</sup> for submitting applications.

### Directions

1. Athletes must have participated and finished the season in good standing to be eligible. Spring athletes must currently be in good standing.
2. **Cumulative GPA** is to be used including the 1<sup>st</sup> semester or 2<sup>nd</sup> trimester of the current year. If your school schedule does not allow your team to adhere to the deadline please consult with the administrator of the program BEFORE THE DEADLINE. Deadline for fall and winter season is March 31<sup>st</sup>. Spring season is June 15<sup>th</sup>. **No applications will be accepted after June 15<sup>th</sup>.**
3. Late applications (after March 31<sup>st</sup>) must pay a fee of \$30.00.
4. Recorded scores may not be higher than 4.000. Those GPAs above 4.000 should be listed as 4.000 in the NISCA GPA column. **If your school uses any grade scale other than a standard 4.0 scale you may use that scale to find the team average and then convert to a 4.0 scale. To convert a percent to a 4.0 scale = % x 4 divided by 100. To convert other scales to a 4.000 scale = GPA divided by the school scale X 4 = GPA**  
Weighted grade point averages over 4.00 are not allowed. Round all GPAs above 4.000 down to 4.000. Round GPA to the nearest thousandth.
5. The application is to list the entire varsity team and average the GPA of each of these individuals to determine the team GPA. A program must have a minimum of 12 athletes to apply for the Scholar Team Award.  
This is a VARSITY team award. Junior Varsity, Freshmen Team and Modified teams are NOT eligible. If the program cannot field a complete team, it may not apply.
6. Application fee for the non-member coach is \$30.00. This should be paid in the form of a check made out to NISCA. The member coach should attach a copy of their current membership card to the application. Membership cards can be printed from the website: [www.niscaonline.org](http://www.niscaonline.org).
7. Applications will require coach, administrator and registrar signatures.
8. Failure to follow the guidelines will automatically disqualify the team.
9. Awards will be provided for three levels:
  - GOLD = 3.750 - 4.000
  - SILVER = 3.500 - 3.749
  - BRONZE = 3.200 - 3.499
10. A complete list of award winners will be posted on the NISCA website at [www.niscaonline.org](http://www.niscaonline.org) and listed in the Journal in the All American edition.
11. Make a copy of your application for your records and for use if your application is lost in the delivery process.

**Step One:** List all varsity athletes. The required minimum number of team members is 12. Co-ed teams are not recognized. Mixed teams are eligible and should be listed as a boys team or a girls team. (i.e. boys on a girls team would be a girls sport and girls on a boys team would be a boys sport). Mixed teams must meet the regulations of the home state association to be eligible for application.

**Step Two:** List the varsity team athletes by name, grade, and cumulative grade point average. Round to the nearest thousandth. A GPA that is higher than a 4.000 must be listed as 4.000.

**Step Three:** Add the grade point average for a TOTAL.

**Step Four:** Divide the TOTAL by the number of members used to determine the TEAM COMPOSITE GRADE POINT AVERAGE. Round to the nearest thousandth. This is the average used to determine if your team qualifies for the NISCA Scholar Team Award. This figure must be a 3.200 or better.

The Head Coach and the District Athletic Director should review the names of the team members listed on the application and sign verification of the required participation. The High School Principal/Registrar should verify the accuracy of the grade average of each student listed and sign the application form.

THE DEADLINE FOR FALL/WINTER SEASONS IS MARCH 31ST, AFTER THAT A \$30 LATE FEE APPLIES. SPRING SEASON DEADLINE IS JUNE 15TH. NO APPLICATIONS WILL BE ACCEPTED AFTER JUNE 15TH