Loons Swim & Dive Team Handbook

LOONS CONFERENCE AND SECTION OPPONENTS	
Conference (8)	**Section (12)**

• Simley
• Two Rivers
• North St. Paul
• Tartan
• Hastings
• Hill Murray
• Mahtomedi
	• St. Paul Teams:
	  ○ Johnson
	  ○ Humboldt/Washington/Open World
	  ○ Como
	• Mounds Park/St. Croix Prep/Gentry
	• Hill Murray
	• Cretin-Derham Hall
	• Mahtomedi
	• Visitation
	• Simley
	• Nova Classical Academy
	• Math and Science Academy
	• Hastings

Edited 2025

WELCOME!

Welcome to the swim and dive season! Jen and I are very excited about this season and hope that you are also. Our hope is that each swimmer (and diver?) enjoys their time being a Loon while also becoming a faster swimmer and supportive teammate. Hopefully you will be able to find answers to any questions you may have in this handbook!

COACH CONTACTS & COMMUNICATION

Head Coach: Emily Firkus
Head Coach email: loonsswimanddive@gmail.com
Assistant Coach: Jen Nylin
Assistant Coach email: thenylins@gmail.com

Email will be the best way to get a hold of us. You will receive a Weekly Update on Sundays outlining our focus for the week as well as any important information. The Weekly Update will also include the schedule for the week and addresses for any away meets we may have. After each meet (likely the next day) I'll be sending out an email with updated best times and celebrating some great swims.

Please communicate any question or concern with the coaching staff immediately. We strive to create an environment of equity and fairness and want the experience of being on the Loons to be positive and legacy building. We will work to build a space where athletes feel comfortable talking to us about any issues they have or see so we can take care of it in a fair and equitable way.

COACHING PHILOSOPHY

For those of us that have grown up in Minnesota, we hear often that 'swimming is a lifelong sport' and because of our Land of Lakes, many of us learn to swim in swimming lessons. Swimming is fun. Swimming is hard. Swimming is a thing that connects us. Swimming is full of successes and can also bring some failures. How you (and we) learn from those failures and successes is what is most important for the growth of you as 12-18 year old student-athletes in and out of the water. We will push you to get outside of your comfort zone but never ever set you up to fail. And we will sure have some fun while doing it!

PRE-SEASON REQUIREMENTS

You cannot get in the water to practice until your school has the following:

Minnehaha	South St Paul
1) Register for Swimming on Skyward 2) MSHSL paperwork signed and submitted in Skyward 3) Up to date physical submitted in Skyward Questions: email Emily Kennett (kennettemily@minnehahaacademy.net)	1) Pay athletic fee 2) MSHSL paperwork signed and turned in 3) SSP eligibility form completed 4) Insurance waiver and media released turned in 5) Parents' permit and health questionnaire Questions: call Kris Nihart (651-457-9462)

PRACTICE TIMES

All practices are held at Central Square Community Center. You can access the schedule for practices and meets here. Any changes to this schedule will be communicated in the Weekly Update or through the captains/Remind.

TEAM EQUIPMENT

Please make sure you have the following equipment (AND EXTRAS!)

Required	Optional
• Practice suits - previous team competition suits are fine to use as practice suits • Goggles - have at least two pairs with you. • Water bottle! (you SHOULD be drinking at least two of these during the day so you are showing up to practice hydrated) • Towel(s) • Cap(s) • Swim bag for practice and meet travel • Lock for your swim locker!	Kickboard Pull buoy Snorkel Nose plug Paddles Ear plugs Bungee Straps

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ACADEMICS

Both schools, along with the Minnesota State High School League, require that students are making progress towards graduation in order to participate in activities.

Please be aware of your school's academic policy. Minnehaha has a "No F's at the final marking period and/or no more than three D's" rule that puts students on administrative alert/probation. South St. Paul requires students to have above a 1.7 GPA at the end of the previous grading period in order to compete in the first two meets. Check your school's handbook for more information.

Thankfully swimmers are brilliant and we shouldn't have any issues with grades! :O)

ATTENDANCE - PRACTICE AND MEETS

Students who participate in athletics must be in attendance at school for the full school day the **day of a meet**. A student who does not meet the full school day criteria will not be allowed to compete that day except with a written excuse from a doctor, school sponsored activity, teacher, or parent, in case of family emergency.

** if you know will not be at practice you need to email or text Emily AND Jen the day before - if you are home sick, please email us - letting people know in a group chat is not helpful and isn't the responsibility of your teammates **

EXPECTATIONS

Swimmer Expectations:

1) You are a STUDENT first! Plan your time to complete your homework and studying with meet and practice schedules.
2) Represent your school, the Metro East Conference, and the MSHSL by following the rules and expectations you agreed to in the paperwork you signed.
3) Respect your coaches, teammates, opponents, officials, and parent volunteers.
4) Set goals and list ways that you will work towards achieving them every time you get in the water.
5) HAVE A PMA!! Positive Mental Attitude!

Edited 2025

EXPECTATIONS CONTINUED

Parent/Guardian Expectations:

1) Support your swimmer's involvement in the team in both helping them get to practices and cheering them on in meets.
2) Be your swimmer's biggest cheerleader and most comfortable shoulder to cry on.
3) Help them plan their time at home to get their schoolwork done.
4) Encourage a healthy lifestyle by encouraging them to get to sleep at a good time, providing food that serves as fuel (proteins, veggies, healthy carbs), and getting them a good water bottle that they can carry around with them so they are hydrated when they come to practice.
5) Volunteer your time at meets by timing, learning to work the table, or working in concessions.

Meet Expectations:

1) When we are hosting, please be at the pool by 430 to help set up and plan to stay after to take down.
2) Be respectful towards teammates, coaches, opponents, and officials
3) Show good sportsmanship
4) Stay and cheer on your team through the end of the meet - very few opportunities will be given to leave early
5) Keep your phone in your swim bag during the meet so you are present with your teammates
6) Wear your team suit, cap, and apparel on the pool deck

Meet Travel Expectations:

Athletes ***will be*** expected to travel to and from Central Square for away meets. Minnehaha athletes will need to get to Central Square after school to catch the bus. Exceptions CAN be made by the coach. SSP athletes will need to bring a letter from a parent/guardian to gain permission from the athletic office prior to the meet to travel home from the meet other than the bus.

LETTERING

There are two ways that swimmers can earn a letter: automatically and via ‘credits’

Automatic	Credits
• Earn 20 points in conference duel meets • Place top 16 at sections • Be a senior AND on the team for the previous two seasons without lettering • Earn an All-Conference time	• Attend 95% of all practices (1 credit) • Attend all meets (1 credit) • Recruit a new member for the team (1 credit per new member*) • 4) Earn Section Qualifying times (2 credits per event)

*new members must start before the 1st meet and complete their season with JV conference or Sections.

CAPTAINS

Captains are an important part of our team! This year, we have 2 captains from Minnehaha and 1 from South St Pau;! They serve as a bridge between coaches and the athletes. They provide leadership to the swimmers, assist the younger athletes just coming in, run captains practices in the preseason, lead team building activities, mentor teammates, and are the team’s biggest cheerleaders.

Next year’s captains will be chosen by a vote from their teammates after they explain to their teammates what being a captain means to them.

Any swimmer (or diver) that violates the MSHSL drug, alcohol, and tobacco policies at any time during their high school period of eligibility will be ineligible to be a captain.

SECTION MEET

In order to participate in the section meet in November, swimmers must have displayed excellent dedication, commitment, and attitude throughout the season. We want athletes to compete at the best championship meet for where they are in their swimming progress so even though we have a small team, not everyone will compete at sections.

We will talk to swimmers who have an exceptional JV Champ meet to see if they’d like to come swim at Sections. The section qualifying times on the following page are times that fall about ⅔ of the way through the list of final times at the previous year’s section meet. The state qualifying times are from the MSHSL.

Edited 2025

LOONS Section Qualifying Times	
200 free	2:30.49
200 IM	2:46.49
50 free	31.49
100 fly	1:20.49
100 free	1:09.49
500 free	6:39.49
100 back	1:20.49
100 breast	1:30.49

MSHSL State Qualifying Times (Class A)	
200 free	2:01.21
200 IM	2:15.89
50 free	24.95
100 fly	1:00.92
100 free	55.05
500 free	5:25.91
100 back	1:02.09
100 breast	1:09.08
200 Medley Relay	1:53.70
200 Free Relay	1:42.58
400 Free Relay	3:45.13

Edited 2025

END OF SEASON

Swimming is amongst the longest seasons of the year as we don't really have to worry about weather. It's expected that the team is a high priority and that swimmers are committed and dedicated to themselves AND the team by coming to practice and competing regularly. As one of our goals for each athlete is maximizing their growth in the pool, academically, socially, and personally, they need to be there! We will be working on goal setting throughout the season, as well.

Each athlete is expected to, and will, compete in an end of season meet to complete their season. This will either be JV Champs or Sections. State if we have qualifiers!

BANQUET AND AWARDS

We will have an end of season banquet to celebrate the season and the hard work the swimmers put in during the fall.

- Most Valuable Athlete - athlete that earns the most points during the season
- Young Talent - 7-9th grade athlete that earns the most points during the season
- Most Improved - athlete that has the most time dropped in a single event (diver that has the most points dropped)
- Hardest worker - decided by the coaches for the season's most dedicated athlete
- Packer & Redhawk awards - decided by the coaches for the athlete from each school that shows great leadership and sportsmanship

Edited 2025