

Northern Swimming & Diving 2025-26

~ Our 24th Season!!! ~

Team Handbook

(Subject to Change – Updated September 30, 2025)

Please note that some provisions of the NYCSD Codes of Conduct are supplanted or superseded by this Northern Swimming and Diving Team Handbook.



Seeking Excellence
TOGETHER
***in Academics, Athletics
& Character***

NORTHERN SWIMMING AND DIVING PROGRAM STAFF

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Program Staff

Head Swimming & Diving Coach, Kaitlyn Neuman (6th Season)

- Swam competitively in New Hampshire from age eight through high school
- Competed at New Hampshire High School States in the 500 Freestyle and 100 Backstroke
- Swim Instructor for the West Shore YMCA as well as privately for the local community
- Certifications: American Red Cross CPR/First Aid, AED and Lifeguarding
- Works full time as a behavior support specialist for United Cerebral Palsy

Assistant Swimming Coach, Diane Ahearn (17th Season)

- Competed for the York YMCA Swimming Team growing up
- High School All-American swimmer at York Suburban High School
- Swam for, and graduated from, Rutgers University
- Former Assistant Coach at York Suburban High School and the Trojan Aquatic Club (TAC)
- Former coach at Hanover Area YMCA
- Works full time at WellSpan Health as an Information Technology professional

Volunteer Assistant Swimming Coach, Bill Resser (23rd Season)

- Competed for the York YMCA Swimming Team for ten years
- PIAA State Qualifier in swimming for William Penn Senior High School in York, PA (York High)
- Graduate of the United States Naval Academy, where he played intercollegiate water polo all four years
- Founding member of the Northern Coaching Staff
- Is a member of the Pennsylvania High School Swimming Coaches Association, the American Swimming Coaches Association (Level 2 Certified), the National Interscholastic Swimming Coaches Association (NISCA) and the World Swimming Association (WSA)

Diving Coach, Kelly Finkey (11th Season)

Director of Athletics – Ms. Angie Gaido

- agaido@northernyc.org or 717-432-8691, x2014 or 717-554-9984
- Assistant: Jayme Slothower, x2015 or jslothower@northernyc.org

Program Philosophy

Competitive swimming and diving is a unique sport. By far one of the most physically demanding high school sports, swimming and diving is, at the same time, both an individual *and* a team sport. While we are focused on preparing the team for success in competition, at the same time, we work with each individual to help her or him become the best swimmer or diver they can be, keeping in mind ***no individual is more important than the team.***

Swimming and diving is more than a sport. It is an opportunity to learn and master important life skills and develop character. It is hoped the athletes will use these skills to make a positive contribution to their family, school and community.

The Northern York County School District (NYCSD) High School Swimming and Diving Team coaching staff feels strongly that every human being deserves to be treated with respect and dignity at all times. As such, we will work hard to seek excellence in competitive swimming and diving by creating a positive atmosphere that is challenging and rewarding for each athlete and the team.

Our philosophy is focused on setting goals, formulating a plan to attain those goals and achieving them through hard work...while seeking to become better people in the process.

Program Objectives – Seeking Excellence Together in Academics, Athletics and Character

- ***Together*** (Athletes+Parents+Coaches+Teachers+Administrators), we will work to insure each athlete is continually ***seeking*** to become the very best student, athlete and person they can be. We will never be done. There is always more we can do to improve, individually and as a team.
- **Excellence in Academics**
 - Student-athletes should be seeking to develop the tools they need to study and learn effectively.
 - They will take the initiative to work with their teachers, parents, coaches and school administration to remain academically eligible the entire season.
- **Excellence in Athletics**
 - Coaches will provide clear, effective instruction of techniques and rules for competitive high school swimming starts, strokes and turns and competitive high school diving. Athletes will trust the coaches and the process and follow instruction.
 - Coaches will encourage swimmers and divers to set challenging, realistic, measurable personal high school goals in order to facilitate improvement. Athletes will do their very best to achieve their individual and team goals.
 - Each athlete will “practice with a purpose”, working hard and constantly seeking to improve their strength, conditioning, technique and skills in order to reach their full potential as a high school swimmer or diver.
 - Each athlete will recognize the importance of their attitude and they will exhibit a positive attitude.
 - As a high school team we will prepare, and expect, to win!
- **Excellence in Character**
 - Athletes will constantly strive to exhibit increasing levels of maturity, responsibility, self-discipline, positive support of their teammates, trustworthiness, honesty, integrity, sportsmanship, dependability, compassion, focus and determination.
 - Others who observe our team will find us to be of the highest moral character in everything we do.
- At season’s end, each athlete will feel NHS Swimming and Diving was challenging, fun and rewarding.

NYCSD Code of Student Conduct

All Northern students are expected to adhere to the NYCSD “Code of Student Conduct” at all times. This document can be found at

https://resources.finalsite.net/images/v1709894110/northernpolarbearscom/zhvzwp2xjsaghcghluv/Student_Code_of_Conduct_Feb_2023_1.pdf

NYCSD Social Media Guidelines for Students

These are contained in an Appendix to the NYCSD Code of Student Conduct. Their purpose is to provide guidance to student-athletes on how to properly and appropriately use social media and electronic communications in a constructive way that reflects positively on you, your family, your school, your team and your community. You will be provided a copy of these Guidelines during or after the “Code of Conduct” Meeting held shortly after the season begins. ***In order to participate in Northern Swimming and Diving, each athlete and their parent/guardian must read, understand, sign, detach and return the signature page of the Appendix.***

NYCSD Student-Athlete & Parent Handbook

This resource, including its Appendices, is intended to provide Northern student-athletes and their parents/guardians with information and expectations regarding the Northern Athletic Programs. It can be found at

<https://www.northernpolarbears.com/fs/resource-manager/view/dad78429-08d6-44ae-8285-3fd55c01dfcf>

NYCSD Code of Conduct for Athletics, Extracurricular and Co-Curricular Activities

A copy of this document for student-athletes and their parents/guardians can also be found at

<https://www.northernpolarbears.com/fs/resource-manager/view/7243c38e-d11c-4969-b051-92e28f258076> and a hardcopy will be distributed after a “Code of Conduct” Meeting held shortly after the season begins. Any questions regarding these provisions should be directed to the Head Coach or the Northern Director of Athletics. Please note that some provisions of the Codes of Conduct are supplanted or superseded by this Northern Swimming and Diving Team Handbook. ***In order to participate in Northern Swimming and Diving, each athlete and their parent/guardian must read, understand, sign, detach and return the signature page of the Code of Conduct for Athletics, Extracurricular and Co-Curricular Activities.***

NYCSD Parent Athletic Code of Conduct and Expectations

You can also find the Parent Code of Conduct at <https://www.northernpolarbears.com/fs/resource-manager/view/a2a9f507-5cc9-4885-b527-d7714bdd75ca> You will be provided a copy of the “NYCSD Parent Athletic Code of Conduct and Expectations.” It is expected that parents and guardians of Northern swimmers and divers will read the entire document and abide by it. Please note that some provisions of the NYCSD Parent Athletic Code of Conduct and Expectations may be supplanted or superseded by this Northern Swimming and Diving Team Handbook. ***Parents and/or Guardians need to sign, detach and return to the Head Coach the signature page of the Parent Athletic Code of Conduct and Expectations.***

Completed NYCSD Physical or Recert Packet

You MUST have the appropriate Northern (PIAA) Physical Packet (if you did not participate in a fall sport for Northern) or Recertification (Recert) Packet (if you did participate in a fall sport for Northern) completed in its entirety and submitted to Northern’s Head Athletic Trainer AT LEAST ONE WEEK BEFORE our first day of mandatory practice. Please see the NYCSD website <https://nhs.northernpolarbears.com/athletics/athletic-training-department> for instructions and contact information for the Head Athletic Trainer. You may not participate in any mandatory practices after the deadline until your paperwork has been satisfactorily completed.

Swimmer and Diver Behavior Standards – General

Beyond the specific points set forth in the above Codes of Conduct, each Northern swimmer and diver is expected to adhere to the following behavior standards at all times:

- ***No hazing, bullying or inappropriate physical touching of teammates, coaches or managers OF ANY KIND will be tolerated (physical, mental or electronic).***
 - *If you witness what you feel is hazing, bullying or inappropriate physical touching, report it immediately to the Head Coach, Athletic Director or High School Principal.*
 - *Athletes should consider taking the free course, offered by NFHS, located at <https://nfhslearn.com/courses/bullying-hazing-and-inappropriate-behaviors>*
- Treat all athletes, coaches, officials, opponents, administrators and fans with respect at all times.
- Arrive at all practices on time and with proper attire/equipment.
- Demonstrate a positive, cooperative, patient attitude.
- Put forth your best possible effort.
- Demonstrate self-discipline before, during and after practices and meets.
- Enthusiastically support your teammates in a constructive way.
- Do not participate in any harmful, “risky” or dangerous activities.
- Stand quietly, still and at attention during the playing/singing of the national anthem.
- Do not use profanity. If you’re not sure if a word is profane, please ask the Head Coach.
- Make good choices regarding your behavior, particularly as it relates to the use of any controlled substances prohibited by law (alcoholic beverages, anabolic steroids, drugs, drug paraphernalia, etc.) and tobacco products.
- Abide by the provisions of this Team Handbook, Codes of Conduct and Social Media Guidelines.
- While at a Northern Swimming or Diving practice or meet, you will not engage in any public displays of affection (PDA) with another student or athlete.

Note: If a swimmer/diver does not adhere to these standards, their opportunities to compete in meets may be reduced and/or they may be permanently dismissed from the Northern swimming and diving team.

Swimmer and Diver Behavior Standards – Mobile Phone Use

In an effort to insure swimmers and divers are properly focused on training, competing and supporting the team, student-athlete mobile phones will not be used during practice or meets unless it’s an emergency or the student-athlete receives permission directly from a member of the coaching staff to do so. Swimmers and divers may only use mobile phones and MP3 players during all meets (regular and post season) for the purpose of listening to music. ***Phones and other electronic devices will NOT be used at any time during practices or meets for posting (pictures, text, etc.) to, or following, social media (Instagram, Snapchat, TikTok, Facebook, Twitter, etc.) or playing games such as Nintendo Switch. Athletes will NOT take a phone or other electronic device with them to an awards podium. The coaching staff reserves the right to take possession of an athlete’s phone if a coach feels an athlete is not adhering to this policy. It will be returned to them at the conclusion of the practice or meet. At PIAA States, mobile phones may be taken from athletes by a coach before “lights out” and given back in the morning, in order to give the athletes the best possible chance of getting a restful night’s sleep. Smartphone and Social Media Addiction are real problems. If you feel you or someone in your family may have an unhealthy***

dependence on their smartphone and/or social media, you can find some insights and tips on how to overcome the addiction at a number of web sites, including <https://www.addictioncenter.com/behavioral-addictions/social-media-addiction/>

Team Roster and Swimming Practice Limitations/Considerations

The coaching staff has a very strong desire to allow as many athletes as possible to be members of the Northern Swimming & Diving team. Key factors impact how many swimmers and divers we can properly support as part of the team → (i) pool practice space/time, (ii) the number of swimmers and divers able to compete in a dual meet.

- In order to provide each swimmer with the opportunity to be properly trained and achieve their full athletic potential each season, we must carefully manage the space and time we have available for practice each day in our six lane pool. Every day we try to provide training and instruction for each swimmer that is appropriate for them, so they are training with other swimmers of similar ability, with the goal of improving and, potentially, “leading” their practice lane or, perhaps, even moving up to an even more challenging lane over time. Simply put, having six lanes for a limited number of hours each afternoon, we can only accommodate/train a certain number of swimmers effectively during the weekday afternoon time period. Depending on the number of people interested in being on the swimming team when the season begins, we may need to modify afternoon practice groups (with varying start and end times) and more fully utilize the morning (5:45 AM) and Saturday time periods for mandatory swimming practices.
- **In addition, it’s important to note that for our dual meets, we can fill all of our assigned lanes that score points in a four (we get two lanes) or six (we get three lanes) lane pool with as few as twelve (12) swimmers per team....12 girls and 12 boys. In addition to the swimming events, we can only enter three divers per dual meet that includes diving. While we can enable more than twelve swimmers to compete via the three relay events that take place during each meet (200 Yard Medley, 200 Yard Freestyle and 400 Yard Freestyle), there is simply, and unfortunately, a limit to how many swimmers and divers we can get into the lineup. If we do find a way to carry as full a roster as possible, we wanted you to be aware there may be limited opportunities for some athletes to compete and travel to away meets.**
- ***In consideration of the above factors, the Head Coach may need to do one or more of the following:***
 - ***Modify the number of practice groups and have varying starting and ending times for each group.***
 - ***More fully utilize morning (5:45 AM) practice/pool time Monday through Friday***
 - ***Limit the number of swimmers and divers on the team roster***

Eligibility Requirements for the Northern Student-Athlete

Please see the NYCSD Code of Conduct for Athletics, etc. for the current General and Academic Eligibility Policies.

Home Schooled Swimmers and Divers

It is the policy of the Pennsylvania Interscholastic Athletic Association (PIAA) that public schools within Pennsylvania must provide the opportunity for home schooled students living within their district to compete in interscholastic sports. Northern York County School District fully supports this policy and works to ensure home schooled Northern athletes are provided the same opportunities to compete as other students. The Northern Swimming and Diving coaching staff considers all members of the team (home schooled or in-school) to be equals. Every team member has the same opportunity to earn places in meet lineups and special recognition during, and at the end of, the season. It is expected that all athletes and parents/guardians will openly support this practice.

Nondiscrimination Policy

The Northern York County School Board has a policy declaring it will provide an equal opportunity to all students, regardless of race, color, age, creed, religion, sex, sexual orientation, ancestry, national origin, marital status, pregnancy or handicap/disability. The district also declares it shall provide to all students, without discrimination, athletic activities. It is expected that all people associated with the Northern Swimming and Diving Program (coaches, athletes and parents/guardians) will conduct themselves in a way that is consistent with the district policies on nondiscrimination. Failure to do so could result in removal from the team.

Why Do Young People Want to Swim or Dive?

Parents and coaches need to recognize that each student athlete participates in high school swimming and diving for their own reasons. Some of the main reasons are:

- They are high achievers/performers and are very competitive in everything they do.
- They want to be with their friends, socialize and have fun.
- They are hoping they will be able to swim or dive competitively at the collegiate or national level.
- They are “reluctant participants” and are being “encouraged” by someone else.
- They want to become more physically fit, maintain fitness or lose weight.
- They want to get/keep in shape for an upcoming high school sports season.
- They like the “feel” of the water and simply like to swim.
- Swimming is a lifelong sport they can do forever.

While athletes may swim or dive for various reasons, it is important to remember this is a competitive high school varsity sport and therefore we are striving for more than just having fun and getting exercise.

Can I both dive and swim for Northern?

In order to insure your safety, if you plan to dive for Northern, you will have to attend all mandatory NHS diving practices. You will be, primarily, a Northern diver. At the same time, if our roster numbers are such that we are in need of swimmers to fill out our dual meet lineup in individual swimming events (two swimmers in a four lane pool and three swimmers in a six lane pool) and relays (eight swimmers for two relays and twelve swimmers for a third relay), there may be an opportunity for a diver to compete in a swimming event. Please let the Head Coach know if you are interested in both diving and swimming. It will be up to you to find time to work on your swimming skills, since your primary responsibility is to practice your diving skills in order to be able to safely complete six dives at each of our dual meets and, potentially, eleven dives for the post-season (Mid Penns, Districts and States).

Required Equipment & Financial Requirements

- **Swimming Practice training gear (your responsibility to provide)**
 - Each swimmer will be issued a numbered mesh gear bag/hammock through the Head Coach that will be used to store their training equipment (fins, paddles, kickboard and pull buoy) at the high school pool. If needed, the training equipment itself will be provided by the school district and/or the Booster Club, however a swimmer may provide their own training equipment if they would prefer. The special gear bag/hammock is to be used to store equipment on a hook at the pool when not in use and is to be kept at the swimmer’s practice station during practice.
 - Practice suits, swimming goggles, practice swimming caps, swimming nose plugs, etc. can be purchased locally at Dick’s Sporting Goods. They may also be purchased online (djsports.com, swimoutlet.com, etc.).
 - Practice suits (swimmers and divers)...competition-style one piece...are approx. \$30-\$60.
 - Each swimmer who needs to wear a cap during practice will have one provided by the Booster Club. PLEASE NOTE, you will NOT wear your new, black “N” logo’d Team Cap for practice. Your black cap is for meets only.
 - Swimming goggles...you must purchase and have with you at least two (2) PAIRS that fit “perfectly” and don’t leak...approx. \$15-\$25 each. These are for practices and meets.
 - A bungee strap (\$6) is recommended for your goggles in place of the rubber straps that come with goggles, which tend to tear after some use.
- **Customized (Logo’d) Team Gear for Competitions (not practice)**
 - **Team Suits** – These are worn for meets only and not for practice. Each athlete pays 50% of the price for the first competition Team Suit, which you keep. You pay full price for any additional team suits you order and keep. The NYCSD pays the remaining 50% of one team suit for each athlete. A boy may choose to wear either a knee-length “Jammer” or a smaller “Brief” for meets.
 - The **full** price for a Girls logo’d team suit this season is expected to be around \$70.00 (the athlete’s 50% share should be around \$35.00).
 - A Boys Jammer (knee-length) is expected to cost around \$42.00 full price (if so, the athlete’s 50% share would be around \$21.00).
 - A Boys Brief is expected to cost around \$34.00 full price (if so, the athlete’s 50% will be around \$17.00).

- A coach will be communicating final, specific information regarding the amount you owe during the first few weeks of the season. Your check for your Team Suit(s) will be payable to “NYCSD” and given to a coach.
- **Black Team (Meet) Cap** – NYCSD or the Boosters will pay for and provide these and **they are NOT to be worn for practice.** You may keep your Northern Black Team Cap.
- **Team Warmups** – you will be issued a Team Warmup (jacket and pants) for the season. If you lose the pants or jacket or both, it is your responsibility to reimburse the school district for the replacement cost of the uniform. Replacement cost for each item is estimated at between \$75-\$150. Senior warmups must be returned to the school district at or before the awards night/banquet at the end of the season, or within a week if you leave the team before the season is over.
- Bring at least one clean, dry towel....to EVERY practice and meet!
- Warm clothing to wear home from practice...seriously consider a HAT.
- Bring two modest, nutritious low (animal) fat snacks (no candy/soda). One for before and one for after practice.
- **Post-Season “Tech” Suit** – *It is expected that any swimmer who qualifies to compete in one or more post-season Championship swimming meets – Mid Penn Championships (used tech suit, may be borrowed), Districts (new tech suit) and/or States (new tech suit) – will wear a knee length “Tech Suit” (from Speedo, Arena, TYR, etc.) for these competitions. We recognize these suits are very expensive to purchase. The post-season meets take place at the end of the season in February and March. **If you competed in the post-season last year or expect to this year, please begin planning now (October-November) for the purchase of a new Tech Suit in the January-February timeframe. Please do not count on borrowing a used Tech Suit from another swimmer to wear at either Districts or States (Mid Penns could be OK, if it fits properly). If you own a Tech Suit you purchased the previous season that you feel still fits properly and will provide the desired hydrodynamic and physiological benefits, please discuss your suit plan with the Head Coach. Feel free to address any questions to the Head Coach.***

Note: If any of the above costs would prevent you from participating in the program, assistance may be available through the Booster Club. Please contact the Head Coach with any questions in this regard.

We’re in this together – Success Triangle

The three key participants in our Success Triangle are our Athletes, Parents and Coaches. There is a banner in the Northern High School Gymnasium that reads, in part, “*Please let the players play, let the coaches coach, let the officials officiate, let the spectators be positive.*” We need to respect each other’s role (Athlete-Parent-Coach...and Administrator).

The Northern Swimming and Diving Program will be successful because the athletes, parents/guardians, coaches and school administration work together to make the experience as safe and positive as possible. ***At this stage in their lives, it is very important and appropriate for parents/guardians and coaches to hold young adults accountable for their actions and allow them to speak for themselves. If an athlete has an issue, question or concern with the program, the athlete should first address it directly with a member of the coaching staff. It’s very important to remember we are working together to insure the student-athletes have the tools they need to function and succeed on their own in the world.***

Expectations of Athletes

- Treat everyone with Respect & Dignity
- Trust and openly support your High School Coaches
- Demonstrate increasing maturity & responsibility
- Maintain your academic eligibility
- Do what your parents/guardians ask you to do
- Make sure you're resting, recovering & eating properly
- Practice with a purpose, performing each workout as instructed
- Don't engage in behavior that puts you at risk
- Remember the needs of the team come first
- Follow appropriate health & safety protocols at all times, including making good choices when not at school.

Expectations of Parents

- Treat everyone with Respect & Dignity
- Trust and openly support the High School Coaches
- Always clearly put academics first before athletics
- Recognize the value of character development

- Make sure your athlete is resting, recovering and eating properly
- Avoid putting pressure on your child to be the star of the team
- Contribute to, and support, the Booster Club
- Follow the chain of command when you have a concern
- Understand, and remember, that the goals of the team and the program are more important than the hopes and dreams you may have for your child
- Help your child become an independent young adult
- Provide the safest, healthiest home environment possible for your athlete

Expectations of Coaches

- Treat everyone with Respect & Dignity
- Set clear expectations of everyone
- Communicate effectively and often
- Help insure each athlete is academically eligible
- Help athletes develop a good, positive character
- Stay current on the latest training methods and techniques
- Provide challenging workouts that optimize each athlete's competitive performance
- Provide training designed to prevent injury
- Look out for the success & well-being of each individual athlete AND the entire team at the same time
- Serve as a good role model

Appropriate parent concerns to address with a coach:

- The mental and physical treatment of your athlete
- Aspects of your athlete's behavior
- Concerns about the program philosophy or expectations
- Known schedule conflicts...well in advance, via email

Parent concerns that are not appropriate for discussion and must be left to the discretion of the coach:

- Swimming practice groups, lanes, times and workouts
- Meet lineups, including who swims on each relay
- Team strategy
- Any situation that deals with other student-athletes and not your child

Confronting a coach immediately before, during or immediately after a meet will not be tolerated and could result in actions being taken by the school district administration.

Communications

Communications between the coaching staff, swimmers and divers and parents/guardians are very important. Most team communications will take place via email (a Google Group). The team email distribution list is for official Team communications/business only (as determined by the Head Coach or Booster Club President) and should not be used for personal communications. Athletes need to take responsibility for thoroughly reading and understanding team communications. **To this end, parents are strongly encouraged to insure each student-athlete has their own personal email address/account. Athletes and parents should check their email daily to see if anything has been sent from a coach. Weather related updates that pertain to practices or meets may be sent by email as well.** As stated above, if an athlete has a concern or question regarding the swimming program, the **athlete** should direct it to the Head Coach first. In addition to email, the "Remind" System will be used again this season to disseminate information. A mobile (cell) phone number will allow the recipients to receive notices from the Remind system via text. If possible, parents are strongly encouraged to provide their athlete with their own cell phone and number so they can be directly responsible for receiving and acting upon team communications.

Our Support Team – Director of Athletics, Guidance Counselors and District Psychologist

The Northern York County School District provides Guidance Counselors and a School Psychologist for students enrolled in the High School and on the Swimming & Diving Team. While our coaches work with each swimmer and diver to try to prepare them physically and mentally to perform at their best in competition, we are not trained counselors or psychologists. If an athlete is struggling emotionally with some aspect of their experience at Northern, they should feel free to speak with a Team Captain, a Coach, our Director of Athletics, a High School Guidance Counselor or the School District Psychologist. Contact information for the Guidance Office and School District Psychologist can be found on the District website - <https://nhs.northernpolarbears.com/>

Health & Safety – Illness and When to Stay Home

Since the start of our program in 2002, it has been the policy of the Northern Swimming and Diving team that if an athlete is sick and/or could be contagious (symptoms and/or a fever of any kind), we strongly encouraged them to stay home and rest/recover and NOT come to practice or a meet. This helps the athlete who is ill recover faster and protects their teammates and coaches from becoming ill. If you're not feeling well, go or stay home and tell a coach.

1. Specifically, if, before practice or a meet, you have one or more of the following symptoms, please do not come to practice or the meet. **Send a text to Head Coach Kaitlyn Neuman (603-660-3114) for afternoon swimming practices and meets, Coach Diane Ahearn (717-495-8238) for morning swimming practices and Diving Coach Kelly Finkey (717-701-3600) for diving practices. Seriously consider contacting your doctor to get their advice on how to best proceed, particularly if you have more than one symptom.**
 - a. Fever/Chills (If your temperature is over 100.4 degrees F)
 - b. Sore Throat
 - c. Shortness of Breath
 - d. Loss of Taste/Smell
 - e. Vomiting/Diarrhea

Health & Safety – Pool Safety / Risks

Swimming pools and the sport of swimming and diving have inherent risks. Swimmers and divers need to be aware of environmental conditions such as standing water on the floor or pool deck, people swimming/diving near them, the risk of falling off the side of a diving board or starting block, their proximity to the pool wall/gutter and the movement of pool-related equipment on the deck as they carry out their practices and competitions. Swimmers and divers must read, and heed, all safety warnings posted in the locker room and swimming pool areas and conduct themselves in a safe, responsible manner at all times. Failure to do so could result in serious injury or death.

Health & Safety – Shower & Use the Toilet Before Entering the Pool

You must take an effective shower every time before entering the pool. The purpose of this is to wash oils and perspiration off your body so they don't get in the pool. The "chlorine smell" you sometimes experience in a pool area is actually caused by airborne particles known as chloramines. Chloramines are produced when the chlorine used to keep the pool free of bacteria, etc. reacts with the ammonia contained in your body oils, perspiration and urine. It's the chloramines that cause your eyes to burn, skin to itch and breathing to be more labored/challenging. Be sure to (1) take an effective shower and (2) use the toilet BEFORE getting in the pool each day.

Health & Safety – Jewelry

For safety reasons, remove all removeable jewelry before stepping onto the pool deck for a practice or meet. It is expected that everyone will take the initiative to remind teammates about removing their jewelry. *PIAA rules prohibit the wearing of watches and electronic devices of any kind.*

Health & Safety – Doctor Visits During the Season

If an athlete sees a medical doctor during the season **due to illness or injury** (not a routine physical or simple checkup), upon return they must provide a written note **from the doctor** to the NHS Athletic Trainer that either (1) details any restrictions in the athlete's activities or (2) clears them to participate in normal swimming or diving activities.

Team Responsibilities – Pool Area

Each swimmer is strongly encouraged to help, without being asked or reminded, with the following tasks:

- **LANE LINES** – installing and properly removing lane lines as required for practices and meets.
- **BACKSTROKE FLAGS** – insuring there are backstroke flags in place at both ends before practice begins.
- **DRYLAND EQUIPMENT** – getting out and properly putting away the equipment needed that day (tubes, mats, kettlebells, medicine balls, wall balls, weights, rowers, etc.)
- **IN-WATER TRAINING EQUIPMENT** – getting out and properly putting away training equipment for practice (kickboards, paddles, pull buoys, DragBags, T-Floats, parachutes, etc.)
- **MEET PREP & CLEAN UP** – getting out and properly putting away the equipment necessary to run a home dual meet (mats, benches, touchpads, bleachers, chairs, 500 Free counters, lifeguard chairs, etc.)
- **GEAR BAG/HAMMOCK** – retrieving your personal gear bag/hammock from, and returning it to, your assigned, numbered hook in the pool area before and after practice.
- **CLEANING & DISINFECTING SURFACES** – swimmers may be asked to assist coaches with using spray provided by the district to disinfectant commonly used or shared surfaces each day.

Team Captains

Swimming and Diving Team Captains will be selected by the coaching staff, with input from the swimmers and divers. This is neither a popularity contest nor a matter of who is the fastest swimmer or most capable diver. Team Captains will be *returning* athletes who have demonstrated, over time, a strong desire to put the team's needs above their own while seeking excellence in Academics, Athletics and – most importantly – Character. This includes being:

- **A GOOD STUDENT**...one who consistently maintains their academic eligibility.
- **COMMITTED**....by virtue of having an excellent attendance record and being ready before practice starts.
- **PASSIONATE / ENTHUSIASTIC**...about high school swimming and diving and being around their teammates.
- **POSITIVE**....always uplifting, quick to compliment others and slow to criticize.
- **TEAM ORIENTED (SELFLESS)**...willing to put the needs of the Northern **team** ahead of their own.
- **TRUSTWORTHY**...supportive of the coaching staff, able to handle sensitive information properly.
- **KNOWLEDGEABLE**...about the latest rules governing high school swimming and diving.
- **ORGANIZED**...aware of the details of the season schedule and any updates at all times.
- **HONEST**...completely truthful with themselves and others at all times.
- **A GOOD LISTENER**...always completely focused on what is being said by others, particularly coaches.
- **RESPECTFUL**...of the differences in others...treating everyone with respect, regardless of their circumstances.
- **HELPFUL**...often extending a helping hand...always looking for ways to help others on the team.
- **MATURE**...making good choices...conducting themselves as a young adult at all times...a role model for others.
- **RESPONSIBLE**...when given an assignment, carrying it out without being reminded.
- **A HARD WORKER**...focused on completing all training as specifically requested by the coaches.
- **A LEADER IN TEAM HEALTH & SAFETY**...serve as a role model with regard to safe and healthy behavior
- **A TEAM LEADER**...willing to participate in regular interactions with coaches and other captains, including weekly Leadership Meetings (in person or via Zoom).

Goal Setting – Team Goals and Individual Goals

Goal setting is an integral part of athletics, particularly swimming and diving. We may meet as a team (Boys Team and Girls Team) and establish Northern Team Goals to which we aspire and that we hope to achieve **together** this season. In addition, experienced competitive swimmers may be asked to turn in a completed individual goal sheet to the Head Coach. The objective is to establish and maintain short-term, measurable personal high school performance goals that are a challenge, yet reasonable, and to work on those things in practice and competition that will help you achieve your goals. We may also ask each experienced competitive swimmer to set longer term individual goals (by the end of this season, by graduation, etc.) they hope to achieve as a result of being successful with their short term individual goals.

Swimming Practice – Practice Groups

In order for us to try to include every interested swimmer on the final team roster, we may have as many as three Swimming Practice Groups this season – **Purple, Black and White**. The groups are determined by the Head Coach, with input from the Assistant Coaches. The Head Coach will communicate which practice group each swimmer will start the season in before our first full swimming practice. They are intended to group together swimmers with similar proven practice abilities, so each athlete is properly challenged and enabled to reach their full potential, without becoming frustrated. The Head Coach may move a swimmer into a different practice group over the course of the season, based on their observed behavior, practice attendance/abilities/habits, attitude and contribution to the team's success.

Here are some specifics about each of the possible practice groups:

- The **Purple (P)** practice group is made up of those experienced competitive swimmers who have demonstrated the ability to train at the highest level both in and out of the water. The Purple group is expected to attend every minute of every Northern High School Purple (P) swimming practice scheduled, unless told specifically by a coach that they are dismissed early. This includes all Saturday practices.
 - Every member of the Purple practice group is **expected** to attend **every** scheduled 5:45 AM practice and is **required** to attend at least **two** scheduled 5:45 AM practices each week.
 - If a member of the Purple group has to miss a Northern swimming practice for any reason, they should make it up by attending a swimming practice with their club team the same morning, afternoon or evening, if that's possible.
- The **Black (B)** practice group is also expected to attend every minute of every Northern High School Black(B) practice during the entire scheduled practice time, unless told specifically by a coach that they are dismissed early.
 - Black is encouraged to attend scheduled 5:45 AM practices.

- Some Saturday practices will be designated as Optional – B(Opt) – on the monthly calendar for the Black practice group, otherwise they are mandatory.
- If a member of the Black Practice Group has to miss an entire afternoon practice for any reason, they should make it up by attending their club swimming practice the same day or one or two NHS 5:45 AM practices in the same week.
- The **White (W)** practice group is also expected to attend every minute of every White(W) practice during the entire scheduled practice time, unless told specifically by a coach they are dismissed early.
 - The White practice group (W) should not attend 5:45 AM practices, unless specifically asked to do so by a coach.
 - Some Saturday practices are mandatory for the White group and will show as a “W” or “ALL” on the monthly swimming calendar. If there is no “W” or “ALL” for a Saturday practice, White should not attend that practice.

The Head Coach will determine the number of practice groups, the duration of practice for each group and the members of each group, all of which are subject to change.

Due to Mechanicsburg High School constructing a new pool, they will be using Northern’s pool to conduct practice as well as meets for their competitions against schools that also do not have a pool. With that in mind, Mechanicsburg swimmers will plan to arrive at 6:15pm on the nights they have practice. It is expected that Northern swimmers will be respectful of the Mechanicsburg swimmers’ time and belongings. Northern swimmers should strive to be out of the locker rooms by 6:15 on nights when Mechanicsburg is practicing.

Swimming Practice & Meets – Attendance Requirements

A swimmer must address a planned upcoming absence from practice with the **Head Coach BEFORE** the scheduled practice and **document it via email**. When we do not have a Saturday practice, swimmers should try very hard to NOT miss afternoon practice on the preceding Friday or following Monday. It’s important that you take advantage of the practice time provided by your NHS coaching staff. Being out of the water for three consecutive days (including the weekend) could adversely impact your training, conditioning and meet performance. Everything we do has a purpose in preparing you to perform your very best in high school competition, individually and as a team. Please note that NHS practice attendance and absences/tardiness are a consideration in doing meet lineups and awarding responsibility/recognition like Team Captain, Varsity Letters, College Recommendation Letters, etc.

Generally speaking, **Excused Absences** from practice include:

- A legal school absence during the day of participation...not in school due to illness, college visit, field trip, etc.
- Receiving academic help from a teacher or counseling during practice...arrive as soon as possible afterwards with an **official** Northern High School PASS or note signed by a teacher or guidance counselor.
- A previously scheduled and documented (via email) **out of town** family trip/vacation.
- Necessary doctors’ appointments...please try to schedule around practice times. If possible, please try to schedule wisdom tooth removal outside the season.
- Family emergencies...sudden illness, car accident/breakdown, death in the family.
- Attended a full day of school, but went home sick at the end of the day...please send a text to the appropriate coach.
- Prescheduled school sponsored activities (i.e. DECA, FBLA, FFA, Jazz Band, orchestra, school play, field trip, Model UN, school musical activities, another NHS varsity sport, etc.)...arrive as soon as possible afterwards with an **official** Northern High School PASS or note signed by an administrator, teacher or advisor.
- Attending a **National** Swimming Championship meet, including USA Winter National Championships and USA Winter Junior National Championships.

UNexcused absences are when you miss part, or all, of a practice or meet for any reason not listed above or don’t notify the Head Coach via email of an upcoming planned Excused Absence well before the practice or meet takes place. Some examples of **un**excused absences include:

- I participated in a **club** practice or game/meet/tournament (swimming, soccer, lacrosse, baseball, track, etc.)
- I was working at my job***
- I was attending a party with friends or relatives.
- I overslept.
- My parents were late in getting me to practice.
- My friends/relatives were visiting with us over the holidays and I chose to spend the day with them.
- I decided to go skiing or snowboarding instead of swimming....see “Risky Behavior.”

- I had NHS detention or suspension.
- I didn't arrange for a ride to the pool with a neighbor, relative or teammate.
- I arrived late or left practice early for an unexcused reason.

***We understand the importance of having a job and the impact it may have on the swimmer and/or their family. While we ask that you do as much in your power to work during the days and times we do not have practice, we realize that may not always be possible. The coaches ask that if you are unable to forego working during the season (and work hours will impact swim practices), that you please speak to Coach Kaitlyn BEFORE the season begins to discuss your work schedule and ways to ensure proper time in the water.

Recognizing you have other interests, during the upcoming season you are allowed a total of three unexcused absences from swimming practice. These must not be taken... on consecutive days, the afternoon before a meet or during the Christmas Break. If you exceed three unexcused absences, your opportunity to compete may be limited and/or you may be dismissed from the program.

NOTE→ Missing a planned Northern High School meet for any unexcused reason is unacceptable. Depending upon the circumstances, an athlete who misses a high school meet for an unexcused reason may use up their three allowed unexcused absences and the coaching staff may limit their opportunity to compete in future high school meets or they may be dismissed from the program.

Swimming Practice – Swim, See An Athletic Trainer or Go Home

Every swimmer is expected to get in the water and practice at the scheduled practice start time. If, for some physical reason, a swimmer is not able get in the water right away or during practice they're unable to continue with practice, they need to immediately explain to a coach what the problem is. The coach will determine if they should (i) get in the water and start/resume practice, (ii) see an Athletic Trainer or (iii) go home. Standing around in the pool and/or sitting on the pool deck for more than a few minutes is not good for the swimmer or their teammates.

Swimming Practice – Lane Etiquette

In order that every swimmer is able to get the most out of each practice/set/repeat, **everyone** must follow these rules of Lane Etiquette.

1. Know where you are in the practice and the set...at all times.
2. Get your time when you finish a repeat. This will allow you and your coaches to know how you're doing in practice and throughout the season.
3. Do NOT stop in the middle of your lane during a repeat.
4. If you must pass someone, gently "tap" on their feet to let them know you need to pass.
5. If you are being passed, holding up swimmers behind you, or being held up by swimmers in front of you....work with your lane mates and adjust the starting order of your lane so no one is being passed or held up.
6. If you must stop at a wall to allow your faster teammate(s) to pass, move to the side/corner so they can complete their turn properly.
7. Be respectful. Listen when a coach is talking to the group. Do NOT talk to your peers when a coach is speaking. Focus on what the coach is telling you or asking of you.
8. Work HARD to make the intervals. They are what they are for a reason...to challenge you, develop/improve various energy systems in your body and help you with various aspects of your racing.
9. Finish a repeat, get your time and move to the side so your teammates can finish properly/legally at the wall.
10. Every finish must be a legal finish *into* the wall.

By following these rules, you will make your practice experience, and that of your teammates and coaches, a positive one. ***If you are repeatedly unable to follow these rules, you may be asked to leave practice or the program.***

Swimming Practice – Dryland Gear

On days when you have dryland (DL) – out of the water – training, you'll need to bring athletic shoes, shorts and a shirt. If a female swimmer quickly changes out of her suit for dryland training, she'll need to wear a shirt (tank top, t-shirt, etc.) on the top part of her body. A sports bra alone with shorts is not permitted.

Video Recording and Physical Manipulation of Athletes

In an effort to more directly and effectively communicate a coaching point or help a swimmer or diver better understand an adjustment they need to make in their body movement or position during a dive or swimming stroke, a coach may need to occasionally record the athlete and/or communicate the point by carefully manipulating the athlete into proper swimming/diving position or form on the pool deck. In addition, there may be times when an athlete is experiencing a muscle cramp or extreme stiffness and the coaching or Athletic Training staff may need to physically manipulate the muscle in order to reduce or eliminate the cramp, muscle pain or stiffness. We will also be capturing swimming meet audio and video for both Live Streaming and/or reviewing at a future date. **If you have any questions or concerns or do not want the coaching staff to use these teaching/coaching methods or muscle cramp reduction techniques with your athlete, please immediately contact the Head Coach directly [via email](#).**

Swimming Practice – Others (Non-Swimmers) In The Pool Area

To insure swimmers, divers and coaches are able to focus on training properly with minimum distractions, no one other than the student-athlete members of the swimming and diving team and the NHS staff are allowed on the pool deck or in the immediate surrounding areas during Northern swimming practice. This includes the pool lobby and hallway at the shallow end of the pool. Parents and guardians may not come onto the pool deck. Parents may only come onto the pool deck wearing a mask if specifically requested to do so by a coach. Parents should wait in their car if picking up their swimmer(s) at the end of practice.

Swimming Practice – School Delays, Early Dismissals and Closings

- **School Delay** – on the school days when early morning practice (5:45 AM) is scheduled, as soon as a swimming coach becomes aware of a “Two Hour Delay” in the start of Northern York Schools, they will communicate to the team electronically (via a text, Remind, Twitter or email) that morning practice is either canceled or delayed to 7:45 AM (preferred). You are strongly encouraged to sign up for Closing/School Delay updates on various local public media outlets. Afternoon practices will take place as scheduled when there is a “two hour delay” to the start of school.
- **Unscheduled Early Dismissal** – if, during a normal school day, it is announced that Northern York Schools will be dismissing early due to inclement weather or another emergency situation, all afternoon swimming practices are canceled that day, unless you hear otherwise from the Head Coach.
- **Unscheduled School Closure** – if, during a normally scheduled school day, Northern York Schools announce they are “Closed” due to inclement weather or another emergency situation, all morning and afternoon swimming practices are canceled that day, unless you hear otherwise from the Head Coach.
- *There may be unique circumstances wherein we are able to practice on a day of inclement weather. If this is the case, a coach will communicate that fact via email and/or Remind.*

Swimming Practice & Meets – Inhalers

As a swimmer, if you use an inhaler to allow you to breathe more effectively, you should always have your primary inhaler with you and use it before getting in the water each day (ideally 20 minutes before getting in). You should never “borrow” an inhaler from a teammate.

Optimal Performance – Nutrition

Proper, balanced nutrition and hydration are key elements of a successful competitive swimming program. Generally speaking, swimmers need to eat more complex carbohydrates (sweet potatoes, leafy greens, whole grains, ALL kinds of vegetables and fruits) and more lean protein and less sugar and animal fat. Swimming causes one to use up a large number of calories for energy. Please work to insure each swimmer is eating a balanced diet throughout the season. In terms of timing, swimmers should eat breakfast and lunch every day. In addition, each swimmer should eat a small (low animal fat) snack before practice and within 20-30 minutes after practice or competition. This provides them with the energy they need for a long workout and allows the body to replace muscle energy (glycogen) within 12-16 hours after practice instead of the normal 24-26 hours without a snack in this time frame. Over the course of a practice week, this becomes important in maintaining your energy level where it is healthy and needs to be. For more details, go to this article from Swimming World magazine - <https://www.swimmingworldmagazine.com/news/the-big-deal-about-a-swimmers-nutrition/>

Optimal Performance – Hydration

The body has an elaborate system to maintain optimal fluid balance in cells, body fluids and blood. Disrupting the system may have serious consequences and adversely affect athletic performance. **Swimmers can sweat at the rate of 2 quarts per hour, or more, during vigorous swimming workouts.** Dehydration not only rids the body of needed water, but it also alters the balance of electrolytes in the body. When the level of electrolytes, such as sodium and

potassium, gets too low, nerve conduction and muscular contraction are affected and strength and endurance decrease. Endurance is further affected by the loss of blood volume resulting from water loss. The key is to constantly replenish the water, electrolytes and carbohydrates you lose or use during swimming by drinking a 6% carbohydrate sports drink during vigorous training and eating electrolyte-rich foods during meals. In addition, it is extremely beneficial to drink water or sports drink throughout the day, **prior to** practice or competition. You are encouraged and allowed to carry water in school as long as (i) it's in a clear container, (ii) you ask each teacher if it's OK to drink it in their classroom and (iii) you don't drink it while in the hallways. ***“Energy” drinks, such as Red Bull, are far too high in concentrations of caffeine and carbohydrates and should never be consumed under any circumstances.*** Please see the following article for more information - <https://eatswimwin.com/ultimate-hydration-guide-for-swimmers/>

Optimal Performance – Rest and Recovery

Another **critically** important ingredient in a successful and complete training program is rest and recovery. A swimmer's body is often pushed to its physical limits during practice. In order for the swimmer to benefit from the strenuous exercise and for their body to develop, adapt and expand energy systems and muscle fiber, they need sufficient rest every day. Ideally, each swimmer should be getting at least eight (8) hours of sleep per night. Their bodies are still growing and they will only see the benefits of their training if they rest and recover properly. ***Northern swimmers should NOT train with their club swimming team the same day they complete a regular Northern High School practice. Their body needs to rest and recover. Overtraining can lead to injury, illness and poor practice and racing performance. If a swimmer misses a high school practice for any reason (excused or unexcused), it would then be appropriate for them to attend a club swimming practice the same day.*** The weekends provide a very good opportunity for the athlete to rest and recover. Please insure each athlete is provided the opportunity to rest and recover as much as possible on Saturdays and Sundays. The key to success and improved performance is a balanced mix of training, nutrition, hydration and rest/recovery.

Optimal Performance – Avoiding “Risky Behavior”

We ask that Northern swimmers and divers use good judgment regarding their non-swimming, non-diving activities during the season. Dangerous and energy-draining activities should be avoided if at all possible. Do not waste/spoil what you have worked so hard in swimming and diving practice to achieve. Swimmers and divers should not participate in “risky” behavior – i.e. snowboarding, playing football, skiing, skate-boarding, dirt bike riding, ice-skating, wrestling, ATV riding, volleyball, etc. – that may result in them being injured and not able to practice or compete. If you're not sure if a behavior is considered “risky”, please ask the Head Coach.

Meets – Scorers’ (Officials’) Table

During Northern swimming and diving meets, no Northern parents or athletes should approach and speak with the people working at the officials' table, unless specifically requested to do so by a Northern coach or PIAA official working the meet. The only people who should approach the table are high school swimming coaches and PIAA officials.

Meets – Schedule

For the latest full season meet schedule, please see the latest version on our team website - <https://nhs.northernpolarbears.com/athletics/high-school-sports-team-pages/swimming-and-diving>

Meets – Lineup Considerations

The coaching staff will organize a swimming and diving meet lineup with many different factors in mind. These include:

- First, the needs of the team.
- Athlete attendance, and effort, at Northern practices.
- Recent individual athlete performance in practices and meets.
- Recent health status of each athlete.
- Season goals -- individual and team.
- The strengths and weaknesses of our competition.
- Each athlete's adherence to proper Behavior Standards and the NYCSD Codes of Conduct (see above).

Please do not question the lineup for a swimming and diving meet. The relay swimmers for meets will be determined by the coaches based on a number of factors. The coaches do not expect to receive any input or questions from swimmers or their parents regarding the relay members for any meets.

Meets – Post Season Championships

There are three to four levels of post-season championship swimming and diving meets – Mid Penn Plunge (swimming only), Mid Penn Conference Championships (separate swimming and diving meets), District III Championships (separate swimming and diving meets) and the PIAA State Championships. Each meet has a different set of criteria for

qualification. Please see a coach for details. ***The relay swimmers for these meets will be determined by the coaches based on a number of factors. The coaches do not expect to receive any input or questions from swimmers or their parents regarding the relay members for any meets.***

Meets – Swimming Strokes and Events

There are four strokes in competitive swimming -- backstroke, breaststroke, butterfly and freestyle. Here is a brief description of each with a video link for those new to competitive swimming.

- **Backstroke**...consists of an alternating motion of the arms with a “flutter” kick while on the back. On turns, swimmers may rotate to their stomach and perform a “flip” turn with some part of the swimmer touching the wall. <https://www.youtube.com/watch?v=MrFt6JHii8w>

<https://www.youtube.com/watch?v=MrFt6JHii8w>

- **Breaststroke**...requires simultaneous movement of the arms on the same horizontal plane. The hands are pressed out from in front of the chest in a heart shaped pattern and recovered under or at the surface of the water. The kick is a simultaneous, somewhat circular motion similar to a frog’s kick. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface. <https://www.youtube.com/watch?v=xG4PMjrk-0g>

- **Butterfly**...features a simultaneous over water recovery of both arms, combined with an undulating “dolphin” kick. In the kick, the swimmer must keep both legs together and may not “flutter”, scissor or use the breaststroke kick. Like breaststroke, on turns and at the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface. https://www.youtube.com/watch?v=rilylmmuB_M

- **Freestyle**...in freestyle events, the swimmer may use any stroke. The stroke most commonly used is the “front crawl” which is characterized by the alternate overhead motion of the arms and the alternating (up-and-down) flutter kick. On turns, some part of the swimmer must touch the wall. Most swimmers do “flip” turns and touch the wall with their feet. https://www.youtube.com/watch?v=6_vXycbD2TM

These strokes -- alone or in combination and over varying distances -- make up the eleven PIAA high school swimming events. There is also a one-meter diving event in most meets. Boys and girls compete separately in their own events, alternating during the same meet, with the girls’ event first. Each high school swimming pool is, generally, 25 yards in length. A very few are 25 meters long (Chambersburg and Waynesboro). Most are six lanes wide, while some are four and some eight. In a six-lane pool, each team is allowed three entries per event, including diving. In a four-lane pool, each team is allowed two entries per event. In an eight-lane pool, each team is usually allowed three official entries and one non-scoring entry. Each swimmer/diver may compete in no more than four events (three relays plus one individual event OR two relays plus two individual events).

The twelve high school swimming and diving events, and their usual order, are:

- 1 meter diving (Diving will be held first at all Northern Home meets, instead of after the 50 yard freestyle.)
- 200 yard medley relay (a team event with four different individuals)
 - 50 yard backstroke, 50 yard breaststroke, 50 yard butterfly and 50 yard freestyle
- 200 yard freestyle
- 200 yard individual medley (one swimmer completes all four strokes in the following order)
 - 50 yard butterfly, 50 yard backstroke, 50 yard breaststroke and 50 yard freestyle
- 50 yard freestyle
- 1 meter diving (diving is often moved to the beginning of the meet, before the 200 Yard Medley Relay)
- 100 yard butterfly
- 100 yard freestyle
- 500 yard freestyle
- 200 yard freestyle relay (a team event with four different individuals each swimming 50 yards freestyle)
- 100 yard backstroke
- 100 yard breaststroke
- 400 yard freestyle relay (a team event with four different individuals each swimming 100 yards freestyle)

Meets – Scoring

• **Relays** (Note...no single team can sweep all three places and points in a relay event. The best they can do is score 1st and 2nd Place):

	<u>6/8 Lane Pool</u>	<u>4 or 5 Lane Pool</u>
- 1st place:	8 points	6 points
- 2nd place:	4 points	3 points

- 3rd place: 2 points 1 point

• **Individual events:**

	<u>6/8 Lane Pool</u>	<u>4 or 5 Lane Pool</u>
- 1st place:	6 points	4 points
- 2nd place:	4 points	2 points
- 3rd place:	3 points	1 point
- 4th place:	2 points	
- 5th place:	1 point	

Meets (Away) – Attire

Swimmers and divers need to be mindful when they compete that they represent Northern High School, our program, their families and their community. As such, they are expected to dress neatly and appropriately for all away meets. **No blue jeans or torn/sheared pants shall be worn.**

Meets (Away) – Transportation Home

Return bus transportation to NHS will be provided by NYCSD from away meets. Per the Athlete Code of Conduct, **no student may be released by a coach prior to returning to Northern High School unless it would be to a parent or guardian with written notification at least 1 day in advance signed by the athletic director or High School principal.** Athletes are strongly encouraged to travel with their organization at all times. We are striving to promote unity and loyalty. A swimmer/diver may not ride home from an away meet with anyone except their own parents/guardians.

Meets (Away) – Picking Up Athletes At School Afterwards

Parents...please plan to be parked and waiting in the school parking lot when the bus arrives back at NHS, so that the athletes and coaching staff do not have to wait for you to arrive.

Varsity “N” Letter Criteria

In order to be considered for the receipt of a varsity Swimming letter at Northern High School, a swimmer must compete in approximately 60% or more of the possible dual meet swimming events (4 events per meet per swimmer in a six lane pool) over the entire regular season. Divers must compete in 60% of our dual meets during which diving is conducted. The Northern swimming and diving coaches and Athletic Director reserve the right to consider extenuating circumstances (attendance, attitude, cooperation, leadership, effort, illness, respectfulness, points scored, academic eligibility, etc.) when awarding a Swimming or Diving Varsity Letter.

Thinking About Swimming or Diving in College – NCAA Eligibility Information

If you think you might want to swim competitively in college at either the NCAA Division I or Division II level, please visit <https://web3.ncaa.org/ecwr3/> ASAP for very important information regarding eligibility, course requirements, proper procedures, forms, tips, answers to frequently asked questions, etc. After reviewing this information, you should confirm your understanding of what’s required of you to be eligible to compete at the NCAA Division I or Division II level with your high school guidance counselor, particularly as it relates to your course requirements. You should also keep the Northern Head Swimming Coach up to date on your plans for swimming in college so they can help you with the selection and application process.

A Final Reminder...Seeking Excellence TOGETHER

We will be successful this season by supporting, encouraging, challenging, helping, and inspiring each other every day. Together, we will make this a season to remember!