

**Campo Verde High School**  
**Swim and Dive Team**  
**2025 Team Handbook**



**Contact Information:**

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### Coaching Staff

- Douglas Prentice - Head Swim Coach
- Kathryn Keller - Head Swim Coach
- David Eppert – Head Dive Coach

### Contact Information

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### Requirements for Swim and Dive Practice

#### Practice Attendance Policy :

*\*Swim and Dive is one of the few sports without a club blackout period. However, daily practice is expected for all athletes, whether you swim with a club or solely with the school team.*

#### Wednesday Practice at Greenfield JHS Pool:

- All swimmers and divers club/non-club **must attend Wednesday evening practice** at the Greenfield Junior High School pool.
- **Club swimmers** are expected to practice regularly with their club team.
- **Non-club swimmers** are required to attend all Campo Verde practices, including Wednesday practices at Greenfield JHS.

#### Meet Eligibility and Attendance Expectations:

- **Attendance at every practice**—whether with Campo Verde or a club team—daily attendance is **required** to remain eligible to compete at dual meets

/invitationals.

- We understand that situations such as illness or doctor appointments may arise. In these cases, please notify the coaching staff **at least 24 hours in advance**.
- In the case of a scheduling conflict, swimmers are required to meet with the coaches to create a modified schedule and arrange make-up practices for any missed sessions.

### **Consequences for Missing Practice:**

- **Unexcused absences** (for both club and non-club swimmers) will result in a **one-meet suspension**.
- Any missed practice must be made up with a **morning practice**, scheduled in advance with the coaching staff.

### **Team Commitment:**

Regular attendance is essential. Consistent participation supports both individual progress and overall team success. Let's work together to make every practice count!

### **Practice Schedule:**

Practices begin on August 11, 2025. The varsity practice schedule is as follows:

- **Monday to Friday:** 5:15 PM – 7:15 PM
- **Saturdays:** 7:00 AM – 9:00 AM Beginning September 5
- **Morning Practices (JV/Developmental Group):** TBD
- Practice will commence promptly at 5:15 PM. Parents are required to pick up their swimmer/diver at 7:20 PM sharp at the GJRHS Pool.

### **Half Days/Early Dismissals:**

Half days or early dismissal days will still be considered practice days.

### **Hydration:**

Always bring water to practice. Swimming and diving are physically demanding sports, and dehydration can be a significant issue. Swimmers are encouraged to drink plenty of

water throughout the day and to bring additional water to the pool during practice and meets.

**Location:**

Stretch and dryland training will take place at Greenfield Pool. All home meets and swim practices are scheduled at the Greenfield JRHS Pool, located at 101 S. Greenfield Rd. (southeast corner of Elliot and Greenfield). The GJRHS Pool features lane lines, start blocks, and a full-depth dive pool with two diving boards. The pool measures 25 yards across.

**Equipment:**

Regularly check your email for updates. Each athlete may purchase a team suit. All team members (swimmers only) are required to purchase 1-2 competition team swim caps during the swim season; additional caps can be obtained from the booster club. It is recommended that athletes bring goggles, towels, sunscreen, and water bottles. Additional equipment, such as pull buoys, kickboards, and fins, will be provided.

**Participation:**

Athletes are expected to attend practice on time every day, fully prepared with their suit, cap, goggles, and running shoes. Please arrange reliable transportation for both drop-off and pick-up by 7:20 PM sharp. Do not park in the loading zone (yellow curb) or fire lane (red curb). Swimmers should be dropped off in the parking lot.

During meets, athletes are expected to willingly participate in the events assigned to them by the coach. All athletes must provide written documentation (statement of prognosis and recommendations for training) for any illness or injury (including pre-existing conditions) to the coaches and athletic trainer. This documentation should be from a physician or physical therapist.

**Grade Checks**

Grades will be reviewed at the end of each quarter. Any athlete with a failing grade ("F") will be ineligible to compete until the grade is raised to a passing level.

**Pool Area Maintenance**

The pool area must be cleaned after each practice or swim/diving meet. All school rules will be enforced.

**Fundraising**

We encourage student-athletes to actively participate in fundraising activities. The fundraising is intended to be a responsibility for the athletes, not an additional burden for parents. Funds raised are used to cover expenses such as equipment, invitationals,

team parties, and awards. Parents or guardians are encouraged to utilize tax credit donations to support the team.

The benefits of our fundraising efforts include:

1. Building ownership in the program among athletes.
2. Developing camaraderie among teammates.
3. Promoting leadership skills.
4. Fostering school spirit in athletes.

### **Swim/Dive Season Details**

The swim season begins on August 11th and concludes with the State Championships on November 6th-8th. The first swim meet will take place approximately three weeks after the first practice, on Wednesday, September 4th.

Swim meets (dual meets) are scheduled for Tuesdays and Thursdays, while invitationals and state meets occur on Fridays and/or Saturdays. Students must travel to swim/diving meets by bus but are permitted to ride home with parents who sign them out after the team meeting at the end of the event.

### **Useful Swim Meet Information**

- Dual meets typically last approximately 2 hours.
- A swimmer may participate in a maximum of either:
  - 2 individual events and 2 relay events, or
  - 3 relay events and 1 individual event.

### **For Parents and Observers**

Please bring:

- Sports chairs
- Water
- A camera
- A hat

Be prepared to volunteer for timing duties if needed.

## **Schedule**

Both swim and dive events start at 3:45 PM.

## **Swim Meet Events**

High school swim meets follow a specific sequence of events:

- 200 Medley Relay (4 swimmers: each swims 50 yards of backstroke, breaststroke, butterfly, and freestyle)
- 200 Freestyle
- 200 Individual Medley (50 yards of butterfly, backstroke, breaststroke, and freestyle)
- 50 Freestyle
- Exhibition 50 Freestyle
- 10 Minute Break
- 100 Butterfly
- 100 Freestyle
- Exhibition 100 Freestyle
- 500 Freestyle
- 200 Freestyle Relay (4 swimmers: each swims 50 yards of freestyle)
- 100 Backstroke
- 100 Breaststroke
- 400 Freestyle Relay (4 swimmers: each swims 100 yards of freestyle)

## **Diving**

Diving events are held during the swim meet in the dive pool.

## **Meet Etiquette**

- Always bring your **team suit and team cap**.
- Arrive at the bus on time.
- Assist with setup.
- Keep all belongings in the team area.

- Participate in team cheers.
- Cheer for team members during their events.
- Stretch and warm up with the team.
- Stay hydrated.
- Be aware of the order of events.
- Get behind the blocks at least one event before your heat.
- After your swim/diving performance, go directly to your coach for feedback.
- Shake hands with other coaches and say, "Good Meet," etc. (Wait until the meet has ended.)
- Stay until the meet concludes and the coaches have dismissed the team to maintain professionalism.

## **Varsity Lettering Guidelines**

The Varsity Letter guidelines have been meticulously developed to provide dedicated athletes with the opportunity to earn the esteemed Varsity Letter.

### **Eligibility Criteria:**

To qualify for a Varsity Letter, each athlete must complete the season in good standing. "Good standing" signifies that the swimmer/diver meets all team requirements and finishes the season, including the state meet if qualified. Athletes who do not complete the season due to academic ineligibility, disciplinary issues, or attendance problems should understand that they will not earn their letter.

### **Important Note:**

**Missing a meet will disqualify any swimmer or diver from earning a Varsity Letter! All meets are mandatory.**

### **Requirements for Earning a Varsity Letter:**

- Scoring points for the team at swim meets (25 pts) or invitationals.(25 pts)
- Meet the provisional time standard.
- Four year swimmer or diver automatically earns a letter

Coaches will assess dedication, work ethics, sportsmanship, and leadership. They reserve the right to modify these requirements under extraordinary circumstances. Any rare instances will be addressed privately with the parties involved.

### **Final Decision:**

The final decision regarding whether an athlete earns a Varsity Letter rests with the coaches.

### **Acknowledgment:**

We, the undersigned, have read and acknowledge the information provided above.

Swimmer/Diver Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_



## Provisional Time Standards

### 2025 State Championship Qualifying Standards

Girls				Boys		
D3	D2	D1	Event	D1	D2	D3
2:34.18	2:34.18	2:08.94	200 Medley Relay	1:57.72	2:06.50	2:08.00
2:30.61	2:30.61	2:18.92	200 Free	2:07.92	2:19.90	2:19.90
2:45.19	2:42.85	2:39.89	200 IM	2:16.34	2:35.64	2:35.64
29.74	28.61	28.08	50 Free	25.30	26.75	26.75
225	225	250	Diving (11)	286	225	225
1:20.06	1:14.54	1:08.78	100 Fly	1:00.56	1:12.87	1:12.87
1:04.39	1:02.82	1:00.32	100 Free	58.11	1:00.78	1:00.78
6:37.63	6:22.12	6:19.95	500 Free	5:50.33	6:28.84	6:28.84
2:11.60	2:11.60	1:56.15	200 Free Relay	1:45.28	1:48.89	1:54.16
1:22.91	1:19.19	1:11.92	100 Back	1:08.21	1:15.39	1:23.42

1:32.26	1:31.04	1:24.60	100 Breast	1:12.70	1:21.46	1:23.92
4:40.47	4:40.47	4:20.72	400 Free Relay	3:55.17	4:02.15	4:05.27