

Meeting Agenda: LHS Swim and Dive Team

Date: October 21, 2025 **Time:** 6:30-8:30 pm **Location:** Legend Library

Topic 1: Introductions

- **Coaches**
 - Coach Jill Milla - Head Swim Coach Coach Casey Chapman- Dive Coach
 - Coach Dave Ketter- Assistant Swim Coach
 - Coach Katie Manzanares- Assistant Swim Coach

- **Team Captains**
 - Bailey Coffman
 - Peyton Milla
 - Lila Blomgren
 - Avah Moghaddam

- **Booster Club**
 - President- Eric Ness
 - Vice President- TBD (Transition to president next year)
 - This position will need to be filled again at the end of the season.
 - Treasurer - Janna Smith
 - This position will need to be filled at the end of this season
 - We have someone that has volunteered!
 - We need parent volunteer to run team website - Chris Taylor/Manzy

Topic 2: Team Norms and Expectations

- Must attend 3 practices at the beginning of the season to be eligible for first meet/scrimmage
- Reach out to coaches when you will not be able to attend practice/meets
- Practice requirements:
 - Club swimmers:
 - 2 practice per week minimum on non-dual meet weeks
 - 1 practice per week minimum on dual meet weeks
 - Non-club swimmers
 - 3 practices per week minimum on non-dual meet weeks
 - 2 practices per week minimum on dual meet weeks
- ***How to Earn a Varsity Letter***
 - Must achieve an A league individual event qualifying time

- Must meet attendance requirements for the season
- Fill out meet forms as soon as they are sent out!!
 - Makes it hard for coaches to create entries when we don't know if you will be available.

Topic 3: Team Communication

- Download Apps
 - Athletes- GroupMe
 - All- TeamSnap
 - **All events, practices, and meets will be posted on TeamSnap**
 - **All communication from booster club will come from TeamSnap**
- Google forms for meets from Coach Jill
- Facebook, Instagram

Topic 4: Practices

- **1st Day of Practice - November 17 @ Cherokee Trail High School**
 - 5:45- 7:30 M-F (with some exceptions)
 - Attire- wear a practice suit. Do not wear the current year's meet suit
 - Inclement weather- Jill will make the call unless either district closes things

Topic 4: Gear

- Suits and additional gear: Suits need to fit tight. Please keep your team suit for meets only. You should use other suits for practice.
- Required vs optional gear- Suit and Tee Shirt will be required. Other gear such as hoodies and pants will be optional.
- Parkas- We will set up a day the first week to meet at Legend to check out a parka for the season. They must be returned in the same condition they were given and be washed and fully dried upon return.
- Swim Caps: One team cap will be provided as well as special caps for different events and state. Will need own cap for practices.

Topic 5: Meets

- Attire and norms
 - Arrive 15 minutes prior to warm up time
 - Wear team suit and have cap and goggles
 - Check in with coaches before and after each race
 - Make sure you are behind the blocks at least 2 heats prior to your race
- Dual vs Invitational
 - Dual meets - coaches will choose swimmer's events
 - Invitationals - swimmers will have the option to choose events

- Pink Out Meet - Fundraiser for Breast Cancer
- Sisters: The upperclassmen get paired with an underclassman as a support. They typically exchange small gifts like candy, snacks, and drinks at meets. More information to come
- Coaches Invitational
 - Must qualify for this meet
 - Can use club times
- A/B/C Leagues and State
 - Must qualify for A and B league

Topic 6: Important Dates

- 11/2 Bingo
- 11/22 Chick Fila Spirit Night
- 11/22 Scrimmage @ CT
- 12/3 @ Heritage
- 12/5-12/6 Big Cat Brawl at Littleton High School
- 12/10 Chap at CT PINK OUT MEET
- 12/16 Rock Canyon at Northridge Rec Center
- 12/19 Holiday Brunch
- 12/20 Coaches at VMAC (this meet is only for athletes that have qualified)
- 1/2 -1/3 Blizzard Invite at CT
- 1/7 Cross Town Splashdown at CT
- 1/9-1/10 Smoky Invite
- 1/13 Mountain Vista @ Northridge Rec Center
- 1/16 - 1/17 Fountain/Fort Carson (this is a travel meet)
- 1/21 Pondo at CT SENIOR NIGHT
- 1/30 C Leagues
- 1/31 B Leagues (this meet is only for athletes that have qualified)
- 2/6 -2/7 A Leagues (this meet is only for athletes that have qualified)
- 2/7 A/B Leagues Diving
- 2/10 -2/11 State TBD (this meet is only for athletes that have qualified)

Topic 7: Season Events

- Bingo fundraiser (November 2, 5:00, Studio on Mainstreet) Here is the link to sign up for donations:
<https://www.signupgenius.com/go/4090A49AEAB2DA4FD0-59627633-bingo>
- Holiday brunch-
 - December 19, 10-12
 - Looking for a location
- Team dinners (Dates TBD)

- End of season banquet- Mid February

Topic 8: Booster Club and Volunteer Opportunities

Role of Booster Club

- Booster Club and Vice President election
- Parent Volunteer Opportunities
 - Sign up sheets to help

Topic 9: State Swimmer/Diver

- Rosemary Joebchen
- State Package \$210 when your athlete has an individual qualification
 - This will cover state gear for the state meet

Topic 10: Academic Requirements/Registration Requirements

- Swimmers/Divers must be eligible to compete each week
 - Grades will be checked each week
- Registration must be complete before coming to practice
 - Up to date physical
 - Team fee paid \$100
 - Registration fee paid \$200