

Austin Boys Swim and Dive 2025-26

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." — Aristotle

Coaches: Ryan Kelly, Travis Walsh, Zach Langreck, Berghyn Hull

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Remind Ap: via text: @ahsboysswi to 81010 Via web: <https://www.remind.com/join/ahsboysswi>

Important Dates: Nov 24: Season Starts, First Practice

Dec 6: First Meet (vs. Owatonna)

Dec 13: Cougar Relays Invite

Dec 20: Packer Invite

Jan 17: True Team Sections (Farmington)

Feb 6-7: Big 9, Northfield (Diving)/Rochester (Swim)

Feb 18-20: Sections, Lakeville (Diving may be at another site)

Feb 26-28: State Meet, Minneapolis

Practices: Bud Higgins Pool @ Ellis Middle School. 4:00-6:00 M-F, Sat 9:00-11:00

Who we are: The Austin Packers Swim and Dive Program has a longstanding reputation of being a program with great students, competitors, and people. We do not have tryouts; we do not cut; and we do not sit people who have practiced and are able to compete. We ask our athletes to work hard and push one another. We value a positive attitude and commitment to hard work as much as we do athletic ability. Our coaches will value and focus on the improvements of the boys above and beyond their wins/losses/finishes in a given meet. Goal setting is key, and constant demand for improvement is expected.

Participation: Our dual meets will have a place for all athletes. All participants have the ability and expectation to improve as the season progresses. We will focus on 3 goals for every swimmer, every meet.

- 1) **Compete**—Do your absolute best for that day; race and give full effort!
- 2) **Push your limits**—Work to find your physical and mental limits, then focus on expanding them!
- 3) **Set Goals**—Train with a purpose. Big goals start with small ones. Take the steps; embrace the process!

The primary worry is not the win vs the loss—it's the growth. This isn't to say that we don't care about winning, we do! Winning is fun and we love to win swim meets, but even when we lose a contest, we focus on the positive accomplishments of the athletes. There will always be personal bests, drops in time, and higher diving scores to celebrate.

BIG PICTURE FOR 2025/26: Compete with passion, and continually challenge and support each other!

Motto for the year: "Start where you are. Use what you have."

****Find challenge in your life! Don't allow yourself to settle with the things you are putting work into. Keep reaching and keep working to excel!**

Contests: We, again, have a nearly full slate of meets. Most of our dual meets begin at 6:00 pm. We will get pasta parties organized. Normally we work to have 4-6 pasta parties. If you are interested in hosting one, please let coach Kelly, Tonia, or Tisha know.

Coaches: This year's coaches will have returning staff: Ryan Kelly, Head Coach; Travis Walsh, Asst swim; Zach Langreck, Asst swim; and Berghyn Hull, dive. It will be great to have the same staff back this season.

Athlete expectations: We are in session Monday-Saturday. Athletes are expected to be at every practice/meet unless otherwise excused by Coach Kelly (swimmers/divers) or Coach Hull (divers). This is a sport where it takes much time and energy to get ready for each competition and eventually be at our best in the postseason meets. Our weekday practices will be scheduled from 4:00-6:00 and Saturday mornings will be done by 11:00 am. It is expected that parents or athletes get a hold of coaches to alert us of anyone missing for the day. Unexcused absences or those who are habitually late/missing from practice, may have their ability to compete in meets impacted. If someone is ill on a meet day, it is very important to let Coach Kelly know asap. Athletes who are missing from relay lineups cause a cascade effect on the meet lineup as a whole that can take much time to fix; it can completely disrupt a meet plan. One swimmer's absence can often affect 5-6 teammates' lineups in some way.

For our home dual meets; we ask that all athletes are at the pool with their suit on no later than 4:30 p.m. The boys are expected to help with the meet set-up before the meet and tear down afterwards. We will once again be asking for parent volunteers to work concessions. The meets will be live-streamed online once again through the AHS youtube channel.

Practice: Practice is crucial to success. You are expected to be on deck, dressed, and ready to get to work at 4:00 for our meeting during the week, and at 8:55 on Saturdays. Drivers and rides can be coordinated for high school students from AHS to Ellis during the school week. It is the responsibility of swimmers and families to get athletes to practice on Saturdays and non-school/holiday breaks. A full schedule of practice dates and times will be sent home with swimmers on or before the first day of practice.

Strength and Conditioning: Part of our practice schedule will be strength and conditioning with ETS. High School athletes will work out at AHS with Coach Sam, and Middle School athletes will work out at Ellis with Coach Synoground. ETS focuses on functional strength, technique, and explosiveness. More information will come on this, but AHS workouts will happen before school and Ellis will be after school.

School Attendance: Attendance in school is a must. Be on time to class, ready to work. is a mindset—and it is not one you can just turn off and on. Take pride in your schoolwork, and everything else will fall into place. **YOU MUST BE IN ATTENDANCE IN SCHOOL THE ENTIRE DAY OF A COMPETITION.** If a student has an unexcused absence on a meet day, they are not eligible to compete that night. Absences that are excused for activities for the high school activities department are funerals, medical appointments, court, and school field trips/events. If you have questions or concerns about this please contact Katie Carter in the AHS activities office.

Eligibility: When athletes sign up as a member of this team, they make a commitment to follow the rules set forth by the Minnesota State High School League and Austin High School. Violations of rules may result in loss of eligibility, which could be one or more contests. Violations that could result in loss of eligibility include poor academics, any illegal substance use, attendance, and behavior issues. Athletes must be in school all day on the day of a contest and the day following a contest. Medical notes must be provided to the activities office if your athlete visits the doctor the day of or the day after a meet and misses any amount of school. The coaching staff's expectation for the boys is to show good character on and off the pool deck. This means that if a student is serving ISS or OSS he will not be eligible to compete with his teammates. ISS students will be expected to show up to the scheduled meet and practice; OSS students are not eligible to be present at activities. If there are questions or concerns about this policy please see Coach Kelly or contact Ms Carter.

Lettering/awards: As in all AHS/MSHSL activities, students can earn a varsity letter this winter. This is done in one of two ways. Athletes must either make the section team (top 4 in an event) or make a section cut time at some point in the season (swimmers only). Coaching staff also has the discretion to award a letter to an athlete who has shown the dedication, passion, and character that we expect. Other awards can also be earned at the conference, section, and state levels, including academic awards for GPA and involvement and excellence in academics, athletics, and arts (AAA award). All-conference performers must score near the top of the meet in points, the section awards swimmer and diver of the year as nominees to the state awards. All state designations are awarded to those who medal at the state meet (top 8). Behavior and/or chemical violations may affect eligibility for these awards and/or eligibility to be a captain on the team (for that year).

Ellis Athletes: Due to the difference release times between AHS and Ellis, Ellis students will report to Coach Kelly's room after school. We will head down to the pool at about 3:30. This 30 mins will be available for the boys to get homework caught up, retake tests, or get any needed help from their teachers.

State Standards:

OFFICIAL 2025-2026 State Swimming Standards				
The qualifying standards for each swimming event is established by taking the three (3) year average of the 16th fastest time of the state meet preliminaries at the U of M Aquatic Center. The standard may not deviate more than 1% up or down in any given year. This is indicated with an asterick (**).				
<u>Class A</u>		<u>Event</u>	<u>Class AA</u>	
<u>Girls</u>	<u>Boys</u>		<u>Girls</u>	<u>Boys</u>
1:53.99	1:42.83	200 Medley Relay	1:52.45	1:39.08
2:00.55	1:50.90	200 Freestyle	1:56.91	1:45.93
2:15.65	2:06.39	200 Individual Medley	2:10.76	1:57.20
:24.91	:22.47	50 Freestyle	:24.37	:21.81
1:00.87	:55.24	100 Butterfly	:58.94	:52.29
:55.02	:49.88	100 Freestyle	:53.28	:48.03
5:26.68	5:07.12	500 Freestyle	5:12.66	4:51.80
1:42.65	1:33.57	200 Freestyle Relay	1:40.43	1:29.54
**1:01.47	**57.57	100 Backstroke	:59.71	**54.52
1:09.25	1:02.48	100 Breaststroke	1:08.36	1:00.78
3:45.30	3:24.90	400 Freestyle Relay	3:41.32	3:16.48