



FRHS Men's Swimming and Diving Handbook

Fangs Out - Honor, Passion, Joy

FRHS SWIMMING AND DIVING MISSION STATEMENT

Our Mission is to be the best swimming and diving program in Colorado.

Our definition of the best program is:

Through Athletics: Improvement and contribution of all team members and team success at the city, conference and state level.

Through Academics: Team members who earn Academic All-State and Graduating seniors who earn Academic All-American honors.

Through Team Unity: A team that's made up of people who are committed, responsible, supportive, spirited, and display exceptional sportsmanship.

By Representing the Fossil Ridge Code:

Respect Integrity Determination GratITUDE Excellence

Athletes learn the fundamentals of the sport of swimming and/or diving, and they will be given the tools to ensure they have the greatest possibility of success in athletics.

Athletes will learn how to set goals, embrace challenges, love fitness, thrive on competition, become a leader, and give back to the community. They will also be encouraged to practice good organization and communication skills. It is the intent that FRHS swimmers and divers will have what they need to be successful in the years after high school, and take away more than just knowledge of swimming.

Athlete Expectations

- Teammates are expected to support one another in times of need.
- Athletes will be respectful of one another, coaches, other teams, officials, community members and strangers.
- Athletes will prioritize practice sessions and attend as many as possible while understanding that all practices unless otherwise noted are required to participate on this team.

- Athletes will take pride in being part of the team and act with dignity and decorum, and understand that their actions represent not only themselves, but their entire team.
- Athletes will over-communicate with the coaching staff and make sure they are aware of schedule changes, injuries or possible injuries, challenges with schoolwork or grades, conflicts with team members.
- Athletes are expected to sign the Athlete Contract and abide by its clauses.
- Club swimmers are expected to sign the Club Swimmer Contract and abide by its clauses.
- Athletes are expected to maintain the minimum grade requirements outlined by Fossil Ridge High School and CHSAA. If an athlete is ineligible for three consecutive weeks, they will be removed from the team so they can focus on their grades.
- Athletes are expected to abide by all codes of conduct put in place by Fossil Ridge High School and Poudre School District.
- Club athletes are required to make at minimum 2 high school touches a week. These days are Tuesday mornings and Thursday afternoons. That may be a meet or a practice. You are required to attend club practices just as everyone else is for high school practice. If you are going to miss a club practice, please let Coach Keaton know.

Program History-Since 2009

- 15 consecutive City Championships.
- 15 consecutive Conference Championships
- 3x state champions (2015, 2016, 2017)
- 2 x State Runner up (2009, 2018)
- 9 top 5 State finishes since 2009
- 50 All Time All-Conference Team Members, 7 Individual State State Champions, 4 Relay State Champions, 24 Individual All-Americans, 15 Relay All-Americans , 51 Academic All-Americans
- [Team Records on the Website](#)

Coaching Staff

Head Swim Coach Keaton – fossilboysswimdive@psdschools.org, 970-978-7938

Assist. Swim Coach Nate – wtreanor@psdschools.org, 303-810-7255

Assist. Swim Coach Ryan – rbaldino@psdschools.org, 443-966-0593

Head Dive Coach Luke – lrichmond@psdschools.org

Website

Website - <https://sites.google.com/psdschools.org/frboysswimdive/>

Team Captains

Jake Barela, Emerson Canales, Brennen O'neil, Nate Goodrich

Parent Leads

Megan Walsh, Jennifer O'neil, Anne Flemming, Carrie Tafoya, Carrie Mania,
Shannon Stark

Registration

- Registration link is <https://frh.psdschools.org/athletics/online-registration>. You can also access the link on the fossil ridge website.
- **Get your physical scheduled now!** Turn in all forms to FRHS Athletic Office the week before, bring Orange Card to any of the coaches by 2/17. Keep in mind that the athletic office will not be open on 2/17, so you must get the orange card the week before.
- There is aoudre school district athletics fee that must be paid before the start of the season. This year, the fee is **\$205**. There is also a team fee that will cover cap costs and other shared equipment. The team fee will be **\$50** which will include team caps, miscellaneous equipment upgrades, and parka/bag replacements.

Equipment

- Basic equipment- Team suit, practice suit, swim cap, goggles, water bottle, kickboard, pull buoy.
- Other training aids- fins, hand paddles, finger paddles, front snorkel, equipment mesh bag.
- Required equipment- team suit, goggles, team cap.
- A silicone cap will be provided that is bought with the team fee. Should an athlete lose a cap, it will cost \$13 to replace. Customized cap with last name is \$30.
- A parka and bag will be assigned to each athlete on the team up to 50. These items are numbered and each athlete is responsible for their assigned number. If a parka or bag is not returned by the due date, the athlete to which the missing parka or bag number was assigned will be charged the cost of the replacement. Parka: \$150, and Bag: \$90. If you have these items from last year, please notify Coach Keaton.
- We will have a limited amount of equipment available to share if you are not able to afford the basic equipment.
- New Equipment

Team Store

- There will be 2 online stores that will be open prior to the first day, and close at an announced time. The team store will be through MI sports. Athletes are required to order the team t-shirt and a team suit. Other optional team gear items will also be available. The second team store will be the fan store through Sport About and will be for fan gear. We want to hear and see your support at meets! Options will include a t-shirt option, a sweater option, a hat option, and a team towel. Buying gear will also help out the finances for the team.

Fundraising

- There will be multiple fundraisers through the year that will help in aiding the expenses of running the team. We have two accounts, one for the boys team and a coed account. The fundraisers scheduled will be for the boys team account to be used for the boys team only. If you would like to donate to the coed account, please let me know and we will direct those funds appropriately.
- We may have offseason fundraising events as well to maintain contact with the boys and the team and continue to build financial stability for the team.

Practice Schedule

- **Swim practice starts Monday morning 2/19**
 - **Swimming** – All practices at Edora Pool and Ice Center (EPIC)

| | Monday (alternating pattern) | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----|------------------------------------|-------------------|-------------------|--|-------------------|---------------------|
| AM | 6:30am- 8:15am | 6:30am- 8:15am | 6:30am- 8:15am | Swing Practice (when necessary) | | 10:00am- 11:00am |
| PM | 4:30pm- 6:15pm | | | 4:30pm- 6:15pm | 4:30pm- 6:15pm | |

- **Weight Room** – Tuesday 4:15 and Saturday 10:00am
 - **Dryland Swing Day**– If a practice gets canceled due to a city meet, we will swing that practice to Thursday morning dryland. Look for announcements in both email and groupme when this occurs.
- **Diving**-Practice starts _____

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----|--------|---------|-----------|----------|--------|---------------------|
| AM | | | | | | 10:00am- 11:00am |
| PM | | | | | | |

- Spring Break- **3/17-3/21**. If you are leaving town for spring break, please let Coach Keaton know a week prior. There will be workouts for you to do while away. If you are in town, practices are encouraged but optional.
- Please be on the pool deck on time and ready to swim.

- Due to having an off-site practice site, we also will support fellow team members that need assistance to and from practice. Please meet at the Ridge signs at the front of the commons to either establish a ride or volunteer a ride.

Intentions Meeting

- It is incredibly important to teach this young group of men the importance of intention in the effort they give in their lives. We will be having a 10 minute meeting at the beginning of practice discussing the intentions behind the practice, and the efforts needed in the team dynamic. This will include highlights of the goals, teaching important aspects of the training that day, goal setting, and teammate discussions.

Communication with Coaches

- All athletes are expected to communicate with the coaches regarding planned and unplanned absences. If Coach Keaton doesn't receive any communication about a planned absence, you will be marked unexcused and will lose lettering points.
- The preferred method of communication is an email to Coach Keaton or a groupme direct message. If there is a need to alert the coaches within 24 hours of a practice or meet, send a groupme message immediately.
- There will be a roundup and look ahead email sent out every Sunday to your emails. This will include a recap of the last week, and a summary of the week ahead.
- Groupme will only be used by coaches for announcements and questions within the parents. If you have a direct question or concern to the coaches, please email them directly. These groupme groups will mainly be used for communication among groups.

Team Bonding Retreat

This year there will be a team bonding retreat to Monument, Colorado. This retreat is highly encouraged, but not mandatory. We will be leaving March 8th and getting back March 9th. There will be an extra charge. This will include the price of the room, a meeting space for the team, meals, reservations of their rope course, reservation of their fire pit, and supplies. Snacks are recommended to bring. An agenda of the events and the packing list will be sent out the week of the event. Transportation is currently being worked on.

There will be a no tolerance policy with alcohol or other illegal substances while away. If this is to occur, you will be suspended from the team and sent home from the retreat.

Meets

In order to be eligible to swim in scheduled meets, the swimmer/diver must:

- Have participated in the minimum 3 practices prior to competing in a meet.
- Meet weekly grade eligibility as required by Fossil Ridge High School and CHSAA.
- Attend all enrolled classes the day of the competition except if excused from the class for the meet.
- The meet schedule can be found on the website and/or through this [hyperlink](#).
- Dual meet events will be chosen by the coach. However, there will be meet request slips that can be filled out at the beginning of the week for a request on the event. This will be taken into consideration, but ultimately the team will come first. For invitationals, the swimmers will be able to elect the events that they would like to swim.
- Please let me know any changes to your commitment to the meet more than 24 hours before the meet. If you are not able to make it to the meet within 24 hours, no changes will be made to entries and relays will be affected.

Transportation

- An athlete must travel with the team to an away contest (out of Northern Colorado). An athlete can be released to a parent or legal guardian from invitational or dual meets, but the athlete must stay until the contest is completed and the coach has given their approval. To encourage team bonding it is recommended that all athletes ride the bus home from an activity.
- Transportation to and from both practices and competition within Northern Colorado is to be determined and set up by the athlete's parents, buses will not be provided within Northern Colorado.
- Buses are unreliable. It's a good idea to have alternate transportation planned as a backup for away meets should a bus cancel last minute. Excluding buses, any and all transportation of athletes must be determined and organized by parents/legal guardians.
- The team will occasionally stop for treats on the way back to the school, so it's recommended that swimmers bring a little bit of money to away meets. We will keep the swimmers in contact with parents on arrival time.
- Swimmers MUST be at the bus on time. We will not wait more than 5 minutes after departure time for an athlete.

Dress

- Athletes will have specific dress that will show both team spirit and young professionals.
- Home meets-Shirt and Tie, Away-Team spirit

Team Dinners

- Team Dinners are hosted by the families of our athletes the day before a meet. The host family is expected to provide the main dish, the athletes bring the accompaniments. Arrival time will be at 7:00, but dinner time won't start until 7:30ish to allow team bonding before dinner and provide time for club swimmers to join the team.
- Sign up to host a team dinner [here](#).

Meet Help!

For home meets that we are hosting, it is essential for us to have parent volunteers in order for the meet to run smoothly. We need to know these volunteers ahead of time so that we can be out of the pool within the scheduled time. We will need 10 timers, 1 meet computer person and a timing console person in order to run the meet. A sign-up sheet for these positions will be passed around at the Parent meeting and a Sign-up Genesis will be sent out afterwards. Signing up will allow you on deck to be up close and personal to the action.

The following is a description of each job:

- Timers: we need at least 1 timer for each lane to run a meet. Timers are responsible for the backup times of swimmers. They will have a stopwatch and a button. They will also need to record times on timing sheets.
- Meet Computer: We need one parent who is experienced at running the meet computer during the meet. We have a laptop that runs Meet Manager for Hytek. This is the software that makes the entire meet run.
- Timing Console: We need one experienced parent to run the System 5 or 6 timing console for each meet. This is the system that makes the computer talk to the scoreboard and the timing pads.
- Mentee: This position is for a parent to receive some training from the meet computer or timing console volunteer to learn the processes of running these two technologies. This is integrated to ensure that we continue to have knowledgeable help to run meets.

Senior Meet/City Meet:

- The City Meet is traditionally our Senior Night. Senior banners are organized by the Junior parent volunteers and will be hung during the season after picture day and at Senior night. We will take a few minutes after the meet and before the to honor our seniors and their parents and talk about the impact they have made on the team. Junior parent volunteers should coordinate the senior gifts, flowers, posters and/or balloons.

Northern League Meet

We have 10 teams in our league including Fossil Ridge, Fort Collins, Rocky Mountain, Poudre, Loveland, Thompson Valley/Estes Park, Liberty, Windsor, Mountain View, and Greeley/Valley.

The Northern League Championship Meet is the final competition within our league. The Conference meet is a prelims/finals format and will take place on 5/2 & 5/3. The top 24 athletes (4 per teams allowed) in each event and best placed relays in each event qualify for finals.

State Meet:

Athletes who have qualified in the 5A State meet will compete in that meet at VMAC the week after conference. The State meet is a prelims/finals format. The top 30 athletes (max 4 per team) in each event after prelims will return the next day to swim finals. Only finals are scored and athletes cannot score out of the heat they qualified for in prelims.

Athletes must compete in a minimum of 6 meets for their high school team in order to compete in the State Meet with an individual maximum of 11.

End of the Season Banquet:

Banquet Details: TBD time and place

Each year to celebrate the efforts of the athletes and their families we get together and have an awards banquet. It is a fun way to celebrate the athletes success and recognize our student athletes and seniors.

LETTERING CRITERIA

130 points are required to earn a varsity letter.

You may earn points in the following ways:

- 1 point for each practice attended. You must be on time and stay for the entire practice.
- 4 Points for every meet attended.
- 5 points for each year that you have been a member of the FRHS Swimming and Diving Team.
- Points scored in individual events in meets (dual meets 1st= 6 points, 2nd= 4 points, 3rd= 3 points, 4th= 2 points, 5th= 1 point, Invitational and Conference meets points vary, usually 1st= 20 points, 16th= 1 point).
- 5 points if you participated in the off season training program.
- 5 points for participation in the Team Bonding Retreat.
- Swimmers must participate in the Conference Swim Meet in order to earn a letter. A Cut=4 points plus normal Meet Points
- 5 points for a Coaches Invite time standard achieved during the high school swim season.

- 10 points per swim event or 30 pts per dive event a State Qualifying time standard is achieved.

3rd Quarter GPA:

3.80 or higher = 15 points
3.50-3.79 = 10 points
3.0-3.49 = 5 points

You will lose points in the following ways:

- 0 points for illness or pre-excused absence. (Must have notice from parent or swimmer ahead of time or have called school attendance office.)
- -1 point for an excused absence with no notice ahead of time.
- -1 points for being late to practice unexcused.
- -3 points for an unexcused absence from practice.
- -4 points for an unexcused missed meet or leaving a meet early that a swimmer was requested to attend.

You will not earn a letter if you meet any of the following conditions:

- More than 5 unexcused absences.
- More than 2 meets missed for an unexcused reasons
- Removal from the team before the end of the season.

****FRHS Swim/ Dive Coaches reserve the right to adjust this policy at their discretion.****