

# **Welcome to CPHS Girls Swimming and Diving**

We are looking forward to a fantastic season, please read your packet thoroughly. Note that this packet is merely a guideline for the swim season, and may be amended as circumstances dictate.

Watch the team website for information that will include ordering information, practice and meet times, and reminders of upcoming events. Please make sure that we have your current email address, as well as your daughters', so that we can send out information about upcoming meets and team events.

A great deal of emphasis will be placed on team spirit and good sportsmanship during the season. Coaches will exhibit a very positive attitude toward every diver and swimmer, by means of personal congratulations as well as constructive criticism. Swimmers and divers are going to set personal goals, and will be expected to work towards them. Personal goals in addition to team goals will be talked about and set during the first few weeks of practice. Swimmers and divers will be expected to cheer for their teammates as well.

We also encourage parents to be involved with the development of their athlete throughout the year. We encourage parents to know the goals of their child. Help your daughter set goals that are challenging yet achievable. The coaches are more than willing to assist with this. Please be supportive of your athlete as they experience the many ups and downs of the season, and if you are interested in volunteering any additional time to the team, your help would be greatly appreciated at meets and other social events. You don't need previous experience to help; we can teach you everything you will need to know in just a few minutes.

If at any time you find you have any questions, comments, or concerns regarding any aspect of the team, please feel free to contact any of the coaches with your thoughts. There will always be a coach around after practices and meets to speak with. Again we are looking forward to the upcoming season filled with fun and success!

## **PRACTICE FORMAT:**

Practices will consist of an abdominal or "dry land" workout, followed by workout time in the pool or in diving instruction. There will also be brief stretching after the pool workout. During practice times the coaches will work with the swimmers to develop accurate technique in each of the four competitive strokes; butterfly, backstroke, breaststroke, and freestyle. They will also be coached on how to perform an effective racing dive and turns. Divers will be coached various aspects of diving and in developing an 11 dive list.

## **EXPECTATIONS:**

- All students must be in school for at least half of the day to participate in any after school activities or athletics.
- All swimmers/ divers must be on the pool deck by the start of practice, or they will be counted as tardy. (2 tardies will equal 1 absent.)
- Any time a swimmer/ diver is not at practice for any reason, including but not restricted to school functions, illness, vacation, etc., they will be considered absent.
- An athlete who is at practice but not in the water is considered absent.
- There will be some morning practices and Saturday morning practices during the school year. All swimmers will be invited to Saturday morning practices, however, only varsity swimmers as instructed by the coaches will be required to attend.

## **WHAT TO BRING TO PRACTICE:**

1. A practice swim suit, please note that the team suits purchased by the Booster fee is only for swim meets.
2. Goggles
3. Swim cap (the team caps purchased by the Booster fees are only for swim meets)
4. Water bottle
5. Small combination lock (to lock up your belongings in the locker room).
6. Towel
7. A positive attitude and willingness to work hard
8. A team spirit and a desire to have FUN

## **MEETS:**

Meets are held throughout the season and can be against one team (dual meet) or against multiple teams (invite). The order of events will always be the same. Athletes are expected to ride the team bus to and from the meet. Schedules will be posted on the Google calendar and will also be emailed out to the parents. Meets are a way to gauge progress throughout the season, but are also a lot of fun!

## **MEET ETIQUETTE:**

- Athletes are expected to be on deck with the team at all times during the meet, cheering for their teammates
- Absence from a meet will be treated the same as an absence from practice and can affect lettering eligibility
- Parents, please stay in the bleachers during the meet with the exception of parent volunteers
- Please pay close attention to the website for arrival time at the pool for both home and away meets - times may differ with the distance we need to travel to different pools.
- All athletes are expected to help clean up after meets - this includes divers. Divers should stay until the end of the meet.
- Swimmers may be expected to do a cool down in the pool after meets

## **WHAT TO BRING TO SWIM MEETS:**

1. Team suit, meet cap, shirt and goggles
2. A bag, with your name on it
3. 2 large towels
4. Water bottle
5. Warm clothes
6. A small, healthy snack

## **ORDER OF EVENTS IN A SWIM MEET:**

High school swimming and diving meets are always completed in the order that follows. Most meets will be dual meets, meaning competition against one other school. There will be some meets in which more than two teams compete in, called a sectional or invitational. The order of events will be the same; however the sectional or invitational will run longer than a dual meet will.

## **SCORING A DUAL MEET:**

Meets will be scored by officials. The point system and score card below are for personal reference.

### **Points per finishing place**

<b>Place</b>	<b>Individual Events</b>		<b>Relays</b>
<b>First</b>	<b>6</b>		<b>8</b>
<b>Second</b>	<b>4</b>		<b>4</b>
<b>Third</b>	<b>3</b>		<b>2</b>
<b>Fourth</b>	<b>2</b>		<b>0</b>
<b>Fifth</b>	<b>1</b>		<b>0</b>
<b>Sixth</b>	<b>0</b>		<b>0</b>

	Champlin Park Rebels					Guest						
	Place					SCORE	Place					SCORE
	1	2	3	4	5		1	2	3	4	5	
200 Yard Medley Relay	8	4	2	0	0		8	4	2	0	0	
200 Yard Freestyle	6	4	3	2	1		6	4	3	2	1	
200 Yard (I.M.) Indiv. Medley	6	4	3	2	1		6	4	3	2	1	
50 Yard Freestyle	6	4	3	2	1		6	4	3	2	1	
Diving (6 dives)	6	4	3	2	1		6	4	3	2	1	
100 Yard Butterfly	6	4	3	2	1		6	4	3	2	1	
100 Yard Freestyle	6	4	3	2	1		6	4	3	2	1	
500 Yard Freestyle	6	4	3	2	1		6	4	3	2	1	
200 Yard Freestyle Relay	8	4	2	0	0		8	4	2	0	0	
100 Yard Backstroke	6	4	3	2	1		6	4	3	2	1	
100 Yard Breaststroke	6	4	3	2	1		6	4	3	2	1	
400 Yard Freestyle Relay	8	4	2	0	0		8	4	2	0	0	
<b>Final Score</b>	<b>Champlin Park Rebels</b>						<b>Guest</b>					

# **OFFICIAL RULES AND DISQUALIFICATIONS:**

• The Following is an abbreviated version of the High School Swim Leagues stroke and turn rules. **Any questions can be discussed with the coaches.**

## **Racing Rules**

- A swimmer cannot pull on the lane line, touch the side of the pool or touch the bottom of the pool in any event.
- For Butterfly, Breaststroke, and Freestyle the forward start shall be used. Backstroke starts the swimmer shall start in the water.
- Individual starts - The forward track or relay start may be used.
- Relay starts - The swimmer diving into the water needs to be touching the block when the swimmer in the water touches the wall. (Finger/toe exchanges are fine)
- The finish requires completion of the required distance and contact with or intersection of the vertical plane of the finish end or touching the automatic finish pad with both hands simultaneously.

## **Stroke Rules**

### **Butterfly**

- The body will remain on the breast with both shoulders in the horizontal plane, except while executing a turn.
- The stroke requires both arms simultaneously recover over the water - The kick requires both legs and feet move up and down simultaneously in the vertical plane. No flutter, whip or scissors kicks are allowed
- The turn requires a simultaneous two-hand touch, after which any manner of turn is permitted. The legal body position shall be regained prior to the first arm pull. Dipping one shoulder after the final arm pull before executing the turn is permitted.

### **Backstroke**

- The body shall remain on the back to the degree that the hips do not turn over or beyond the vertical plane while executing a turn.
- After breaking the surface of the water, the swimmer must remain on the surface (any part of the swimmer's body is on or above the surface) except for turns.
- The turn may be completed in more than one fashion. The turn requires that some part of the swimmer's body contact the end wall. After the final arm pull, prior to the turn, the swimmer's shoulders may turn past vertical, but such motion must be followed by an immediate turning action with the swimmer assuming a position on the back before the feet leave the wall after the upper shoulder rotates beyond vertical toward the breast, an immediate single arm pull or immediate, simultaneous double arm pull may be used to initiate the turn. After the initiation of the turning action, no additional arm pull may be taken, however kicking and gliding actions re permitted

### **Breaststroke**

- The body shall remain on the breast with both shoulders in the horizontal plane, except while executing a turn. Some portion of the head shall break the surface of the water once every arm cycle and be higher than the normal flat surface of the water except: (1) After the final pull prior to a turn or finish. (2) After the start or turn when one arm pull, one dolphin kick, and one whip kick may be performed while the swimmer is underwater.

- The stroke requires that both hands be pushed forward and brought back simultaneously on or under the surface of the water, keeping the hands in front of the elbows.
- The kick must be a legal whip kick, not a scissors, flutter or dolphin kick. The kick requires that the feet be drawn up with knee bent, continued with an outward sweep and brought together. Movement of the legs and feet shall be simultaneous and in the same horizontal plane.
- Both hands must touch the wall at the same time and at the same level for both the turn and the finish.

### **Freestyle**

- Any body position, stroke or kick is permitted and any combination of styles may be used.
- The turn requires that some part of the swimmer's body contact the end wall. - Flip turns are not mandatory, but they are recommended because they are much faster than open turns.

### **Individual Medley (I.M)**

- Competitors shall swim butterfly for the first quarter of the required distance of the completed race, the backstroke for the second quarter, and the breaststroke for the third quarter and freestyle for the last quarter.
- Competitors shall adhere to the position, stroke, kick and turn/finish governing the stroke being swum.

## **Lettering**

Letters will be awarded to swimmers and divers who achieve one or more of the lettering standards in individual events during meets.

\*See website for current lettering standards.

You will receive an automatic letter if you are in one of the following categories:

- 4<sup>th</sup> year Senior
- All Conference
- Qualifier for Finals at Sectional Meet (Individual or Relay) State Qualifier

You will be ineligible to letter if you are in one of the following categories:

- Missing practice 7 or more times. (This includes school functions, illness, vacation, etc...)
  - 2 tardies/leaving practice early equals 1 absence
  - Swimmers are tardy if they are not on deck and in their swimsuit by 3:30pm once school starts and 8:00 am during the summer.
- Missing more than two swim meets
- Academic Ineligibility
- Alcohol or drug offense in accordance with the MSHSL
- Coaches have final discretion

## **Disciplinary Issues**

• In the event that a problematic situation would arise with any swimmer or diver the following sequence of events would take place.

1. First issue: Warning
2. Second issue: Removal from practice for the day
3. Third issue: Parent meeting

## **Fundraising**

All divers and swimmers will be expected to participate in team fundraisers. There will be several fundraising opportunities available. The proceeds from this will go towards the purchase of new equipment for the Girls' swimming and diving team.

## **Fees and Expenses:**

The CPHS Registration Fee paid to the school is used for pool maintenance and other expenses such as transportation to and from meets, not for individual swimmer expenses, such as the ones listed below.

The admission fee for swim meets for parents is \$10.00. The fee for students (not participating in the meet) is \$8.00.

The Booster Club Fee covers the following team required and incurred expenses:

- Team Suit
- Team Cap
- Team t-Shirt
- Sectional gifts (at end of year, more information will be provided)
- End of year banquet fee

Some optional expenses will be:

- Goggles
- Practice Suit
- Swim Bag
- Sweatshirt
- Team Shirts will be available for parents to purchase (to show support at swim meets) • Tech Suit (elite technical racing suit) - Please see a coach for more information

## **Team Activities**

Saturday practices often include a breakfast treat afterwards, and time for girls to socialize. There will be one **BIG BREAKFAST** for all swimmers and divers that has been a tradition for many years. Parents donate and cook the food and volunteer with set up, serving and clean up. A sign-up sheet will be available a couple of weeks ahead of the breakfast.

**Pasta parties:** These are held periodically in the Jackson Cafeteria the evening prior to a

swim meet. These are hosted by the parents of swimmers or divers and involve serving a pasta dinner. A sign-up sheet will be available in the entrance area of the pool on the bulletin board. Pasta party dates will be posted on the web site well in advance so the swimmers can plan accordingly.

**Section Meets:** After JV and varsity section meets the swimmers and divers usually gather at a local restaurant for some well-deserved food and fun. This is not a pre-planned event and each swimmer/diver is on their own for rides to and from the restaurant.

## **Parent Opportunities**

Our Booster Club is for the swim team parents and every family is automatically a member!. The team needs a lot of volunteers to have a successful season. There will be many opportunities to volunteer in a variety of areas. We will be requiring help through the website and email. Parents who volunteer to work at a home meet do not have to pay entry at that home meet. Training will be provided!