

# Helena Swimming 2019-2020

## Team Handbook

Welcome, everyone, to the 2019-2020 High School Swim Season. We, the coaching staff, are excited to begin working with all of the returning swimmers, and anxious to meet those new swimmers that will be joining the team. High school athletic programs can and should be an important part of everyone student's life. To make it a positive experience simply requires a commitment by everyone, parents and athletes alike, to the school, the program, the coaching staff, and the swimmers. It is our clear objective to create the best team and team environment possible through discipline, commitment, integrity, and spirit. With a committed staff, unparalleled parent group, and great group of athletes, we believe this will be a fantastic year for all!

### **Commitment/Attendance:**

Swimming is a "training intensive" sport, and the high school season is relatively short in terms of preparing to compete at a high level. Swimmers are expected to attend all practices, participate in all meets, and attend all meetings and activities. An academic conflict is the only acceptable reason (other than illness) for missing a meet, and should be arranged with the coaching staff prior to the event.

Attendance involves not only timely arrival and preparation, but also full attention and participation in all drills and activities. Athletes are expected to participate to the best of their ability - listening carefully to all instruction and completing each practice set as outlined by the coaching staff. Failure to begin practice in a timely manner, failure to follow direction or complete sets as directed, displays of poor attitude towards teammates or coaches, and other behaviors disruptive to team practices will not be tolerated. Anyone displaying such behaviors will be asked to leave, and that practice will be counted as an unexcused absence.

**\*\* Cell phones WILL NOT BE ALLOWED on deck during practice or meets \*\***

Club swimmers: Those athletes that belong to the Helena Lions Swim Team must attend 10 high school scheduled practices before their participation in a high school swim meet. Thereafter, HLST practices may be counted as high school practice, yet at the coach's discretion, additional weekly practices with the high school team will be required. This not only alleviates overcrowding at high school practices, but also allows coaches to spend more individual time with the non-club swimmers. Club swimmers will be asked to swim 2-3 times per week with the high school team to help foster team unity.

### **Swim Meets:**

All swimmers are expected to attend all meets. High school swimming is, first and foremost, a team sport. The team relies on each swimmer's participation, and meets are seeded accordingly. Any unexcused absence from the meet reflects poorly on the team, the swimmer, and harms the team as a whole.

Athletes must attend school the day of (or in the event of a weekend meet, the day before), and the day after a meet. An unexcused absence will result in ineligibility for that meet.

All athletes must travel to away meets on the bus with the team. If an athlete misses the bus for a scheduled trip, participation in the meet will not be allowed.

All swimmers are expected to stay for the entire meet to cheer on teammates.

Students will be allowed to leave away meets after being signed out by parents or legal guardians only. Permission to leave with grandparents or other relatives must be approved in writing by the school principal prior to the meet.

### **Dress:**

You are representing your team, your school, your town – DRESS TO IMPRESS!

Athletes must dress up on days of meets, and in the event of weekend meets, on the day before a meet.

At meets, all athletes must wear the team suit and the team cap.

Equipment bags will be issued to athletes at the beginning of the season. These will be numbered and signed for. Failure to return this equipment at the end of season will result in a school fine and will affect your ability to receive your letter award as well as your diploma –

**All meet entries**, individual as well as relay assignments, will be based on swimmers' best times, meet entry limits, and team goals. Relay positions are earned, and "A" relays will be filled with athletes that provide the best scoring opportunities for the team.

**Team Captains** will be chosen by the coaching staff based on the idea of captains as leaders who outwardly demonstrate our vision for the team and prove themselves a positive role model both in and out of the water. Captains will be expected to provide assistance to teammates as needed, lead and organize cheers, foster team spirit, and help plan end of season awards

### **Letter Requirements:**

In order to qualify for a letter, a swimmer must fulfil the following requirements:

- 1) Display good sportsmanship, citizenship and conduct in practice, at meets, and on trips as determined by the coaching staff
- 2) Meet all school and state requirements for conduct and standards as outlined in the school district policy handbook. Violations will result in ineligibility for a letter award.
- 3) Meet the training requirements (pool and dry land) of at least 85% attendance of practices (including excused absences)
- 4) Attend all meets. One meet may be missed due to illness or conflicts approved by coaching staff prior to competition date. However, more than one missed meet will leave an athlete at less than 80% meet participation, and ineligible for a letter award.
- 5) Qualify for the Montana State Swim Meet – or attend by invitation of coaching staff

\*\*\* A swimming letter may be awarded to a junior or senior only, who has satisfied the first 4 requirements, has participated on the school team a minimum of 3 years, and has, at the swim coaches' discretion, displayed extraordinary effort \*\*\*

### **Inherent Dangers:**

As with all activities, there are inherent dangers associated with swimming. Coaching staff will make every effort to inform athletes and parents of proper procedures for safe participation in and out of the pool. It is crucial that all activities are performed as instructed and that any perceived injury or potential danger is reported to the coaching staff immediately.

### **Prerequisite Skills:**

Athletes must be able to swim 100 yards freestyle in under 1:50, and tread water for 3 minutes, the first minute without hands.

### **Cut Policy:**

As pool space and time is limited, it may become necessary to cut the number of participating athletes to a number that will allow for effective practice time. In the event that cuts become necessary, selection will be based on swim times for a set of 10 @ 50 freestyle, and on 100 yard sprints of each of the four competitive strokes.

**We are committed to making this a wonderful swim season for all.**

**Please contact us with any questions or concerns -**

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## **Practice Schedule:**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
CHS 3:00-4:30	A 3:45-5:15	A 3:45-5:00	A 3:45-5:15	CHS 3:45-5:15
HHS 4:30-6:00	B 5:15-6:45	B 4:45-6:00	B 5:15-6:45	HHS 5:00-6:30

**Through the end of November - CHS is group A and HHS is group B**

## **2017-2018 MEET SCHEDULE**

Dec 6            4:00pm            @ Butte

Dec 14            noon                @Butte

Dec 21            11:00              @Missoula

Jan 10            4:30pm            @Great Falls

Jan 18            noon                @Great Falls

Jan 15            noon                @Butte

Jan 31            4pm                @home – Crosstown!!!

Feb 14-15        State Championship Meet @ Great Falls

\*Bus times TBA as meet warm-up information becomes available\*

## **Girls Montana State High School Qualifying Times 2018-2019**

<u>200 Free</u>	<u>200 IM</u>	<u>50 Free</u>	<u>100 Butterfly</u>
<b>2:23.69</b>	<b>2:43.82</b>	<b>28.64</b>	<b>1:17.66</b>
<u>100 Free</u>	<u>500 Free</u>	<u>100 Back</u>	<u>100 Breast</u>
<b>1:04.21</b>	<b>6:36.02</b>	<b>1:13.66</b>	<b>1:23.28</b>

## **Boys Montana State High School Qualifying Times 2018-2019**

<u>200 Free</u>	<u>200 IM</u>	<u>50 Free</u>	<u>100 Butterfly</u>
<b>2:22.92</b>	<b>2:33.40</b>	<b>25.79</b>	<b>1:12.06</b>
<u>100 Free</u>	<u>500 Free</u>	<u>100 Back</u>	<u>100 Breast</u>
<b>58.13</b>	<b>6:30.71</b>	<b>1:12.43</b>	<b>1:18.63</b>