



SWIM & DIVE

2025-26

Team Handbook

Introduction

This handbook has been prepared for the student-athletes, parents, and coaches to provide a written representation of the beliefs, attitudes and goals of this team. This also provides information about the expectations of the athletes and a season plan.

This sport is very unique in that it is both an individual and a team sport. As individuals we must work with the knowledge of our history and move towards the future to benefit our team and the teams to come. We will have a competitive and enjoyable season preparing to do the best we can. For some of you this means the end of your season may be the last dual meet. For others, you may compete in the state meet. Regardless of where your season ends, swimming will provide you with many positive, exciting, and lasting memories.

Welcome to fourteen weeks of improved physical skills, challenging group participation, fun, hard work and a variety of exciting learning experiences which will carry over into everything you do in the future.

This is our seventh year coaching the Wildcats. While we like to think we know everything, that is actually far from the truth. We will do our best to make this season a positive and memorable one. With that being said, we will certainly make some mistakes. Mistakes are a good thing, as long as we learn from them and move forward. Some of our rules, policies, and expectations may change throughout the course of this season because they may play out differently than we expected. Please be patient with us as we all learn and grow together. In the meantime, feel free to reach out with any questions or comments.

Contacts:

Jeff Hackler-Head Coach
whsboysswimanddive@isd110.org

Bucky Mieras-Activities Director
bmieras@isd110.org

Kelsey Hackler-Assistant Coach
krhh9503@hotmail.com

Nick Perrin-Activities Assistant
nperrin@isd110.org

Jessi Stockstead – Diving Coach
jkstockstead@gmail.com

Jeff Chrest-Athletic Trainer
jeffchrest@tcomn.com

Bob Amrhein – Assistant Coach
sbbob4@gmail.com

Athlete Expectations

Practice: Generally, we have practice Monday through Friday from 3:30-5:30 ish. Our JV swimmers will finish closer to 5-5:15 and varsity swimmers closer to 5:30. Our divers will practice from 3:30-4:30 every day Monday through Friday. We also will be in the weight room at least twice per week, the days of the week and times are yet to be determined, but everyone is expected to be there. Our varsity swimmers also will swim from 8-10 am on Saturday mornings (on Saturdays we don't have a meet). During scheduled days off of school, we will practice from 9-11 am (divers 9-10 am). No practice on Christmas and New Years. Practice on

Christmas Eve and New Years Eve TBD. We will have an optional practice for varsity swimmers on Thanksgiving from 8:30-10 am.

You are expected to be present and on time for all practices. Practice starts at 3:30 every day. You need to be ready to get into the pool at 3:30. Stretching needs to take place beforehand.

You will complete all sets as assigned and complete practice as directed. This sport requires repeated practice to build skills and endurance. Missing practice will affect your performance later in the season and will affect other members of your team. You will not modify practices yourself. Please talk with the coaches if something is keeping you from participating. Always be a respectful 'lane mate'.

Please do your best to schedule outside commitments around practices. We understand sometimes this isn't possible, so please communicate this with the coaching staff in advance. These include doctor, dentist, driver's test, etc.

We will be having practices during breaks and scheduled days off of school, so plan your schedules accordingly. Please inform the coaches **IN WRITING** if you are going to miss a practice. Email Jeff, Kelsey, Jessi, or Bob if you will not be at practice. Do NOT relay the message through another student.

If you are injured, we will work with the athletic training staff to determine the appropriate course of action. That may mean modifying the workouts in the pool, or it could mean staying out of the water and spending time in the weight room.

Meets: You are required to be at the pool/bus on time. If you do not arrive on time, you may be kept from participating in the meet. All student-athletes are responsible for helping set-up and take down the pool as directed. Swimmers and divers must stay in their suits through the entire meet. We will cool down as a team after each meet.

No cell phones will be allowed at meets or during team dinners and functions. We would like the boys to focus their attention on the meet and supporting their teammates instead of being distracted by electronic devices. We may modify this rule to allow swimmers to listen to music during our championship season in February.

Always show good sportsmanship to the opposing team and all other participants/official/coaches. Remember, you are representing Waconia High School as well as our community. All athletes are expected to warm-up and cool down as a team.

All athletes must ride both directions for the meet except in an emergency or special circumstance. We are a team and we must arrive and leave with the team. If you need to ride home with your parents from the meet, the coaches must approve and watch you leave with your parents. The bus will always leave from the Waconia High School parking lot, unless directed otherwise.

Injury Prevention: There are skills and exercises we will be doing to avoid injuries. It is important to do these skills correctly to ensure proper conditioning and strength training. To avoid injury issues, please ensure you are eating enough, doing weight training properly, and increasing your mobility throughout the season, as well as using proper technique in the pool.

If you are injured, please inform the coaches right away and meet with the athletic trainer, Jeff Chrest, who can be found in the training room at the high school after school.

Please take proper care of your body. To perform at your best, you need to eat and sleep well. Eat balanced meals that include protein, carbs, and fats. It is also a good idea to sleep at least 8 hours a night. Water is also very important. Make sure you are drinking plenty of water throughout the day AND at practice. You should have a full water bottle with you at practice everyday.

Uniform/Dress Code: Athletes are required to have their team warm-up jacket at every meet. This is to be worn for the national anthem as well as black warm-up pants or black shorts. You also are expected to wear the team suit at ALL meets, with the exception of wearing a tech suit at your end of season meet. You have the choice of wearing a jammer style or brief style suit. You are not required to wear a tech suit, but it is recommended all swimmers on the section team wear one. Tech suits are expensive and we do understand it may not be an option for everyone to purchase one. Feel free to reach out to the coaching staff if you have questions on which one or where to purchase them. We usually will get a coupon for a tech suit from Elsmore Swim Shop.

Eligibility: All athletes must abide by the code of conduct you agreed to when you registered for the team.. The swim team follows the same guidelines outlined by the activities department as it relates to grades, sportsmanship, attendance, substance abuse, bullying, harassment, etc.

Attendance: Athletes must be in school for the entire day to participate in practice and/or meets. If you are absent or tardy during the day, you must clear up the absence with the attendance office and the activities office to be eligible to participate in practice or a meet.

Academic: Athletes must be making adequate progress towards graduation and maintain the required grade point average.

Violations: The swimming and diving program follows the school policy on alcohol/tobacco/drug violations as well as harassment and violence policies.

Technology: Technology can be a wonderful thing. There is a time and place for the use of technology and here are protocols the swimming and diving team uses.

1. Cell phones should not be used at meets unless it is an emergency. While at a meet, you are to be competing, warming up, cooling down, or supporting your teammates. We will make exceptions for listening to music at championship meets.
2. They should be left at home, in your bag, or locked in your locker.
3. Cell phones and other technology devices are not to be used during team meals. Team meals are for building camaraderie, not earning trophies in Clash Royale!

Social Media: While Facebook, Instagram, Snapchat, and other social networking sites are wonderful venues for people to talk, post pictures, and get information, they also can be breeding grounds for negative interactions between athletes and students. Be aware that

anything you post can be seen by many different people and if you are not able to say something to someone face to face, you should not post it.

Email: Email is another useful tool we have become accustomed to. Please remember that personal interactions like face-to-face and phone conversations are always better than email because emotions can easily be misconstrued over email.

Education/Academic: You are a student-athlete. Notice that the student comes first. It is very important to keep your educational goals on track. If you are having problems in school, discuss it with your coaches. If you don't feel like you can talk with your coaches, see your captains. There are a lot of avenues to take when trying to solve a problem. This does not mean you can skip practices to do homework. Time management is key. (Your coaches will hear about everything that happens inside and outside of school. Ensure you are making wise decisions about what you do in and out of the pool).

Wildcat Lettering: There is no set criteria for earning a varsity letter in swimming and diving for the boys team. Those that contribute to the success of our varsity team on a consistent basis in dual meets as well as invitational style meets will earn a varsity letter.

GO WILDCATS!!!

2025-26 Schedule

Monday, November 24th – First Day of Practice
Thursday, December 11th – Saint Louis Park dual @ home (Teacher Appreciation)
Thursday, December 18th – Bloomington Jefferson dual @ Olson Middle School
Tuesday, December 23rd - Delano dual @ home (Alumni Night)
Saturday, December 27th – Brainerd Invite @ Brainerd (overnight trip)
Saturday, January 3rd – Maroon and Gold Invite @ U of M
Thursday, January 8th - Benilde St. Margaret dual @ home
Saturday, January 17th – True Team Sections @ New Prague Aquatics Center *Varsity Only*
Thursday, January 22nd – New Prague dual @ New Prague Aquatics Center
Saturday, January 24th – True Team State @ U of M *Varsity Only* (only if we qualify)
Thursday, January 29th – Orono dual @ home (Senior/Parent Night)
Saturday, February 7th – JV Conference Champs @ Olson Middle School
Saturday, February 14th – Diving Invitational @Buffalo (divers only)
February 18th-20th – Section Championships@ Pioneer Ridge Middle School - Chaska
February 27th-28th – MSHSL AA State Championships @ U of M

SCHOOL RECORDS

200 Medley Relay		
1:34.84	Swanson, Hackler, Sannito, Kleve	2025
200 Freestyle		
1:47.07	Henry Kleve	2025
200 Individual Medley		
1:52.31	Jack Hackler	2025
50 Freestyle		
21.25	David Sinclair	2020
Diving		
150.60	Connor McCarthy 6 Dives	2025
234.20	Connor McCarthy 11 Dives	2025
100 Butterfly		
50.74	Samuel Sinclair	2022
100 Freestyle		
46.61	Sam Swanson	2025
500 Freestyle		
4:54.27	Matthew Krogman	2023
200 Freestyle Relay		
1:29.42	Sower, Kleve, Hackler, Swanson	2025
100 Backstroke		
54.22	Alex Kearney	2023
100 Breaststroke		
53.93	Jack Hackler	2025
400 Freestyle Relay		
3:09.08	Kleve, Kearney, Swanson, Hackler	2025

POOL RECORDS

200 Medley Relay		
1:39.33	Kearney, Hackler, Swanson, Kleve	2025
200 Freestyle		
1:46.56	Brendan Panka – New Prague	2025
200 Individual Medley		
1:57.31	Isidore Warain – Chaska	2023
50 Freestyle		
21.95	Casey Bretz – Chaska	2023
Diving		
300.65	Gideon Fish – Orono	2024
100 Butterfly		
52.71	Samuel Sinclair – Waconia	2021
100 Freestyle		
48.11	Brendan Panka – New Prague	2025
500 Freestyle		
4:53.77	Brayden Slavik – Chan/Chaska	2021
200 Freestyle Relay		
1:29.42	Kleve, Sower, Hackler, Swanson – Waconia	2025
100 Backstroke		
55.35	Liam Noble - Benilde St. Margaret's	2021
100 Breaststroke		
57.28	Jack Hackler – Waconia	2023
400 Freestyle Relay		
3:19.73	Kearney, Kleve, Swanson, Hackler – Waconia	2025