



Girls Swimming and Diving Handbook 2019-20

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Head Dive Coach

Welcome to the 2019-20 County Girls Swimming and Diving season. I want to start by wishing everyone an enjoyable and successful season.

The coaches are excited for what should be a great year for our team. We look forward to building a tradition of success and team spirit that can shape our team this year, and in the years to come. If you are new to the team, I understand there can be some anxiety with having new coaches. Remember, we have the best interests in mind for each school, the swim and dive teams, and its members.

As we look toward this season, our competitive emphasis will be finding ways to make small improvements each day and meet throughout the season to be our best individually and as a team at the end of the season. This includes swimming and diving our best at the State Meet, as well as A League, B League, and C League meets. Along the way, we will strive for improvement at every meet, while we keep in mind our vision of a successful championship season.

Our number one competition goal is to provide our athletes with the mental, technical, and physical skills necessary to maximize their true potential. Furthermore, outside of competition, we will strive to enhance every athlete's self-worth and confidence levels so they may excel in both swimming/diving and life.

Everyone must remember that camaraderie, just like getting into shape, takes time. Swimmers tend to form a strong bond with their teammates, which stems from hard work and the shared experience from hard work. While individuals compete, swimming is much more a team sport than most realize. It is not possible for people to work hard, as consistently as swimmers do, without a supporting cast of teammates. There is a special atmosphere that forms when people work hard and when they work hard together. Our success as a team depends upon that work ethic.

I want to remind everyone that DCSD has a uniform "Code of Conduct" that everyone signed when they registered for the Swim and Dive Team. These documents are meant to give athletes guidance when it comes to making difficult decisions, especially in the social realm. Parents and athletes are reminded to conduct themselves with class, respect, and dignity. You are representatives of the County Swim and Dive Team, Douglas County/Castle View High School, and our character to the entire community.

The rest of this bulletin is devoted to information and rules regarding team policies. Please read it thoroughly, as it will answer many questions you have.

Thank you,



Tim Byers
Head Swim and Dive Coach

Who are we

We are a co-op swim and dive team comprised of student-athletes from Douglas County High School, Castle View High School, local Charter and Academy Schools, and also Home Schools. According to CHSAA we are Douglas County High School Girls Swim and Dive. Although we all may come from different schools, different areas, or different club teams, we are united. One group, one team, we are County Swim and Dive.

Purpose Statement

Our coaches will provide our athletes with the mental, technical, and physical skills necessary to maximize their true potential in the water or on the board. More importantly, as a coaching staff, we will strive to enhance every athlete's self-worth and confidence levels so they may feel loved and supported in life.

Blueprint for success

Make every day count. Working to get 1% better each day will make a big impact by the end of the season, but the same can be said from missing or wasting a practice and losing that chance.

Physicals / Online Registration: **Registration deadline is November 15th**

All athletes must have these three things completed before they are allowed to practice with the team, beginning with the November 18th start date:

- *Online Registration *Three Important Steps*
 1. Register on <https://www.arbiterathlete.com> Only athlete needs to register, no forms
 2. Register on <https://www.dchuskies.org/springregistration> Winter Athletic Registration is currently open. Please fill out all contact and medical information. Read through all waivers and code of conduct information during registration.
 3. Pay the Registration fee at <https://www.myschoolbucks.com>
- *Physical and Athletic Medical Information Form*

Athletic Physicals are valid for one year from the physical date.

Equipment/Team Apparel: **1st Team Gear Order Deadline – November 3rd**

- A link for online ordering can be found on our team website <http://www.dchuskies.org/page/show/2461543-girls-swim-and-dive-team>
- All athletes are asked to purchase a team suit. The team suits are not for practice; they are for meets.
- County Swim caps will be worn at all swim meets. Latex caps are provided for everyone; Silicone caps can be ordered at cost from Out of Breath Sports.
- Fins are highly suggested for practice gear; we will use them often.
- Everyone must provide their own goggles, towels, practice suits, etc.
- Our team does have a limited supply of team bags and team parkas for swimmers and divers to check out from the coaches.

Fall Swim Camp: **November 4th – 14th**

Fall Swim Camp is open to both high school girls and boys. Attendance is not mandatory

- Must fill out camp registration form and pay camp registration fee

Practices: 1st Practice November 18th

Attendance at practice and meets is mandatory. This is a high school athletic team. The value of interscholastic athletics is the commitment you make. Many students on our team are involved in other important school activities. Practices missed for these reasons must be communicated before you miss practice, and are often considered excused. No matter the circumstances, please communicate with the coaches prior to the missed practice.

Swim Team: Mon – Fri -- 3:30-5:00pm

****Practice Gear needed: practice suit, cap, goggles, fins***

Dive Team: Mon – Fri -- 7:00-9:00pm

- Being on time is extremely important. Limited practice time and meet warm-up time often means we have to make every minute count.
- If you miss practice, it is your responsibility (not your parent's) to contact me about why you are not there.
- If you are in school, you are expected to be at practice that day. If you miss school, you do not need to attend workout, but I still need an email or text.
- Failure to communicate about absences and/or comply with team expectations may result in ineligibility for the next meet.

Eligibility

Do not do anything that would be considered detrimental to yourself, your teammates, your team, or your school.

Grade requirements to compete are as follows:

- CHSAA Requires students to be enrolled in and passing 2.5 credits as a minimum to be eligible to compete in any sport
- 1 D and all others C or above - eligible to practice and compete
- 2 or more D, or any F grades – eligible to practice, not eligible to compete

Meets

You must be at practice the day before a meet in order to compete, unless that absence was previously arranged with the coaches. I will excuse the team from school, as necessary, based on the meet location where we are competing. Athletes must attend class the day of competition.

- The coaches will decide meet entries and dives for each meet. Athletes may have a say in what they swim or dive for some meets, but not all. Coaches will have the final input in what an athlete will swim or what dives they will do.
- Relays will be determined with coaches' discretion.
- No one is allowed to leave a meet early without prior permission from the Head Coach.
- Actions that the coaches consider illegal, inappropriate, or unsportsmanlike will not be tolerated.
- If you are unable to compete in a meet due to prior commitments, please notify me at least one week in advance.

Lettering

Earning a letter is a commendable accomplishment for any athlete in high school athletics.

- Our team uses a list of time standards, or point totals, to set a basic guideline for lettering based on performance.
- Additionally, if an athlete scores a total of 30 points in Varsity meets, that can make them eligible for earning a letter.
- These are only considered possible methods of earning a letter, and do not guarantee anything.
- Failure to complete the season, poor attendance, poor behavior, or an attitude not conducive to good sportsmanship are all possible actions that could hurt an athletes chance at receiving a Varsity letter.

2019 – 2020 Varsity Lettering Time Standards

| | |
|------------|---------|
| 200 Free | 2:17.00 |
| 200 IM | 2:37.00 |
| 50 Free | 27.60 |
| Diving (6) | 170 |
| 100 Fly | 1:12.00 |
| 100 Free | 1:01.50 |
| 500 Free | 6:15.00 |
| 100 Back | 1:12.00 |
| 100 Breast | 1:20.50 |

General Information for the Season for Swimmers/Divers:

- Agreeing to the DCSD Athlete Code of Conduct was a part of registration. Swimmers and divers are expected to follow those outlined rules, or be subject penalties enforced by our schools. The coaches may choose to enforce additional punishment based on the severity of the actions.
- A positive attitude is very important. I ask that you do your best and put forth the effort to achieve your goals for the season.
- Communication is very important. If you are unable to compete in a meet due to prior commitments, please notify me in advance. Most times our invitational entries are due a week prior to the meet.
- Our twitter account is set up to make team communication easier. Please follow us @Countyswimdive to keep up with the latest announcements.
- Pay attention to all announcements made by the coaches or the captains.
- Make sure to be on time to all practices and meets. Tardiness affects the entire team.
- Support one another during practices and during meets.
- There are meets where not everyone will compete. It may be because of qualification standards or entry limitations.
- Come prepared for practice and meets. Have extra towels, goggles, caps and suits. Don't assume that you can borrow someone else's.

General Information for the Parents:

- We encourage your child to take responsibility for herself while on the team. Please work with me to help facilitate their growth as an athlete while encouraging them to be more independent in making good decisions.
- If your athlete is having issues on the team, have them speak to me. If I am unable to help, we will research other resources that can.
- At meets, the parents may be asked to help with various duties. We rely heavily on volunteers to run home meets throughout the season. Often we can fill timing positions through students, but look for parent volunteers for other various jobs.
- Please share any photos or videos you collect throughout the season to help me keep our team website updated.
- MaxPreps.com will stay updated with stats throughout the season. There is a link to our team page on our DCHS team website.