

Cretin-Derham Hall

Boys'

Swimming* & Diving*

2021-2022

CDH Swimming* & Diving*

Courage

Trying Again

Self Confidence

Self-Motivation

Self Discipline

Decision Making

Asking Questions

Being Curious

Taking Charge

Creative

Organized

Outgoing

Welcome to the team!

Please sign in at the back table.

Students - please include if you are a swimmer or a diver.

Parents - please include what email you would like us to use to contact you.

Coaching Staff

- Mike Steineman '92 – Head Coach (26)
 - msteineman@c-dh.org
- Kate Steineman '94 - Asst. Coach (22)
- Shannon Van Oosterom – Asst. Coach (18)
- Adam Weis '05 - Asst. Coach (13)
- Luke Schuster '00 (7)
- Hannah Zobitz '13 (5)

Team Expectations/Culture

- All grades must be at least a C, or better, in order to participate in meets at end of T1 and at mid-tri of T2. We will check!
- Be on time...ALL THE TIME!
- Be respectful of the facilities we use.
- Listen when a coach is talking.
- Have all of your equipment at practice.
- Take care of yourself! Hydrate, rest, food, etc.
- We (the coaches) expect that you will be at all practices.
- **Please complete baseline concussion training & the pre-season survey -> Google Classroom.**

Tryouts/Team Selection

If you can make it one length of the pool without drowning or fall off the board and hit water...you are on the team!

Due to ongoing COVID-19 rates we will continue to have swimmers separated at practice.

Communication

- Calendar, Website, Google Classroom, & Twitter (@RaidersSwimDive)
- Emails from me and the Captain's Parents
- If there are questions...please have your son speak with me.
- If necessary...a swimmer, parent(s), & coach meeting.
- If necessary...Parent(s), Coach, & A.D.

Things to know...

- You represent CDH at ALL times!
 - What other folks are saying about us!
- Who swims/dives?
 - You must be at 80% of all practices to swim in a meet.
 - It depends on the meet. We have dual meets and invites scheduled this season.
- Costs/Equipment - \$225 Registration Fee
- Parent's Role

Things to know...

Lettering Policy

- Grades must be at least C or higher at Trimester 2 mid-tri. in all classes
- 80% practice attendance
- 80% participation in meets
- Positive attitude
- No Suspensions from School
- No Chemical Violations.
- Coaches discretion

Team Website

- <http://www.cdhraiders.org>
- There you will find:
 - Schedule
 - Spirit Wear
 - Team Suits & other necessary gear!

Team Calendar

We are still finalizing:

- Practice Times for Christmas Break.
- January - End of Season.
- Banquet

Team Suits & Team Gear

Please start checking & responding to your CDH E-mail and Google Classroom! I will be sending you important information.

- Everyone needs to have a warm-up & a team suit!
- Order your gear soon!

**ANY SOLID ALL-BLACK SUIT (RACER OR JAMMER)
WILL WORK FOR YOUR TEAM SUIT!**

What's New??

- Start date = Monday, November 29.
- Practice Times
- Home Meets are back!
- Coach B (CDH Strength & Conditioning Coach) will be assisting Adam.

Team Captains

- Adam Sewich '22
 - Luke Leonidas '22
 - Jacob Wahlstrom '22
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- If you have not signed in please do so!
We want to get a parent email set-up!

Questions?

THANK YOU FOR ATTENDING! See you on November 29th! That's **14 DAYS** if nothing changes!