

2011 Minnetonka High School Girls' Swim and Dive

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TBD, Diving Coach

Captains

Amy G.

Abby H.

Sarah M.

Season

August 15-November 18

Registration

- Participation Fee – Once per school year \$75
- Activity Fee – Swimming and Diving \$109
- In order to participate on the first day of practice, the following **must** be completed:
 - Registration is online at www.minnetonka.k12.mn.us., click on Activities Tab on the top, click on Registration.
 - All fees must be paid.
 - A physical must be on record that is within 3 years.

PAC Meeting – August 22, 5:00 PM

The mandatory Parent Athlete Coach Meeting will be held in the Large Auditorium of the high school on August 22, 2011. Following this 30-minute meeting of all fall sports, the girls swim & dive team parents, athletes, and coaches will meet separately at the MME pool.

Practice Schedule

- All practices at MME unless notified.
- Athletes will finish their practice participation following their final competition.
- Varsity and JV practice squads will be announced following tryouts.
- All athletes should be prepared for dryland and swimming workouts on day one.

August 15-September 3

Monday-Friday 7:00-9:00 AM; 3:00-5:00 PM

Saturday 7:00-9:00 AM

**We will have brief meeting at 9:00 AM on Monday, August 15 for all athletes.*

**Varsity and JV rosters will be posted online on Sunday, August 21.*

**Afternoon practice for Monday, August 22 will run from 2:30-4:30 PM and will precede the PAC Meeting at 5:00 PM.*

September 5-October 1

Practice on Monday, September 5 will run from 7:00-9:00 AM and will be encouraged.

Varsity

Monday-Friday 3:30-5:30 PM

Swim

Monday/Wednesday 6:15-7:30 AM

Dryland/Swim

Tuesday/Thursday 5:30-6:00 PM

Yoga

Saturday 7:00-9:00 AM

Swim

JV

Monday-Friday 4:30-6:15 PM

Swim

Monday/Wednesday 3:40-4:25 PM

Dryland

Tuesday/Thursday 3:55-4:25 PM

Yoga

Saturday 7:00-9:00 AM

Swim

October 3-October 29

No more dryland practices. Yoga continues through October.

October 31-November 18

TBD as we prepare for Sections and State.

Dive Practice Schedule

TBD

Required Equipment

- One-piece practice suit
- Cap and goggles
- Zoomers
- Water bottle
- T-shirt, athletic shorts, athletic shoes, and socks

Our program will be defined by the following:

- Perseverance
- Self-discipline
- Ethical behavior
- Ability to work with others
- Leadership qualities

- An understanding of the importance of physical health and fitness
- Goal-setting and follow-through skills
- Positive self-image
- The experience of competition
- Good sportsmanship

Athlete Expectations

Our athletes will be committed to upholding themselves to these standards and must sign a contract stating their intention of doing so at the beginning of the season.

1. Athletes will attend and be on time to all practices required of them.
2. Athletes will maintain a high level of commitment to themselves, their team, and their school. They will make positive decisions that will help them to achieve their goals.
3. Athletes will treat their teammates, coaches, opponents, officials, and themselves with respect.
4. Athletes will respect our facilities.
5. Athletes will maintain a positive attitude and a growth mindset; always striving to reach new heights with each day.
6. Athletes will understand the importance of the TEAM.

Parent Expectations

- Provide timers for home meets.
- Provide support for pot lucks following home meets.
- Provide support for the team, the coaching staff, and their athlete.

Tryouts

Swimming

Tryouts will be used to determine the Varsity and Junior Varsity teams. All swimmers will be required to tryout in order to earn a place on the team. The coaching staff will use the results of the tryouts along with an analysis of one's attitude, effort, and character to determine team placement. Athletes will earn their place based on our expectations for an athlete on the Varsity or Junior Varsity teams. Tryouts will occur at the end of the first week. The four tryout sessions will involve:

1. 1000 for time
2. Fitness test
3. 4 x 50 FAST; one of each stroke
4. 8 x 100 kick

Diving

Divers need to be able to perform a forward, back, reverse, inward, twisting voluntary and optional dive by the end of the first two weeks of practice.

**If an athlete is unable to attend tryouts, they will complete the tryout process during their first four workouts following their absence. All tryouts must be completed by the end of the second week.*

Attendance Policy

Being a member of the team demonstrates that you have made a commitment to the success of the program. This success requires each member to be reliable and work towards our goals. Attending all practices, meets, and team functions is mandatory and the first part of this commitment. The head coach has the final say on all absences and any repercussions.

- All team members must arrive on time for all practices, meets, and team functions.
- The coaching staff must be notified by noon the day of an absence.
- Excused absences are defined as the following:
 - Illness requiring the athlete to miss school or leave school early
 - Other school or swimming and diving reasons communicated and approved in advance with the head coach.
- Unexcused absences can result in the athlete not being able to compete and removal from the team.
 - Following the 1st unexcused absence, the athlete and head coach will meet to determine the consequences.
 - Following the 2nd unexcused absence, the athlete and head coach will meet to determine the consequences. Team removal is possible following the 2nd unexcused absence.

Competition Policy

This competition policy applies for all meets except JV Sections, Sections, and State:

- Illness, injury, and school-related absences
 - You must attend and complete two consecutive days of practice prior to competition in order to compete. The head coach has the final say in this decision.
- Serious injury or illness
 - If practice isn't completed for more than three days consecutively, you must attend and complete one week of practices after the absences in order to compete. The head coach has the final say in this decision.
- Recruiting visits or other swim/dive competitions approved by coach
 - Athletes are required to practice during the time away. If expectations of the coach are met, no competitions will be missed.

Lettering Requirements

Letters stand for commitment, performance, and leadership. Coach has final say on the earning of a letter. The coaching staff will use the following requirements:

- Be a Senior in good standing and with the program for at least two years.
- Have zero drug, alcohol, and tobacco violations as according to MSHSL.
- Demonstrate proper behavior and sportsmanship throughout the season.
- Have zero unexcused absences.

Swimmers must score 72 points to earn a letter. Divers must score 30 points to earn a letter. Points are awarded as follows:

- Meet varsity points (individual): 1st-6 pts, 2nd-4 pts, 3rd-3 pts, 5th-1 pt
- Meet varsity points (relay): divided by two for dual meets; divided by four for invitationals
- True Team: individual points divided by three; relay points divided by five
- Best time or score equals one point regardless of level
- Three points for perfect practice attendance
- One point for each varsity event completed successfully
- One-half point for each new dive performed successfully

Meet Transportation

All athletes are expected to ride with the team to and from away meets. The team bus will start at MMW, proceed to MHS and then to MME. All busses for invitationals will depart from MHS. Following away meets athletes will be dropped off at MHS.

Season Schedule – Subject to change

Monday, August 15:	First day of practice
Saturday, August 27:	Eau Claire Invite
Thursday, September 8:	Edina
Saturday, September 10:	Minnetonka Invite (home)
Thursday, September 15:	Wayzata
Saturday, September 17:	Blaine Invite
Thursday, September 22:	Eden Prairie (home)
Saturday, September 24:	Maple Grove Invite
Tuesday, September 27:	Hopkins (home)
Saturday, October 1:	Marauder Invite
Thursday, October 27:	JV Conference (diving)
Saturday, October 29:	Hopkins Invite (diving)
Tuesday, November 1:	JV Conference
Thursday-Saturday, November 10-12:	Varsity Sections
Wednesday-Friday, November 16-18:	State
Sunday, December 11:	Team Banquet

Questions

Please feel welcome to communicate with Coach Dan on any issues important to you or anything else that effects your commitment to our mission and team goals. His contact info is located at the top of this document.