

STEVENSON HIGH SCHOOL

GIRLS SWIMMING & DIVING

TEAM HANDBOOK



TABLE OF CONTENTS:

- Introduction & History p.3

- Team Mission & Goals p.3
 - o Stevenson High School
 - o Patriot Girls Swimming & Diving Team

- Coaching Staff Information and Responsibilities p.3

- Groups (Criteria, Athlete Rules, & Regulations) p.4
 - o Varsity
 - o Junior Varsity 1
 - o Junior Varsity 2

- Team Rules & Information p.4-5
 - o Equipment
 - o Team Expectations
 - o Attendance Policy
 - o Participation Recognition
 - o Academic Standards
 - o Basic Practice Schedule

- Swimming & Diving Meets p.6
 - o Types of meets
 - o Transportation to meet

- Team Apparel p.7

- Parent Responsibilities p.7

INTRODUCTION:

Welcome to the Stevenson High School Girls Swimming & Diving program. Stevenson has had a long tradition of excellence both academically and athletically. We are super excited to continue this long lasting tradition this fall. Contained in the handbook are multiple items that will help give you guidance into this season under new leadership. You'll find our team rules and regulations, basic team schedule, team goals & mission, and all of the coaches' info for communication. We are here to provide the best experience possible for the athletes. After this handbook has been handed out, the coaches will assume the athletes and parents will understand and respect all of the information provided below. If you have any questions please contact Coach Kevin.

We are looking forward to an incredible season!

STEVENSON HIGH SCHOOL MISSION STATEMENT

Stevenson High School is an exemplary learning community. To ensure future development and growth in the Interscholastic Athletic Program, the school must have a clear sense of what the athletic program is to accomplish and the contributions that will be made by the various stakeholders.

The vision and values will be based upon the fundamental purpose for the existence of the athletic program.

An exemplary high school athletic program exists in order to:

- Enhance and support the broader educational vision and values of the school.
 - Promote and develop the emotional, mental, physical, social growth, and personal responsibility of students within the context of a competitive environment.
-

PATRIOT SWIMMING & DIVING MISSION STATEMENT

- To have sustained success at an elite level year in and year out.
 - Teach the values of hard work through teamwork. Create an atmosphere where the team works hard together towards a common goal.
 - To demonstrate Patriot Pride.
 - Create long lasting memories and relationships
-

COACHING STAFF RESPONSIBILITIES & INFORMATION

- HEAD COACH/VARSITY: Kevin Zakrzewski, kzakrzewski@d125.org, (847) 415-4000 ext-4261
- JV1 COACH: Jennifer King, jenking@d125.org
- JV 2 COACH: Ivan Munoz, Erin McCook
- DIVING: Don Carmichael, dcarmichael@d125.org

GROUPS

The team is broken down into four groups. These groups are Varsity, Diving, JV1, & JV2. During the first day of practice Seniors & Juniors will attend the first session, and the Sophomores & Freshman will attend the second session. There will be a brief meeting, forms will be handed out and then the kids will get in the water for a small workout. This workout will give the coaches the ability to place each of the swimmers into the group which best suits the athlete's ability level. Emails will be sent out that night and lists will also be posted on the locker room door. This doesn't mean that a swimmer is stuck in that group for the rest of the season. If a swimmer shows the progress necessary and the coaches agree, the swimmer can move up groups at any time. For divers, there is a JV and Varsity separation as well, but all the divers work with one coach.

- Varsity:
 - o 100% Commitment/attendance
 - o 10 Practice/Week (4 x AMs, 5 x PMs, & 1 x Sat)
 - o 6 Sessions of Strength & Conditioning (2 Weight Room, 4 Dryland)
 - o All Ages
 - o Minimum Events = 10 (Not including Championship meets)
- JUNIOR VARSITY 1:
 - o 100% Commitment/attendance
 - o 7 Practice/Week (2 x AMs, 5 x PMs)
 - o 3 Sessions of Strength & Conditioning (3 Dryland)
 - o All Ages
 - o Minimum Events = 6 (Not including Championship meets)
- JUNIOR VARSITY 2:
 - o 100% Commitment/attendance
 - o 5 Practice/Week (5 x PMs)
 - o Freshman & Sophomore (Juniors & Seniors only at Coaches discretion)
 - o Minimum Events = 1 (Not including Championship meets)
- DIVING:
 - o 100% Commitment/attendance
 - o 7 Practice/Week (2 x AMs, 5 x PMs)
 - o 6 Sessions of Strength & Conditioning (2 Weight Room, Dryland and Stretching before practice M-Th)
 - o Must complete 6 dives before Green/Gold meet

TEAM RULES & INFORMATION

- Equipment
 - o Training equipment will be provided or will be available for all groups
 - o Varsity ONLY will be receiving an equipment bag with their required equipment inside the bag.
 - o The bag must be returned at the end of the season in order to receive your season awards.

- Proper dryland equipment is required
 - Proper gym shoes
 - Shorts
 - Comfortable top
- NO CLUB AFILIATED APPAREL
 - No Club Team caps during any portion of the season.
 - Training suits are fine as long as there is no club logo on it.
 - Clothes and other apparel must be SHS only if it's a team activity of ANY kind.
 - We all compete for SHS during these 3 months so that is the ONLY apparel we want to see.
- Attendance Policy
 - Athletes are required to attend 100% of practices.
 - If need to miss practice, it must cleared by coach
 - Meet participation will be decided by the coaches based on who has been attending practices. Excused or Unexcused.
 - BE ON TIME!
 - Being 10-15mins early is "On time"
 - Walking on deck right when practice starts in NOT
 - Be 100% prepared to enter the water at the start of practice
 - First two offenses are verbal warnings
 - Third offense is email to parents
 - Fourth offense is 1 Meet suspension
 - Unexcused practice penalty
 - 1st Offense: 1 Meet suspension
 - 2nd Offense: 2 Meet Suspension
 - 3rd Offense: 3 Meet Suspension...etc.
 - Communication is the most important part of absences. Please communicate with your coach about dates you will be missing because of a school or other extracurricular activities. Coaches would prefer a list of all the dates an athlete will be missing at the beginning of the season or at least a week before the absence.
 - Illness Absences
 - You get 1 free excused absence for being sick or ill. This must be communicated immediately to your coach.
 - Communicating an illness after a practice has passed will count as unexcused.
 - Any further absences will only be excused from a doctor's note or a note from the school nurse.
- Participation Recognition
 - In order to be recognized as participating in the Girls Swimming & Diving program you must compete in the minimum number of events for each group and also the final/championship event. If the swimmer does not do so they will not be rewarded the minimum participation award.
- Academic Standards follow the SHS Athletic Co-Curricular Code of Conduct
- Schedule
 - There is a basic schedule for ALL groups in this handbook but the schedule is always flexible. There is always a possibility of changes.

- A Google calendar will be set up for all groups plus our Meet schedule & Team Events that everyone can sync to their mobile devices.
 - If you have any trouble with this please contact the Head Coach
- Patriot Pride Cap – at the end of each week, each group will verbally nominate on who demonstrated “Patriot Pride” the most. From those nominations, the coach of the group will decide who gets the wear the gold Team cap the following week. Once your week is over you lose the cap. You may retain the cap if nominated again.
- BE RESPECTFUL TO YOUR TEAMMATES, YOUR COACHES, & YOUR SCHOOL!

SWIM MEETS

During the season the team will participate in multiple types of meets. We have Dual meets, Invitationals, and Championship meets. We will provide a brief explanation of each type of meet.

Dual Meets: Dual meets are between Stevenson and one other team. These meets take place during the school week, and for the most part are on either Tuesdays or Thursdays. These meets typically start at 5:00pm and they usually last about two and a half or three hours. The coaching staff decides upon athlete participation in these meets. Unfortunately not everyone will be able to participate in every meet but the coaching staff will do their best to give everyone as many opportunities as possible. If we are able to bring everyone to the meet, each event will have a heat of JV2, JV, and then Varsity. Diving will also have this separation for scoring, but all divers participate during the diving portion of the meet.

SCORING:

PLACE →	1 st	2 nd	3 rd	4 th	5 th	6 th
RELAYS	8	4	2			
INDIVIDUALS	6	4	3	2	1	0

Invitationals: Invitationals are meets that include a number of different teams. These meets take place on Saturdays. For a swimmer to go to an Invitation they will be informed by the Head Coach that they are participating in the meet. Most invites begin at 1:00pm and last about three to three and a half hours. Invites can be the normal high school order of events or it can be relay events that the host team picks. Invitations also include diving, and the Diving Coach will let the divers know who will be participating in each of these meets. Diving invitationals typically start at 9:00am.

Championship Meets: Championship meets are the meets at the end of the season. These meets are Prairie Lake Invite, Conference, Sectionals, and State. The Prairie Lake Invite is for all swimmers and divers that will not be participating in the Conference or Sectional Meets. The Conference and Sectional Meets are selection meets, and the Head Swimming and Diving Coaches will select the team members for these meets. The State Meet is a qualifying meet, and only swimmers who participate in Sectionals and make the qualifying standards qualify to swim at State. To qualify a swimmer or diver must when the Sectional, or make a State qualifying time standard.

SCORING:

PLACE →	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th
RELAYS	32	26	24	22	20	18	14	10	8	6	4	2

INDIVIDUALS	16	13	12	11	10	9	7	5	4	3	2	1
-------------	----	----	----	----	----	---	---	---	---	---	---	---

Transportation to Meets: The school will provide transportation for all athletes to every away meet. The head coach will send out emails informing everyone when they need to be on the bus and an approximate time when we would be returning. We will also provide an address to the pool they are competing in. Athletes are required to travel to the meet and back with the team on the bus. The only way an athlete may ride with parents home if a note is delivered to the head coach 24hrs before hand and has been approved through the Athletic Department. Head Coach will decide on what the traveling apparel is for that meet.

TEAM APPAREL

All team members are required to have a team suit, and swimmers are also required to have a team cap at all competitions. The school pays for a portion of the suit and cap, and you will find this information of the suit order form. Swimmers and divers will also have the opportunity to buy team apparel. We will be having a fitting day that will be announced by the head coach, where athletes can look at the different apparel and try it on. All forms will have due dates on the form.

PARENT RESPONSIBILITIES

So many times people forget that it is the parents that keep our sport running. Without your incredible efforts to get your children where they need to be when they need to be there, we would have no team. That is why we want to give all the parents special thanks before we even get started this season. The coaches truly appreciate the work you do and the sacrifices you make for your children and our team. We will work closely with Senior and/or Captains parents or organize outside the pool activities.

If you have any questions please let me know.

I hope that you have found this handbook to be informational. I am sure that you may have other questions. Please feel free to contact me.

GO PATRIOTS!!