May 3rd, 2021

Dear Parents, Swimmers and Divers

Welcome to the 2018 Wenatchee High School Swim and Dive Program. Congratulations on choosing to participate in one of the most exciting and rewarding sports available to high school students. The fitness, physical conditioning, teamwork and leadership skills that you will gain from this experience will prove to be valuable tools in your development as a high school student, and even further into your lives. Keep in mind, however, that nothing comes without a price. Being a part of a competitive sports team, especially this team, is a serious commitment that is very demanding of your time. It is important to keep in mind that as student athletes, your first priority must be meeting the responsibilities of your academic schedule. With the demands of a rigorous practice schedule, and a challenging academic schedule, your social life, outside of the team, is likely to suffer a little bit and I encourage all of you to greet this sacrifice with open arms, for the good of the program. My goals are high for this year, and I’m confident that with hard work, we’ll reach them!

During the course of the season it is important for all of you to remember a couple of things, in order to maintain your sanity over the next 6 weeks. Keep in mind that, regardless of what you may have heard from other people, competitive swimming is difficult. If you are seeking an easy letter, or a quick way to get in shape, then you are going to be very surprised. I urge you to remember that as your coach it is my job to push you, and your body, to its limits. This translates into being tired, weak, sore, cranky, etc. Try to remember during the course of the year that the goal for the season is optimal performance at your big meet. That peak performance is not possible without a rigorous training regimen during the course of the year. I’ll do everything I can to make you a stronger, faster, better swimmer, but the training involved in that process is difficult, and will make you feel uncomfortable, this is a good thing.

In closing I would like to remind all of you that I want your experience to be a positive one, and I want you to enjoy your time on the team. If at anytime during the season you have any questions, please don’t hesitate to discuss them with me at an appropriate time. I’m here to help, and to make sure that you have fun during your time as a Swimmin’ or Divin’ Panther! Here’s to a great season, and I’ll see you in the water…

Sincerely,

John Pringle

Head Coach

WHS Boys Swim and Dive

Wenatchee ***High School***

***Boys Swimming and Diving***

# **Coaching Philosophy**

The philosophy of the coaching staff begins with the belief that swimming and diving is a team sport. Accordingly, all policies put in the place by the coaching staff are in the best interest of the team as a whole. Likewise, all decisions regarding practice schedules, meet schedules, assigned events, and discipline will be made with the goals of the team in mind. The coaching staff firmly believes that participating in this program will teach each and every athlete principles and values that will guide them through the rest of their academic career, if not their entire life. It is the goal of the coaching staff to create a well-rounded student athlete that participates in the entire high school experience, remembering that swimming (or diving) is important, but it isn’t everything.

The main goal of this program, and of its coaches, is to make each and every swimmer and\or diver a better athlete, competitor, and person than they were at the beginning of the season, and to ensure that these athletes represent the best that their high school has to offer, regardless of wins or losses.

Pat Summitt’s Definite Dozen

Respect yourself and others

Take Full Responsibility

Develop and demonstrate loyalty

Learn to be a great communicator

Discipline yourself so no one else has to

Make hard work your passion

Don’t just work hard, work smart

Put the team before yourself

Make winning an attitude

Be a competitor

Change is a must

Handle success like you handle failure

Wenatchee ***High School***

***Boys Swimming and Diving***

# **Team Values**

Like any successful organization our swim team has a collection of core values that the coaches believe to be extremely important to the growth and success of the program. Below are our core values, what we believe they mean, and how they apply to being a member of this team. It is the expectation of the coaches that all athletes would commit to delivering these values in all aspects of their involvement with the team, and hopefully they will carry these values with them as they move on to other endeavors.

**Unity:** “A whole or totality as combining all of its parts into one. Oneness of mind”. We are a team. Whether you swim or dive, work with either John or Ron or Marc, you are part of a collective, a totality. Our goal is to have oneness of mind, with all athletes working towards the same end. Adversity will come during the season, and life, and we are stronger together. Commit yourself to being a part of the team.

**Family:** “A group of people who share common attitudes, interests, or goals.” We believe that real unity comes from relationships, and we strive to forge connections with one another. Being unified is important, but it means little without genuine care and concern for your teammates. We are a family, and families are a priority in your life. Families support one another, and sacrifice for one another.

**Drive:** “Compulsion to succeed and excel.” A desire to succeed is a critical element in any sport environment. Success can look different each day, but all successful athletes ask themselves daily “what is success today? What do I need to do today to feel accomplished, to help my team reach its goals?” Being driven is having that desire to succeed, whatever that may mean on any given day.

**Dedication:** “Whole and earnest devotion to a purpose.” Little worth having in life comes without effort. Swimming and diving are challenging sports, and require an incredible amount of dedication in order to be successful. Dedication gets us out of bed for morning practice, pushes us to finish the set at the right speed. It gets us on the board after we flop. Our drive is our desire to be successful and defines our goals; it is dedication that enables us to achieve them.

**Positivity:** “The state or character of being positive”. Remaining positive through adversity is critical in sport, and in life. Our sports are challenging, and it is essential that we remain positive as we remain dedicated to our goals. Positivity creates enthusiasm, and that leads to success.

**Participation Needs and Options**

# **Participation Needs:**

1. Completed physical, insurance or waiver, and athletic code turned into the school athletic office prior to the first day of practice. All online paperwork must also be completed prior to participation.
2. Completed emergency contact and permission (same green sheet as in #1) to treat injuries form turned into coach at first day of practice. Done as a part of the online packet.
3. Purchase of an ASB card.
4. Purchase of a team suit to be used at competitions, order will take place during first week of practice. The cost is approximately $65.
5. Swimmers only are required to have a team cap, for use at competitions. Practice suit(s), goggles. Caps are available from the ASB office for $10.
6. Water bottle for all practices and meets. All swimmers must drink water during practice. It is vital to remain hydrated to swim fast, and prevent injury.

**Participation Options:**

These items, although not required, have been found to increase team unity and spirit during the season.

1. Team sweat apparel: The orders for the team gear have been completed. This is an annual order that enhances the look and feel of the entire team.

*“The things you learn from sports - setting goals, being part of a team, confidence - that’s invaluable. It’s not about the trophies and ribbons. It’s about being on time for practice, accepting challenges and being fearful of the elements.”* **Summer Sanders, 2 X Olympic gold medalist**

**High School Swimming Order and Explanation of Events**

1. 200 Medley Relay:

A four person Relay event with each athlete swimming 50 yards in the following order: Backstroke, Breaststroke, Butterfly, and Freestyle.

2. 200 Freestyle:

An individual event with one athlete swimming 200 yards of Freestyle.

3. 200 Individual Medley:

An individual event with one athlete swimming 50 yards of each stroke in the following order: Butterfly, Backstroke, Breaststroke, Freestyle.

4. 50 Freestyle:

An individual event with one athlete swimming 50 yards of freestyle.

5. 1 meter Spring Board Diving:

An individual event with one athlete performing 6 dives for varsity dual meet competition, 3 dives for junior varsity dual meet competition, and 11 dives for District and State level competition.

6. 100 Butterfly:

An individual event with one athlete swimming 100 yards of butterfly.

7. 100 Freestyle:

An individual event with one athlete swimming 100 yards of freestyle.

8. 500 Freestyle:

An individual event with one athlete swimming 500 yards of freestyle.

9. 200 Freestyle Relay:

A 4 person relay event with each athlete performing 50 yards of freestyle.

10. 100 Backstroke:

An individual event with one athlete swimming 100 yards of back stroke.

11. 100 Breaststroke:

An individual event with one athlete swimming 100 yards of breaststroke

12. 400 Freestyle Relay:

A 4 person relay event with each athlete swimming 100 yards of freestyle.

***Practice Policies***

Call/Text your Coach ahead of time if you are going to be late or absent.

Don’t be late or absent (certain exceptions may apply, at coaches, discretion and with prior approval).

If you arrive late, never enter into a main set without a proper warm-up.

Always, always, do a **serious** cool down set upon finishing.

Always give your best effort, it is expected every day.

Never impede the progress of another swimmer.

Respect each other’s capabilities, limits, and practice goals.

**Don’t be late or absent**.

Always practice technique as if you were in a championship race.

If equipment fails, swim without it.

Always look for opportunities to lead.

Always attend and contribute to team meetings.

**Don’t be late or absent**.

If you have an injury-type pain or are ill, immediately notify the coach. Always listen to what you body is telling you, and never try to swim through the pain without the coaches approval.

Always ice injuries immediately following practice.

**Don’t be late or absent**.

***Training attitude***

Don’t let anything, or anyone, get in the way of your quest for excellence.

Always treat teammates and coaches with respect. Never let personal feelings interfere with the goals of the team. Remember our core values, and how they apply to relationships with teammates.

Leave the rest of your life at the front door. Practice is a place for hard work, positive attitudes, and improvement. (The coaching staff is always available to talk when you feel the need, however.)

Leave your swimming life in the water. Don’t get self-absorbed in being a swimmer. You are also a student, a young adult, and have other responsibilities. Remember that everybody will have a bad work out from time to time, don’t let this affect the rest of your life.

Goofing around will not be tolerated, as it impedes the right of others to train seriously.

If you are unable to continue with a set, remove yourself from the pool. If you are unable to return in a minute or so, remove yourself from the pool deck.

Competition, and a competitive spirit, is what drives a team to excel. Internal competition is expected, and encouraged, but remember that we are all on the same team, and remember to leave the competition at the pool.

Your best effort is expected every minute of every practice.

If equipment breaks, train without it.

Negative expression, such as teasing, taunting, or complaining about a set, is detrimental to the entire training atmosphere, and inhibits the rights of others to train to the best of their potential. As such, any such behavior will not be tolerated. Positivity is one of our values, and is expected daily.

Every athlete is capable of being a champion, and should train appropriately.

Remember that learning is a part of your training. Athletes are encouraged to question the coaching staff, provided it is done appropriately.

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# ***Attention: PARENTS!***

# ***PLEASE READ THIS!!***

# Parent involvement is crucial to hosting a dual meet and having a successful swim season.

# Without your help, we cannot host home meets. Unlike other sports, which you and your child(ren) may have been involved with, swimming meets require the efforts of MANY adults to function. We need at least 13 timers, two or three scorers, a half dozen officials, and a runner. In addition, a deck computer operator and a scorer are required. In short, we need around 25-30 parents to properly run a meet. We cannot begin a meet if we do not have your support. With this in mind, I ask each of you to aide in the running of our home meets. Sign up at the kick-off meeting and/or at the pool throughout the season.

# Please try to arrive at **least** 20 minutes prior to the beginning of the meet and be ready to focus on putting on the best meet we can. Accuracy is important as athletes are trying to qualify for districts and the state meet. Therefore, when timing, please pay attention to the starter, the length of the race, and all other aspects of the meet. Stand at the finish so you can see the wall better.

# Swimmers require proper nutrition and hydration to perform well at swim meets, but it is not always available because many meets begin directly after school. We would encourage you to bring a health snack (i.e. goldfish, fruit, Gatorade) that the whole team can enjoy which we will set out on a table for the athletes.

# Thank you for your cooperation and support. You can check the meet schedule online through the WHS Athletic Department website.

# Any questions? Contact coaches Elwyn, Hartley, or Thompson/Peterson. Most days, Coach Elwyn is available after practice should you have any concerns or need to talk, it is recommended, however, that you make an appointment.

**Special Recognition**

Our program could not maintain the high level of excellence we enjoy without the help of those who volunteer their time and talents to us. Be sure to tell them how much you appreciate their help when you see them.

**WHS Administration** – Eric Anderson, Ricardo Iñiguez, Donna Moser, Molly Butler and Jake Bucholz are very supportive of athletics in general and of swimming in particular. Invite them to home meets and say hello to them when they attend.

**Jim Beeson and the Athletic Department staff** – Jim Beeson is the Athletic Director for Wenatchee High School and responsible for scheduling the buses and supervising the athletic programs. The dedication of Mr. Beeson and his staff, Deanna Roman and Tami Walters make it so WHS coaches are able to focus more on coaching and less on administrative details.

# Varsity Letter Criteria

The issuance of Varsity Letters in Swimming and Diving will be based on the following set of Criteria:

**Attendance:**

Each athlete will begin the season with full attendance points.

**One un**excused absence will result in a 25 point deduction.

**Two** unexcused absence will result in an additional 50 point deduction.

**Three unexcused absence will make the athlete ineligible for a varsity letter**.

**Performance**:

Any athlete who meets Coach prescribed time standards and/or competes in the District Meet in an individual event will receive 50 letter points per event. (2 event max)

Any athlete who posts a top 6 finish at the District Meet will receive 75 letter points per event. (2 event max)

Any athlete who qualifies by time for the State Meet, or who competes at the State Meet either by wild card or on a relay will receive 100 letter points per event. (2 event max)

Note: An athlete will receive points either for qualifying for the State meet, or for District Meet time standards, not both.

Note: Divers receive double points for qualifying, as they only have one event.

**Longevity:**

2nd Year swimmers will receive 25 points

3rd Year swimmers will receive 75 points

4th Year swimmers will receive 100 points

**Total Points:**

A total of **100 points** will be available for attendance.

It will require **200 total letter points to earn a varsity letter**.

**Coach’s Discretion:**

The Head Coach reserves the right to alter the issuance of varsity letters in anyway he sees fit.

***The water is your friend. You don’t have to fight with water, just share the same spirit as the water, and it will help you move.***

***Alexander Popov***

***Team Participation Rules and Consequences***

1. No member of the swimming and diving team shall use alcohol, tobacco, or illegal drugs. Additionally, no member of the swimming and diving team shall attend a function where such substances are being used. Consequence is an immediate 3-week suspension from competition per the athletic code. No exceptions.
2. Members of the swimming and diving team must carry a minimum “C” grade in each of their classes, and a minimum 2.0 overall grade point average. Athletes failing to meet these requirements will be placed on academic probation and will be required to sign an academic contract outlining how a C will be reached in deficient classes. Should the athlete breach the contract, they will be suspended from competition until the terms of the contract are met.
3. Attendance and participation at all practices and meets is **MANDATORY**. Missing practices and/or meets could result in the loss of varsity letter credit, suspension from competition, and/or dismissal from the team.
4. There is no “being a little late”. Unexcused tardiness will be counted as an absence.
5. Practice is closed with the exception of parents and siblings accompanied by parents. No friends, significant-others or anybody else will be allowed on deck or in the bleachers during practice. Please advise people of this beforehand, as they will be asked to leave if they arrive during practice.
6. Swimmers and divers are expected to remain on the pool deck during meets, either home or away. Permission needs to be obtained to leave the deck for any reason, and failure to do so will result in a one meet suspension.
7. Swimmers and divers will wear proper attire on meet days. Coaches and team captains will make dress decisions on a meet by meet basis. Athletes will be required to wear either team sweats or to “dress up”.
8. Swimmers and divers will wear the appropriate attire during meets. (Team suit, cap, etc.)
9. Swimmers and divers are strongly encouraged to ride the team bus to and from competitions.
10. The National Federation of High School Swimming prohibits jewelry of any kind in competition.
11. One corporate logo, no larger than one square inch, is allowed per piece of swimming attire. No two-logo equipment is allowed in high school athletics. Goggles and goggle straps are exempt from this rule.
12. Hazing of any kind will not be tolerated. Any such activity may result in immediate dismissal from the team.
13. Members of the swimming and diving team are expected to exhibit quality professional behavior at all times. Remember that you are an ambassador of our school, our team, and our sport each and every minute of the season.

***I have read and understand the above team rules and consequences. I agree to abide by them over the course of the season. I understand that these rules are implemented for the best interest of the team, and that violating them will result in a punishment being implemented by the coach and/or athletic director.***

STUDENT SIGNATURE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PARENT SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Team Safety Rules***

1. Team members driving to and from practice should take every precaution to drive safely. Passengers will be limited to the number of seatbelts available in the vehicle. Parents will have the final say regarding who is allowed to ride with whom. State regulations regarding the transportation of others with a newly issued license will be strictly adhered to.
2. Team members may not enter the water without a coach on deck.
3. Team members will not use the starting blocks, diving boards, or enter the water head first without coach permission, and direct coach supervision. Use of starting blocks and diving boards and headfirst entries are inherently dangerous and can lead to serious and/or permanent injury including paralysis and death.
4. Team members will remain seated at all times when riding the team bus.
5. Team members will refrain from putting any body parts out the windows while on the team bus. Throwing objects from the team bus will not be allowed.
6. No glass is allowed at any aquatic facility, or on the team bus.
7. Pool and locker room floors can be slippery, team members should walk at all times while at aquatic facilities, and should avoid walking in the gutters.
8. Backstroke can be dangerous due to lack of field vision for oncoming traffic during warm-up and/or practice. Injuries can occur due to collisions with other swimmers, or with the wall. In practice or warm-up swimmers should remain as close to the pool wall or lane rope as possible with their left hand. All swimmers should take a count, at full speed, of the number of strokes it takes to reach the wall from the flags overhead. Failure to follow these guidelines could result in serious injury, paralysis, or death.
9. Injuries are a part of athletics at any level. If you are injured please notify a coach immediately. The coaching staff will determine the course of action based on the information you give them. In some cases a doctor visit will be required, and a doctor’s note required for re-admittance into practice.
10. Washington state law requires a cleansing shower prior to entry of any swimming facility.

I have read and understand the team safety rules. I agree to follow them throughout the season. I also understand that failure to do so could result in disciplinary action, as well as the potential for serious injury, paralysis, or death.

STUDENT SIGNATURE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PARENT SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_