

# Wheaton Warrenville High School Co-op **Swimming and Diving**

## 2011-12 Girls Team Handbook

Welcome to the Wheaton-Warrenville High School Girls Swimming and Diving Co-op. The Team is made up of swimmers and divers from Wheaton North and Wheaton-Warrenville South High Schools. All swim practices are held at Wheaton College unless you are notified otherwise. All weight training is done at WNHS and WWSHS.

### THE COACHING STAFF

	<u>Coach</u>	<u>Email</u>	<u>Phone</u>
Head Coach:	Jacob Ayers	coaches@wheatonswimming.com	630 / 752-5770
Diving Coach:	Holly Higgins	coaches@wheatonswimming.com	630 / 752-5770
Asst Swim Coach:	Angela Gilmore	coaches@wheatonswimming.com	630 / 752-5770

**Team Website:** [www.wheatoncoop.com](http://www.wheatoncoop.com)

### LEVELS OF PARTICIPATION\*

- Varsity "A"** - approximately 18-24 swimmers in 4 lanes (any grade level); emphasis is heavy training along with stroke technique refinement; eligible for all meets; meet attendance is mandatory.
- Varsity "B"** - approximately 18 swimmers in 3 lanes (any grade level); emphasis is stroke technique refinement and training; eligible for all meets with JV division; meet attendance is mandatory.
- Junior Varsity** - approximately 20 swimmers in 4 lanes (any grade level); emphasis is stroke instruction and aerobic conditioning; instruction given in shallow (20-yard) pool; participation in away meets may be limited; meet attendance is mandatory
- Diving** - approximately 7 divers; multiple levels (V, JV, F/S) are offered at many meets; eligible for all meets as assigned by diving coaches; meet attendance is mandatory.

\*Athletes may change levels during the season based on practice and meet performances. Squad assignments and cuts (if necessary) will be made within the first week of practice.

### PRACTICES (first official practice is August 15, 2011)

#### **VARSITY "A" -**

##### Swimming:

Aug 15 – 22: practices at Wheaton College (see online calendar)

Aug 23 - Nov 20: 2:00 - 4:30 p.m. Mon. through Fri.

Saturdays tba to accommodate meet schedule (usually 2 hrs)

##### Weights / Running / Dryland:

Monday, Wednesday, and Fridays (see online calendar for details & exceptions)

6:00-6:55 a.m. at your school

Weights begin the week of Aug 29

#### **VARSITY "B"-**

##### Swimming:

Aug 15 – 22: practices at Wheaton College (see online calendar)

Aug 23 - Nov 20: 2:00 - 4:00 p.m. Mon. through Fri.

Saturdays tba to accommodate meet schedule (usually 2 hrs)

##### Weights/ Running / Dryland

with varsity (see above)

#### **JUNIOR VARSITY –**

##### Swimming:

Aug 15 – 22: practices at Wheaton College (see online calendar)

Aug 23 - Nov 20: 2:00 - 4:00 p.m. Mon. through Fri.

Saturdays tba to accommodate meet schedule (usually 2 hrs)

##### Weights / Running / Dryland

optional with varsity

#### **Diving-**

Aug 15 – 22: practices at Wheaton College (see online calendar)

Aug 23 - Nov 20: 2:00 - 4:00 p.m. Mon. through Fri.

Saturdays tba to accommodate meet schedule (usually 2 hrs)

## **REQUIREMENTS, POLICIES, and INFORMATION**

### **Parent Meeting**

We will have a mandatory parent meeting August 18, 2010 at WNHS at 7:00 p.m. Each athlete and one parent must attend. We will discuss school and team policies, take apparel orders, and finalize many other team activities.

### **Physicals and Forms, and Fees.**

Each athlete must have a physical on file before he/she is allowed to participate in any practices. A parental release and emergency contact phone number must also be on file with your school. You must also pay the district 200 user fee online (district website). Do not give any fees to your coach.

### **Registration.**

Please arrange for early release with your counselor. You must have early release last hour in order to accommodate our practice schedule.

### **Practice Transportation.**

We will need both student drivers and parent volunteers to transport the team each day from WNHS and WWSHS to Wheaton College. If you drive to practice at any time during the year, you must submit a description of your car to one of the coaches. This will allow you to have a visitor's pass at Wheaton College. If you carpool with an older student, please help them with transportation costs. No student driver is allowed to stop between school and Wheaton College without permission for any reason. All athletes must take the team bus to away meets under all circumstances. Athletes may ride home with their own parents with written permission.

### **Meet Transportation**

All athletes must ride the team bus/van to all away meets. Athletes who miss the bus are ineligible to compete in that meet, except under very rare circumstances. Athletes may ride home with a parent or guardian with a written note only, or by having a parent speak directly with a coach at the end of a meet. Athletes may not transport themselves to or from meets under any circumstances.

### **Meet Spectators**

We encourage as many fans to attend our meets as possible. It is community support and spirit which makes our sport exciting! Parents usually sit together at meets and wear team shirts to help cheer the team on.

### **Practice Observation and Home Meets**

Swim team practices are not "closed" to spectators. All spectators are asked to observe from the balcony of the pool, and not to disturb the workout except in emergency situations. Wheaton College asks that during both practice and meets, the running track and the windows along the north and east side of the pool be kept free from spectators. The college also would like to keep the main entrance hall as free from congestion as possible.

### **Lockers.**

Please supply your own lock to use during practice. You may not store items overnight in a Wheaton College locker. Key-Lockers which require a quarter are also available (you get the quarter back when you return the key). Do not leave anything in the locker room unlocked or unattended.

### **Apparel and equipment**

#### **Practice**

Each swimmer must bring a water bottle to practice. All other equipment (kickboards, etc) is provided for you, but you may bring your own if you like. For practice, swimmers will need one (or more) one-piece Speedo-type swimming suit(s) (any brand or style you like). Goggles are optional, but highly recommended (swimmers). Wear a cap in practice if you have long hair (swimmers). The girls have chosen a "team" practice suit for the year, but it is not a required item. It can be ordered online.

#### **Meets**

All team apparel will be ordered online from The Swim Team Store (see ordering instructions below). Team suits and caps must be worn at all meets. Each team member must also purchase a team t-shirt. Warm-ups may be purchased but are optional. You may purchase and wear your own racing suit (fastskin, etc.) for championship meets (DVC, Sectionals, State). Bring a water-bottle with you each day to practice. **Please see your athletic director with any financial concerns. No one will be kept from participating due to financial reasons.**

### **Practice & Meet Info – Driving Directions**

#### **Wheaton College Student Recreation Center**

(Chrouser Aquatic Center)

601 E Kenilworth

630.752.5000 (general information line)

The pool is located at the corner of Chase and Kenilworth across from the tennis courts.

#### **Wheaton Warrenville South High School**

1993 Tiger Trail

630.784.7242

(corner of Wiesbrook and Butterfield)

#### **Wheaton North High School**

1 Falcon Way  
630.784.7319

**Rice Pool**  
1777 S. Blanchard St.  
Wheaton, IL

### **Meet Directions**

All driving directions for away meets are found online on the team website.

**Team cuts** (if necessary) will be made after the first week of practice. Cuts will be made solely based on the number of athletes which the Wheaton College Aquatics center can safely accommodate. Cuts may also be necessary to create an optimal coach-to-swimmer ratio. Athletes' competitive background, practice attendance, grade level, and work ethic will all be taken into consideration when cuts are made. Finally, a swimmer may not participate who cannot swim safely in deep water. Note we have never had to make cuts before and are considered a no-cut sport. Team Fees will be refunded only if you are cut from the team.

### **Varsity Time Standards 2011-12**

50 free	27.59
100 free	1:00.99
200 free	2:12.99
500 free	6:05.99
100 fly	1:09.99
100 back	1:09.99
100 breast	1:19.99
200 IM	2:29.09
Diving – 11	coaches discretion

To earn a varsity letter you must accomplish all of the following:

- 1. Have perfect attendance.** This includes morning workouts. Notify a coach of any excused absences (doctor's appointments, etc). If you don't attend school due to an illness, do not attend practice. A grace limit of 15% is built in to account for illnesses and excused absences. This means you must make 17 out of every 20 practices to earn a letter.
- 2. Exhibit championship behavior each day in practice and at meets.** For juniors and seniors this means team leadership and setting good examples for the underclassmen. For all team members this means not sitting at the walls in sets, completing workouts, giving 100% effort every day, etc.
- 3. Achieve one of the time standards above or compete for Wheaton at the Sectional Championships.** Varsity swimmers from last year should also have goals to improve over last year's sectional / state performances.

**Ultimately, varsity awards are at the discretion of the coaching staff. Certain requirements may be waived under some circumstances.**

2011-12 IHSA State Championship Time Standards\* *Indicates the use of last year's qualifying standard.*

200 Medley Relay	1:50.90
200 Free	1:56.20
200 IM	2:11.68
50 Free	24.84*
100 Butterfly	59.40
100 Free	53.99*
500 Free	5:12.28
200 Free Relay	1:39.79
100 Back	59.92
100 Breast	1:08.40
400 Free Relay	3:38.43

Per IHSA rules, state-qualifying times must be achieved at the sectional championship meet to qualify for the State Championships. Sectional winners advance automatically to the State meet. **Diving:** Sectional winners advance automatically to the State meet. The next 32 divers who score higher than the lowest sectional winner also advance as "at large" divers.

## Online Apparel Order

This year we will be taking ALL TEAM APPAREL orders online. Below you will find instructions on what you may order and how to order it. With any questions please call The Swim Team Store using any of the contacts below.

### DEADLINE

All apparel MUST be ordered by **8:00 a.m. on Tuesday, August 16**. After that time, you must directly contact the swim team store. You can feel free to go in to the store in person if you do not know your exact size. If for any reason you cannot order online (ie lack of internet access) please call the store.

### CONTACT

#### The Swim Team Store

[www.theswimteamstore.com](http://www.theswimteamstore.com)

1212 S. Naper Blvd. Unit #109

Naperville, IL 60540

1-630-548-5500

#### Hours of Operation:

M-F 10a-6p

Sat&Sun 11a-4p

Naperville Retail Hours:

Hours of Operation:

Monday through Friday: 10am - 6pm

Saturday and Sunday: 11am - 4pm

Item	Description	Swimmers	Divers
Team Suit	Competition suit used for meets	Required	Required
Team Caps	Latex caps – minimum 2, used for meets and/or practice. With or without your name (see below)	Required	Optional
Team T-shirt	Designed by the team seniors and worn at all meets	Required	Required
Practice Suit	You may wear any suit at practice, but this will be a good deal cheaper, and we usually order something fun!	Optional	Optional
Warm-up Tops	Navy with white. Orange “W swimming & diving.” Option to embroider your name	Optional	Optional
Warm-up Bottoms	Navy. Option to embroider your name	Optional	Optional
Parent Polo Shirt	Same logo as the athletes warm-ups. Very sharp. Let’s show some team spirit	Optional	Optional

### How to Order

1. Go to [www.theswimteamstore.com/teams](http://www.theswimteamstore.com/teams)
2. Use our login and password (will be emailed to you all and posted on our team site)
3. Remember that swimmers and divers have different logins
4. Items you order by the deadline will be delivered to the coaches. You are responsible for any late items
5. Caps – if you order caps and want your name on them, your coach will collect that information.
6. Note that a small surcharge will be placed on each swimmer’s order. This is to cover the cost of extra team caps which the coaches keep and hand out to athletes at no charge throughout the season (i.e. if your cap breaks at a meet)

## Swimmer Data & New Swimmer Survey

Swimmer Form 2011-12

**Note:** All Swimmers must complete this form and return it by the first Friday of practice.

**Check here if your information has changed from last year**

Last Name	First Name	Middle Name
Birthday	School	Swim or Dive?
Mother's Name	Mother's Home Phone	Mother's Work Phone
Father's Name	Father's Home Phone	Father's Work Phone
Home Address	City / Zip	Email

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### New Swimmer Information (Freshmen and other new swimmers only)

1. Describe your competitive swimming or diving experience:
2. What other aquatics experience do you have (life guarding, scuba, etc.)?
3. Would you be interested in information about year-round swimming or diving?
4. How did you first hear about your high school team?
5. What do you hope to contribute to this team?

## Code of Conduct

### **GRADES.**

The policies of District 200 will be enforced. Grades are sent weekly from the Athletic Department to the coaching staff. **KEEP YOUR GRADES UP!**  
**Please see a coach with any academic problems.**

### **GENERAL CONDUCT**

- Be humble in both victory and defeat; behave with class and pride
- Remember that you represent you school and your city at all times
- Treat all coaches, officials, and other authority figures with respect - this includes personnel from other teams!
- Treat all your opponents as equals and peers, especially if they are not your athletic equals.
- Remember that we are guests at Wheaton College. Please go the extra mile to respect the property and people of the College. No act of vandalism will be tolerated.
- Drug and alcohol use will be dealt with according to the athletic code of both WWSHS and WNHS.

### **ATTENDANCE**

All practices are required. You must have 85% attendance (excused and unexcused) to participate in meets (this includes summer break practices!). Being late (we will start swimming at 2:00 p.m.) equals missing half of a practice. Do not stop at home or anywhere else between school and practice. No student driver is allowed to make any stops for any reason. Stopping on the way to practice will result in the whole carpool missing the next competition. Do not put other athletes' safety and team standing in jeopardy.

**Unexcused absences** (skipping practice) will not be tolerated. The first two unexcused absences will result in the athlete missing the next competition. The third unexcused absence will result in dismissal from the team. Unexcused tardiness is considered the same as absences. Because you leave school early, swim team is considered the same as a class at school.

**Excused absences** are sometimes unavoidable. When possible, notify your coach if you need to miss practice. Excused absences include college visits, family emergencies, health emergencies, etc. Do not schedule College Visits during meets or practice when possible. Schedule doctor's appointments around your practice schedule whenever possible. If you need extra help from a teacher, you have two options: meet with that teacher outside of practice time (i.e. before school) or ask one of the coaches for help (we are all either teachers or professionals and are more than willing to help!).

**Sick from School?** Do not come to practice if you do not attend school. Be sure to notify the coach and your carpool if you will not be there – especially if you are the driver of a carpool. If you miss school due to illness, you may not compete in a meet that day.

**Photography and Videos.** To protect our athletes, the following rules apply to camera use. They will be in strict enforcement at all times during the season:

No camera or video recording device may be used in the locker room at any time. This includes cell / camera phones. Any cell phone usage must be done on the pool deck. This rule applies to coaches, swimmers, visitors, and parents. Although practices are not "closed" to spectators, no photography or video recording may be done during swim / dive practice. This rule applies to swimmers, visitors, and parents. The coaching staff will not release any photographs of athletes without consent.

Violation of the rules above by any athlete will be dealt with according to CUSD 200 policy.

**Give 100% at all times. You will never know what you can achieve unless you give it all in practice.**

This form must be returned to your coach by the end of the first week of practice before you will be allowed to continue practicing.

\_\_\_\_\_

Please sign and return to a coach on or before the date above indicating that you have read and understood the team guidelines (including behavioral guidelines outlined in the team overview and by your school), and that you will follow them. A copy will be made for you to keep upon request.

Athlete's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_