

LAKEVILLE NORTH LAKEVILLE SOUTH

BOYS SWIMMING & DIVING

HANDBOOK

2014-15



Lakeville North and South Boys Swimming & Diving Handbook 2014-15

Table of Contents

1) Intro to High School Swimming & Diving	1
2) Using the Website.....	1
- Notices and Schedules	1
- Results	1
- Photos.....	1
- Resources.....	2
3) Schedules/Time Commitment.....	2
- Practice Schedule	2
- Meet Schedule	2
- Social Schedule	2
4) How a High School Meet Runs.....	3
- Home Meets	3
- Away Meets	4
- Keeping score.....	4
5) Conference, True Team and Sections/State Meets.....	5
6) Time Standards	6
7) Volunteer/Donation Expectations	6
- Running a Home Meet.....	6
- Donating to Concessions	6
8) Fundraising Expectations	6
9) Gear and Apparel	7
- Purchasing	7
- What you need:.....	8
10) Team Photos and Posters	8
11) Nutrition/Sleep	8
12) Swimmer/Diver and Parent Conduct	8
13) Website and Coaches Contact List.....	9
14) Captains' Parents Contact List.....	10

1) Intro to High School Swimming & Diving

High school swimming/diving is different from club swimming/diving and different from other sports. Every athlete can contribute. Improvement is directly correlated with effort. The season runs from December 1 into early March. Practices are more intense —3 hours per day, 6 days per week (see time commitment later in this handbook). The meets are considerably shorter than club meets, generally running 2-3 hours in the evening. The high school teams also have senior captains. High school swimming and diving is a team effort and the boys enjoy the encouragement from their teammates. There are social opportunities for teammates and their parents (more on that later, too). Lifelong friendships develop among swimmers/divers and the families.

This year, depending upon how many athletes come out for the team, it may be necessary to limit the number of athletes on the team by having tryouts and cuts. The coaching staff would prefer to not have to make cuts and truly wish our school district would build a second competitive Swimming & Diving pool so that cuts would never have to take place.

2) Using the Website

Each team has their own website. We highly recommend that you “bookmark” them or put them in your “Favorites” list to access them quickly and easily.

North: www.pantherboosters.org/bswim

South: <http://cougarswimdive.org/bswim.shtml>

- *Notices and Schedules*

Special Event Notices, Practice and Meet schedules are posted on the websites. Usually changes are posted quickly to the website.

If you supply the team with your email address, you will receive notification of any changes or new events on the schedule. Please let the coaches and/or captains' parents know if you do not have email and internet access.

- *Results*

Within a few days after a meet, the coaches will post a full results packet on the website. If you don't catch your swimmer's split times during the meet, you can find all the statistics there.

- *Photos*

We are always looking for new folks to take meet photos. **Contact Wendy Wulff (wulffden@frontiernet.net) if you have pics to share and she'll help you to get them added to the website!** Check the website a few days after a meet and you should be able to access these for copying to your own computer and making your own prints (for example: copy them directly into a photo manager program or photoweb site account such as Snapfish or Target and order prints from there). You may want to crop or adjust the color on some photos as pool conditions are not always ideal for photography. There will be many photos to look through to find your swimmer or diver. Knowing the order of events helps as photos are usually posted chronologically. It also helps if you know what suit, cap or goggles you swimmer/diver was wearing

- Resources

The websites contain many additional great resources like links to the South Suburban Conference, True Team and MSHSL (Minnesota State High School League) websites. A nutrition booklet is available and you can usually find maps to away meet locations.

3) Schedules/Time Commitment

- Practice Schedule

The complete Practice Schedule is posted on the website (it has been updated since originally posted this fall, so be sure you have the latest version). Divers practice at McGuire Middle School and swimmers work out at Kenwood Trail Middle School. Practice is generally 3 hours per day, 6 days per week: M-F 3:00 to 6:00pm, Sat 8:30 to 11:30 am. Please be prompt for practice. Over the winter holiday break and other scheduled days off from school, be aware that practices are held in the mornings from 8:30 to 11:30 am. See the schedule for dates. Varsity swimmers are required to attend Saturday practices. JV swimmers are encouraged to attend Saturdays as they are able. Please have your athlete speak with his coach about expectations. The diving coach will set the schedule for divers.

Sixth and seventh grade swimmers on the middle school team will practice from 3:15 to 4:45 at the McGuire pool.

Activity Shuttle buses run from the middle schools and high schools to the pools each day after school—check with your coach or school for the correct time and pick-up location. Older boys may drive themselves to practice but should not give rides to teammates without the full permission of both sets of parents. Parents are responsible for making sure their child has a prompt ride home from practice each day.

- Meet Schedule

The full meet schedule is posted on the team website (again, be sure you have the latest version). It can also be found at www.southsuburbanconference.org, however it is not as complete as the schedule posted on the team website. Lakeville North and South will have separate opponents at each home meet, although still run at the same time (please see “How Meets are Run” section).

For away dual meets Lakeville North and Lakeville South will be traveling to different schools. **There will be no return buses for the away meets, as the school district does not provide return buses for most metro area competitions.** The exceptions to this are some of the “extra” meets we do and the end-of-the-season meets...the Tiger Relay meet (a Varsity meet), Maroon & Gold (a Varsity meet), True Team State, JV Sections, Varsity Sections and the State Meet. Busing is provided both directions for these meets. Please be sure your son has transportation home from all of the other away meets.

-Social Schedule

In short, try to keep your weekends from mid January to early March fairly open—you are going to be busy! During this time there will be several social events accompanying important meets. Most of these are family potlucks following meets and some are dinners just for the boys in preparation for an upcoming big meet.

Please note: When preparing food for potlucks, be aware that we have boys on the team with nut allergies. **While most of these boys and their families will make accommodations for their known allergies, we ask that you avoid the use of nuts all together in your potluck dishes as trace amount can kill an allergic individual. In addition, allergens can become airborne further causing serious injury to the allergic individual.**

Parents of boys with food allergies: Obviously we cannot guarantee food presented at the potluck will be safe for your food allergic child but we are attempting to reduce the likelihood of cross contamination and airborne allergens.

Schedule of social events for the 2014-15 season (note that some have already occurred):

- Annual Kick-off picnic hosted for the Girls' High school season Aug 23 @ Antler's Park -
- Opening Potluck: Thursday, December 1, 6:00pm at KTMS Cafeteria
- True Team Sections Potluck: January 17 – location TBD
- Parent Night Potluck: January 29, 6:00pm at KTMS Cafeteria
- JV Pasta Dinner (boys only): February 13, 5:15 pm at KTMS Cafeteria
- JV Sections Potluck: February 14 - Location TBD
- Varsity Pasta Dinner (boys only): Monday Feb 16 at the Strauch's home
- Varsity Sections Potluck: February 25 - Saturday Feb 28 - location TBD
- State Potluck: March 8 – Location TBD
- Banquet: Wednesday, April 8, 6pm at Brackett's Crossing

After the season, there is a team/family Banquet with a buffet dinner and program. Our banquet tends to be a little longer than what you may be used to with other activities—plan on being there from 6pm to 10pm (11pm if either team is undefeated and wins State!). The boys are asked to dress nicely and many wear ties. No jeans and/or sneakers, please. You will receive a formal invitation in the mail.

4) How a High School Meet Runs

Lakeville North and Lakeville South will again have separate dual meet schedules. We compete together at home in a normal dual meet format, but we are each hosting a different team at the same time. See below for details. When we are away, we go to different places and are in a regular dual meet format.

Please be aware that tickets are sold to watch both home and away meets. If you bought a season activity pass for football and other sports, it will be honored at our home meets. This is not another fundraiser for the team but pays for district pool fees.

- Home Meets

In most conference dual meets this year, there will be four teams at our home meets with Lakeville North and Lakeville South each hosting a different team at the meet. For example: At our home meet Friday December 19, Lakeville North will be hosting Apple Valley, and Lakeville South will be hosting Prior Lake. The one exception to this format will be February 6th when North and South compete head-to-head.

Our home meets (swim portion) are held at Kenwood Trail and start at **5:30pm**. This is a half hour earlier than our away meets start, so please make a note of it The meet format for swimming will consist of four heats per event and run as follows:

- Heat 1: Lakeville North JV vs. Opponent JV
- Heat 2: Lakeville South JV vs. Opponent JV.
- Heat 3: Lakeville North Varsity vs. Opponent Varsity
- Heat 4: Lakeville South Varsity vs. Opponent Varsity

Diving events for home meets are held at McGuire and begin at 4:30pm. Families are encouraged to watch both diving and swimming when possible.

- Away Meets

For **away** dual meets Lakeville North and Lakeville South will be traveling to different schools. These meets will be against just one other team. At most of the away meets, swimming and diving will be held at the same pool.

Please be advised that there will not be return buses for meets that are considered “south of the river” (see Meet Schedule). North and South will travel together to invitational and tournament meets.

Maps to away meets can usually be found on the team websites. It is important to note that rarely are pools directly connected to the high school that we are competing with (for example - Farmington meets are held at Dodge Middle School...NOT Farmington High School as the schedules might indicate — always know exactly where you are going before you hit the road!

- Keeping score

Scoring for Varsity dual meets is straightforward. In individual events, there are 5 places scoring 6, 4, 3, 2, and 1 points for 1st through 5th places, respectively. In relays, there are 3 places scoring 8, 4 and 2 points for 1st through 3rd places, respectively. Only the top 3 individuals and 2 relays from a team are eligible to score. Dual meets have 186 points total if all of the events are filled out. Consequently, the first team to score 94 points will win the meet. Strong teams commonly swim the last events exhibition (without additional scoring) once they have scored 94 points. We will have full score sheets available at the ticket table at our home meets for those who like to keep track of the score.

Diving is a judged sport with 6 or 11 dives per diver depending on the type of meet. The judges' scores of 1 through 10 are multiplied by a degree of difficulty index of 1.2 to 3.3. Scoring table:

Quality	Award
Excellent	10 points
Very Good	8 to 9 points
Good	7 to 8 points
Satisfactory	5 to 6 points
Deficient	2 to 4 points
Unsatisfactory	1 to 2 points
Completely Failed	0 points

5) Conference, True Team and Sections/State Meets

Both North and South belong to the South Suburban Conference. Most of the dual meets through the season are conference meets. Win/Loss records in the dual meets will determine the conference champion (we do not have a championship tournament). The South Suburban Conference website is:

<http://www.southsuburbanconference.org/>

True Team Sections is a meet that shows the depth of our team. We get 4 entries per event. **Every** swimmer and diver participating scores points at True Team. The eight teams winning each of the True Team Sections and 4 second/third place teams (by virtue of a "wild card" computer meet) go on to the True Team State Meet at the U of MN. This year, we are hosting the True Team Section meet on Saturday January 17. The True Team State Meet will be held at the U of M Aquatic Center on Saturday January 24. You can get further information about True Team at the True Team website:

<http://www.pantherboosters.org/true/>

The Section 3AA meet is a 3-day meet with swimming prelims on Wednesday **February 25**, diving on Thursday **February 26** and swimming finals on Friday **February 27**. Each team can enter 4 swimmers in each event with the top 16 from prelims competing in the A & B finals. Each team can enter only 1 relay per relay event with up to 8 swimmers listed. The prelim and finals relay team swimmers need not be the same swimmers allowing for some coaching strategy. The top two finishers in the A finals and every athlete in the A or B Finals who meet the state cut (which is adjusted annually) are eligible to swim in the State Swim Meet.

Competing in the State Meet is the ultimate goal of many swimmers/divers. This is also an exceptional meet to go watch at the University of MN Aquatic Center. The team is allocated a few tickets for participants' families that can be ordered through the coaches the week before the meet. Tickets can also be purchased at the door.

Diving: 4 divers per AA section may qualify for State after successful completion of 11 dives

State Qualifying Swimming Times for 2014/2015:

200 Medley Relay	1:40.25
200 Freestyle	1:46.35
200 Individual Relay	1:59.88
50 Freestyle	22.11
100 Butterfly	53.50
100 Freestyle	48.47
500 Freestyle	4:50.42
200 Freestyle Relay	1:30.15
100 Backstroke	54.52
100 Breaststroke	1:02.09
400 Freestyle Relay	3:18.72

Additional Sections and State Meet information can also be found at the Minnesota State High School League (MSHSL) website:

<http://www.mshsl.org/>

6) Lettering Time Standards

To earn a Varsity letter, swimmers need to meet the following time standards this season:

200 Free 2:03.99	100 Free 56.99	200 IM 2:20.99	500 Free 5:44.99
50 Free 25.49	100 Backstroke 1:05.99	100 Fly 1:04.99	100 Breaststroke 1:12.99

Divers need to average 150 points in a minimum of 3 meets for a letter.

State Meet Qualifying Time Standards are also posted on the team website.

7) Volunteer/Donation Expectations

- *Running a Home Meet*

We need parents to help with Concessions, Tickets, the Timing Table, announcing, etc. You should plan on volunteering at least one or two home meets. The high school girl swimmers will be the timers at our home meets, but if they come up short we will need to pull parents from the viewing stand.

- *Donating to Concessions*

We have asked that all parents bring their assigned Concession donation to the December 1 Potluck. If you were unaware or forgot, please bring it to the first home meet.

8) Fundraising Expectations

We do a number of fundraising events to help offset the cost of running the season. Approximately \$8,000 needs to be raised this season. Money raised goes toward many items such as printing costs, buying regular season swim caps for the entire team, Varsity Sections caps for those who qualify, fast suits to be used at Sections and State meets, invitational meet entry fees, pasta dinners, awards, supplies, etc. Your activity fee paid to the school district does not cover these items.

With fundraising, we are trying to minimize the amount of door-to-door selling that the boys have to do and offer a variety of opportunities for parents to be involved if some don't fit your schedule.

This year's fundraising events:

SCRIP Program: This has been ongoing since the spring of 2012 and is turning into our primary fundraiser. Instead of using your credit card at the cash register at your favorite stores (Cub, Kwik Trip, Kohl's, Target, Panera Bread, Subway, Wal Mart, Walgreens, CVS and MORE!), consider buying SCRIP to these places. You spend whatever denomination from the choices available and receive a gift card for that amount to a particular store. Swipe it like a credit card and you're good to go. Many of the cards are refillable, too. The cool part about this program is that your team receives a rebate for every card you buy, without you spending extra!

Here's how it works - Say you buy a \$100 card to KwikTrip (that's about 2 tanks of gas, right?) – they will give Lakeville Swim & Dive a 9% rebate on your purchase...and you didn't spend any more money than you would have otherwise spent filling your car with gas!

See info at <http://cougarswimdive.org/bswim/scrip.pdf> or email Lisa Meyer (mmeyer162@charter.net) for details and to get signed up. Once you are signed up, orders are placed twice a month. During the swim season, we deliver the cards to practice when they arrive mid-week. This year we have raised over \$3000 by changing the WAY we buy what we normally buy and not spending anything extra! Please consider joining in this great fundraiser!

Welcome to a New Season Event, November 22 - An adults-only social event where we'll have wine tasting, Bingo and a silent auction.

Cub Bagging on Christmas Eve, 12/24: Boys will bag groceries for tips—customers are usually in a generous mood. Watch your email for the online sign-up!

“Lucky Duck” Game at Home Meets: We will be selling tickets for prize drawings. Prizes donated by many local businesses. If you have a business and would like to donate a prize to the Lucky Ducks – please let one of the Senior parents know!

9) Gear and Apparel

- **Purchasing**

Swim gear is available through the Family Swim School or Elsmore Aquatic in Apple Valley. You can also shop directly from Rah! Sports @ www.shop.rahsports.com or at Elsmore Aquatics @ www.elsmoreswim.com. You may also be able to find some good deals online at other swim gear websites like www.swimoutlet.com

Order forms for team apparel were e-mailed (to all swimmers/divers that we knew of) and posted on the websites prior to the season. All items were ordered in early November. Pre-ordered apparel will be available at the December 1 Potluck!

Team Jammers (and team Speedo-style) for North and South are available at Elsmore Swim. If you did not place an order or if your suit becomes damaged during the season, call them and they should be able to order what you need relatively quickly.

Purchasing Team Apparel is optional

- **What you need:**

For practices swimmers need:

- *a suit, usually a jammer (some boys wear 2 layers and/or a drag suit—old suits work well)*
 - *goggles (good 2 always have 2 pairs with you)*
 - *swim cap (not required)*
 - *water bottle (some boys fill with sports drinks but be cautious of your sugar intake)*
 - *towel and dry clothes to change into*
 - *hat or hood to cover wet head—this is mandatory—consequences for not wearing!*
 - ***Fins and swim snorkels will no longer be provided so boys should bring their own (available from Rah! Sports at Potluck).***
 - *may want to bring a snack to have on the way to the pool—food is not allowed on deck.*
- Although not easy to do, label everything!

For meets, swimmers need:

- *jammer or other swim suit (team jammer if you have one)*
- *goggles (again have extra with you)*

- *swim cap (again not required but a good idea—coaches will provide one at start of season)*
- *water bottle*
- *towel*
- *dry clothes*
- *hat or hood!!!*
- *You will be given a swim parka for use at meets—take note of its number and make sure that you come home with the right one. Must be returned at end of season.*
- *Some boys will bring sandals to wear on deck.*
- *Again, boys may need a snack for the bus but no food is allowed on deck.*
- *For the Sections/State meet (JV and Varsity), we have some special fast suits for the boys to use. Please take good care of these and rinse gently as they need to be returned. Those who qualify for Varsity Sections will be given a special swim cap.*

10) Team Photos and Posters

This year, North and South team photos will be taken at 3pm (during practice) on **Monday, December 8** at Kenwood Trail. Be sure to have your order form and payment ready. You are not obligated to buy photos but we would like to have all of the boys included in the group photo and have individual photos of all of the boys on the back wall at the Kenwood Trail pool.

The posters have been sent to print. When they arrive, the boys are asked to help distribute them to local businesses for display.

11) Nutrition/Sleep

In General:

Swimmers/divers should try to follow rules of good nutrition: eat a low-fat, low-sugar, balanced and colorful (lots of fruit and veggies) diet—a pack of Skittles does not count for colorful food. Get carbohydrates from a variety of sources including fruit (not just pasta, rice and bread). Remember that food is your fuel for endurance and complex-carbohydrates will last longest during a tough workout but is also important to include protein in your diet. The fuel burned during a practice or meet comes from food eaten several hours or even days earlier. A nutrition booklet can be found on the team website. Additional information about eating for exercise and competition can be found at www.usaswimming.org under Tips & Training/Nutrition Center.

Try to get at least 8 hours of sleep every night.

Taper:

Taper begins 2 weeks before the Section meets. Coaches will adjust the practices to give the swimmers a rest before the big meets. Swimmers should stick to a very nutritious diet being especially conscious to avoid simple sugar carbohydrates. There will be pasta dinners for “good” carb loading right before the meets. Coaches will give further explanation of taper at our Parent Night Potluck in February. Taper is a big part of the success of the Lakeville swim programs: hard work during the season, proper rest and nutrition. Taper results in seemingly incredible drops in time.

12) Swimmer/Diver and Parent Conduct

Coaches will go over specific rules with the boys pertaining to behavior, grades, etc.

All swimmers, divers and parents need to keep in mind that we represent the swim/dive

program and our respective schools. If you make a bad impression while wearing Lakeville Swimming/Diving apparel at a meet or in a public place, you have created a bad image in someone's mind of us all.

While the competition is serious, we want our swim/dive program to be a good experience for all involved. Please be fair, keep your non-constructive thoughts to yourself and always be respectful of others and their property.

13) Website and Contact List

Websites

North: www.pantherboosters.org/bswim

South: <http://cougarswimdive.org/bswim.shtml>

South Suburban Conference:

www.southsuburbanconference.org

True Team: www.pantherboosters.org/true

Minnesota State High School League (MSHSL): www.mshsl.org

Rah! Sports: www.shop.rahsports.com

Elsmore Aquatics: www.elsmoreswim.com

USA Swimming: www.usaswimming.org

Coaches

North Head Coach: Dan Schneider 651-457-8806 or swimschneider@comcast.net

South Head Coach: Rick Ringeisen 952-469-4758, 952-232-3464 or ring1828@isd194.org

Middle School Coach: Phil Smith 612-242-9062 or stormswim@mnstorm.org

North/South teams combined email: lakevilleswimcats@gmail.com

Captains' Parents

North –

Parents of **Zach Smith**

Dave – drsmith8910@charter.net

Patti - smithdr@chsrtter.net

Parents of **Cameron Verby**

Billie – blverby@charter.net

Karl - kverby2115@charter.net

Parents **Cooper Willman**

Michon – cooperw1@charter.net

Doug - cooperw1@charter.net

Parents of **Sam Wilson**

Phil – phil@remaincomm.com

Lori - themnwilsons@charter.net

Parents of **Ryan Young**

Ruth – young.chrypa@yahoo.com

Paul - payraycay@yahoo.com

South

Parents of **Lee Bares**

Heidi – hambares@hotmail.com

David – dbares@charter.net

Parents of **Dan Eckerson**

Judy – jleckerson@aol.com

Ron – reckerson@frontiernet.net

Parents of **Mitch Hedquist**

Jessica – Jessica.hedquist@smiths-medical.com

Kirk – kirk.hedquist@gmail.com

Parents of **Travis Meyer**

Lisa – mmeyer162@charter.net

Mike – mmeyer162@me.com

Parents of **Kalvin Moschkau**

Laura – lmoschkau@faribault.k12.mn.us

Erich – me@integra.net

Parents of **Joe Sabal**

Barb – barbsabal@gmail.com

Chris – jomalucl@charter.net

Parents of **Robert Trone**

Nancy – robertnancy20@gmail.com

Robert -robertnancy20@gmail.com