

Lakeville North
Lakeville South
Girls
Swimming and
Diving
Handbook
2012

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1) Introduction to High School Swimming & Diving

High school swimming and diving is different from club swimming and diving, and different from many other sports. Every athlete can contribute to the success of the team. Improvement is directly correlated with effort. The season runs from the middle of August into late November. Practices are more intense, generally 3 hours per day, 6 days per week. Dual 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 girls enjoy the encouragement from their teammates. There are social opportunities for teammates and their parents. Lifelong friendships develop among swimmers and divers and the families.

2) Team Websites

Lakeville North and Lakeville South each have their own swimming and diving websites. The websites are an excellent resource for current season information, and also have results and other information from past seasons. The website addresses are:

Lakeville North	www.pantherboosters.org	
Lakeville South	www.cougarswimdive.org	NEW!

Each website contains page links to general information about the current season, the practice schedule, and the meet schedule. There are also links to announcements on upcoming events (potlucks, etc.), a nutrition booklet, and swim-related pages and websites.

When the meet season begins, results will be posted to the websites. Results are generally posted within a few days of the meet. The results are a good way to track your child's progress throughout the season. The results may also have lap and relay split times that may not be available during the meets.

3) Practice/Social Schedules

The practice schedule is posted on the websites. Swimmers practice at Kenwood Trail Middle School. Divers practice at McGuire Middle School. Practice is generally 3 hours per day, 6 days per week. On school days, 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 girls with vehicles may drive themselves to practice but should not give rides to teammates without the permission of each family. Parents are responsible for making sure their child has a ride home from practice each day.

Try to keep your schedule from late August to mid-November 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 girls in preparation for an upcoming big meet. The tentative schedule of social events for the 2012 season:

Start of Season Potluck: Wednesday, August 15 @ 6:00 p.m. at Lakeville South High school cafeteria

JV Pasta Dinner (girls only): October 25 at TBD (family hosted)

Parent Night Potluck: October 15 or 22 at Kenwood Trail Cafeteria

Varsity Pasta Dinner (girls only): November 5 at TBD (family hosted)

Varsity Sections Potluck: November 9 at TBD (family hosted)

Banquet: Wednesday, December 19 @ Brackett's Crossing Country Club in Lakeville.

The banquet generally lasts from 6 p.m. to 10 p.m. Each swimming and diving family will receive an invitation in the mail.

4) How a High School Meet Runs

Lakeville North and Lakeville South have separate dual meet schedules. Paid admission is required to attend home and away meets. If you purchase a season activity pass for football and other sports, it will be honored at our home meets, with the exception of the Lakeville Relay and True Team Section meets.

Home Meets

At most home conference dual meets, Lakeville North and Lakeville South will each host a different team. For example - at our home meet on Thursday, August 30, Lakeville North will host Prior Lake, and Lakeville South will host Burnsville. The one exception to this format will be the Lakeville North vs. Lakeville South meet on Thursday, September 20.

Swimming events for home meets are at Kenwood Trail Middle School. The home meet format for swimming consists of four heats per event that 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 Middle School and begin an hour earlier than the swimming events. Families are encouraged to watch both diving and swimming when possible.

Away Meets

For away dual meets, Lakeville North and Lakeville South will travel to different schools. In the away meets, each Lakeville team competes against the host team. In addition to the swimming events, the away meets generally include diving events. The swimming events at away meets generally go much faster than home meets, as there are two less teams competing.

Athletes are required to ride the team bus to away swim meets. Return buses will not be provided for most dual meets, the exception being the Austin meet on August 24. North and South will travel together to invitational and section/state meets. Return buses will also be provided for the varsity section meet, state meet, and True Team state meet, if either of the teams qualify.

Maps to away meet locations can usually be found on the North and South team websites. Similar to Lakeville, many school districts have their pools in middle schools, so be sure to check the location of the pool before you hit the road!

Order of Events

- 200 medley relay
- 200 freestyle
- 200 individual medley
- 50 freestyle
- Diving
- 100 butterfly
- 100 freestyle
- 500 freestyle
- 200 freestyle relay
- 100 backstroke
- 100 breaststroke
- 400 freestyle relay

Keeping Score

Individual swimming and diving events are scored through five places, with points awarded as follows:

1 st place	6 points
2 nd place	4 points
3 rd place	3 points
4 th place	2 points
5 th place	1 point

Relay swimming events are scored through three places, with points awarded as follows:

1 st place	8 points
2 nd place	4 points
3 rd place	2 points

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

Excellent	10 points
Very Good	8½ to 9½ points
Good	7 to 8 points
Satisfactory	5 to 6½ points
Deficient	2½ to 4½ points
Unsatisfactory	½ to 2 points
Failed	0 points

Most dual meets have 186 possible points. The first team to score 94 points wins. Some meets have less possible points, due to smaller team size or the absence of a diving program. The winner is the team that reaches 50% plus 1 of the possible points first. Similar to many other sports, the competition can end in a tie.

5) Conference, True Team and Sections/State Meets

Lakeville North and Lakeville South belong to the South Suburban Conference. Prior Lake, Rosemount, Burnsville, Eastview, Apple Valley, Eagan, Bloomington Jefferson, and Bloomington Kennedy are the other members of the South Suburban Conference. Win/Loss records in the conference dual meets determine the conference champion. The website for the South Suburban Conference is www.southsuburbanconference.org.

True Team Sections is a meet that shows the depth of our team. *Every* swimmer and diver scores points for their team at True Team meets. 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 University of Minnesota Aquatic Center. This year, we are hosting the True Team Section meet at Kenwood Trail (swimming) & McGuire (diving) on Saturday, October 13. The True Team State Meet will be held at the University of Minnesota Aquatic center on Saturday October 20 (tentative). 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 preliminary heats on Wednesday, November 7, diving on Thursday, November 8, and swimming final heats on Friday, November 9. Each team can enter 4 swimmers in each event with the top 16 from the preliminary heats returning to compete in the consolation and championship finals. Each team can enter one relay per relay event with up to 8 swimmers listed. The preliminary and finals relay team swimmers need not be the same swimmers, which allows for some coaching strategy. The top two swimmers in each championship heat and every athlete in the championship or consolation finals who swims the state cut in their event are eligible to swim in the State Swimming and Diving Meet. The top four divers in each section advance to the State Swimming and Diving Meet.

Competing in the State Swimming and Diving Meet is the ultimate goal of many swimmers and divers. It is also an exceptional meet to go watch at the University of Minnesota Aquatic Center. Each team that sends swimmers and divers to the state meet is allocated tickets based on the number of participants. Tickets can also be purchased at the door. Section and State Meet information can also be found at the Minnesota State High School League (MSHSL) website <http://www.mshsl.org/>

6) Time Standards

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

200 Free 2:14.99
100 Free 1:02.99
200 IM 2:29.99
500 Free 6:09.99
50 Free 27.99
100 Backstroke 1:09.99
100 Fly 1:11.99
100 Breaststroke 1:19.99

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

We need parents to help with concessions, tickets, the timing table, etc., at home meets. Please plan to volunteer for at least one or two home dual meets. Since we are hosting True Team Sections and the Lakeville Relays, you should also plan to volunteer for these meets. The boy swimmers will be the timers at each home meet, but if they come up short we will need to pull parents from the viewing stand to time.

We ask that all parents bring their assigned concession donation to the pool before the first home meet. Concession donations are assigned by grade/class as follows:

Seniors and Juniors	Two cases of water (16.9 oz. bottles)
Sophomores and Freshmen	One case of pop (cans)
Seventh and Eighth Grade	One case of Gatorade

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. The money raised goes towards 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. This year's fundraising events include:

Football Season - we will sell concessions at two South and one or more North games. We will be scheduled to work concessions at more activities this fall, winter & spring but do not have dates yet. We will receive a payment from the high school activities fund for next year.

“Lucky Duck” raffle game at home meets - we will sell tickets for prize drawings. Many of the prizes are donated by local businesses. There will be a special ‘Lucky Duck’ raffle at the True Team Sections meet.

Buffalo Wild Wings fundraiser – on designated days, a portion of the sale proceeds at the Lakeville Buffalo Wild Wings will be donated to the teams.

Scrip purchases – gift-type cards to businesses like Cub, Rainbow, Dominos, Kwik Trip, etc., who donate a percent of the card value to the teams. If enough families participated in this program, it has the potential to fill all our fundraising needs

9) Gear and Apparel

Swim gear is available through the Family Swim School in Lakeville or Elsmore Aquatic in Apple Valley. Some away meets (Minneapolis South Invite at the University of Minnesota) may also have shopping opportunities. You can shop directly from Family Swim School at www.familyswim.com, Rah! Sports at www.shoprahsports.com, or at Elsmore Aquatics at www.elsmoreswim.com. You may also be able to find some good deals online at other swim gear websites.

For practices, swimmers need:

- a suit
- goggles (good idea to have 2 pairs)
- swim cap
- water bottle
- towel
- fins and swim snorkels

Although not always easy to do, try to label everything!

For meets, swimmers need:

- team suit
- goggles (2 pair)
- team swim cap (coaches will provide one at start of season)
- water bottle
- towel
- team swim parka (will be provided before first meet, must be returned at end of season)

10) Team Photos and Posters

This year, team photos will be taken during practice on Monday, August 20 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 girls included in the group photo and have individual photos of all of the girls on the back wall at the Kenwood Trail pool.

We will have special photo sessions for team posters. These are in a more fun setting and will be available for a minimal charge later in the season. The posters are also distributed to local businesses for display. The captains will be sharing the poster information soon.

11) Nutrition/Sleep

In general, swimmers and divers should try to follow rules of good nutrition. Eat a low-fat, low-sugar, balanced and colorful (lots of fruit and veggies) diet. Get carbohydrates from a variety of sources including fruit (not just pasta, rice and bread). Remember that food is your fuel for endurance and that 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 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 October. 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 girls pertaining to behavior, grades, etc. All swimmers, divers and parents need to keep in mind that we represent the swim and dive program and our respective schools. If you make a bad impression while wearing Lakeville Swimming and 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 and 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: <http://pantherboosters.org/gswim>

South: <http://cougarswimdive.org/gswim> **NEW!**

Suburban Conference: www.southsuburbanconference.org

True Team: www.pantherboosters.org/true

Minnesota State High School League (MSHSL): www.mshsl.org
Family Swim School: www.familyswim.com
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
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Captains' Parents

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