

# College Park High School

## Swimming and Diving

2012  
Handbook

# 2012 College Park Swimming and Diving Season

## Important Dates to Remember:

- Mon. Feb. 6<sup>th</sup>:** **First day of practice** - By this date you need to have completed your Activity Clearance form. If you have already completed this form for another sport, your previous coaches should have turned it into the office.
- Weds. Feb. 8<sup>th</sup>:** **Nor Cal Equipment night** - We have arranged Nor Cal Swim Shop to have our suit fittings from 6:00 pm – 8:00 pm on this night. You will be purchasing your own suits, and other equipment you will need to participate. We will clarify what equipment the team will be purchasing to be used by the swimmers at practice.
- Feb. 14-17** We hope to start JV practices for our very new swimmers this week.
- Fri. Feb. 24<sup>th</sup>** **Time Trials** - This will help us determine who will be swimming which events and at which level (Varsity or JV) at our dual meets. These positions fluctuate throughout the season depending upon the swimmers best times and workout participation.
- Sat. Feb. 25<sup>th</sup>:** **Our first optional Saturday workout.** These workouts provide the swimmers who participate some stroke/technique assessment and instruction that we don't normally have time for during our regular practices. Swimmers may also use this practice as a make-up, if they have missed another practice.
- Tues. Feb. 28<sup>th</sup>:** **Morning practices begin:** practices are 5:45am – 7:20 am on Tues. and Thurs. If you have an early morning class you will be allowed to leave early enough to make your class. These workouts are required for all Varsity level swimmers. JV swimmers should check with their coach.
- Fri. Mar. 9<sup>th</sup>:** **Dual Meet Season Begins:** Our first meet is scheduled with Heritage High School at our pool.
- Fri./Sat. Mar. 16<sup>th</sup>/17<sup>th</sup>:** **De La Salle Invitational** Please plan to attend. This will be Friday evening, and all day Saturday.
- Sat. Mar. 24<sup>th</sup>:** **College Park Invitational** **Plan to participate at this meet.**
- April 7<sup>th</sup>- 14<sup>th</sup>** **SPRING BREAK** You are expected to attend **ALL Spring Break** practices. I know that some of you are planning on visiting colleges you are thinking about attending. If you are planning some of these trips, please try to limit your time away to no more than 2 or 3 days. If your away all week, you will be undermining your ability to swim your best at the League meet.
- Fri/Sat. May 11<sup>th</sup>/12<sup>th</sup>:** **DVAL Championship meet.** **This meet is required of ALL swimmers. Please plan to attend the Saturday portion of this meet, as well as Friday. Anyone not participating on both Friday and Saturday will not receive a Letter. If you have not qualified to swim an event on Saturday, you are still expected to show up and cheer for your team mates. I understand that Senior Ball is this weekend. Plan accordingly. Are not to leave until your events are through!!!! Appointments for hair, nails, etc . . . should be for later in the day. Please don't flake on your teammates!**
- Fri/Sat. May 18<sup>th</sup>/19<sup>st</sup>:** **North Coast Sections** For all those who qualify.

Contact the coaches with any questions: Carol Madsen  
Devon Flaskerud

925-280-1000 / [swimcoachcarol@att.net](mailto:swimcoachcarol@att.net)  
925-223-7352 / [devon@collegeparkaquatics.com](mailto:devon@collegeparkaquatics.com)

**College Park High School Swim Team Schedule 2012**

<b>Day</b>	<b>Date</b>	<b>Meet or Activity</b>	<b>location</b>	<b>bus / warm-ups</b>	<b>meet begins</b>
Mon.	2/6	Practice begins	CPHS pool		3:20 PM
Weds.	2/8	Equipment Day	NorCal Swim Shop	6:00pm	6:00 PM
Friday	2/24	Time Trials	CPHS pool	3:00 PM	3:30 PM
Friday	3/9	Heritage	CPHS	2:45 PM	4:00 PM
Friday	3/16	De La Salle	De La Salle	TBA (about 12:00 noon)	3:45 PM
Saturday	3/17	De La Salle	De La Salle	6:00 AM	8:00 AM
Friday	3/23	Deer Valley	CPHS	2:45 PM	4:00 PM
Sat.	3/24	CPHS Invitational	CPHS	7:30 AM	8:30 AM
Friday	3/30	Clayton Valley	CPHS	2:45 PM	4:00 PM
Weds.	4/4	Northgate	Heather Farms	2:20 PM	4:00 PM
<b>Sat-Sat</b>	<b>4/7-4/14</b>	<b>Spring Break</b>	<b>CPHS</b>	<b>AM practices</b>	<b>PM practices</b>
<b>MTWThF</b>				<b>7:00-8:45am &amp; 8:30-10:30 am</b>	<b>3:30 PM</b>
Weds.	4/18	Ygnacio Valley	PHEC	2:20 PM	4:00 PM
Friday	4/27	Concord	CPHS	2:45 PM	4:00 PM
Friday	5/4	Berean	CPHS	2:45 PM	4:00 PM
Thurs.	TBA	DVAL Diving	TBA	TBA	
Friday	5/11	DVAL Swimming trials	CPHS	9:00 AM	10:30 AM
Saturday	5/12	DVAL Swimming finals	CPHS	8:30 AM	10:00 AM
Thursday	5/17	NCS Diving	Conc. Com.	7:30 AM	9:00 AM
Friday	5/18	NCS Trials	Conc Com.	8:30 AM	10:30 AM
Saturday	5/19	NCS Finals	Conc. Com.	8:30 AM	10:30 AM
Saturday	6/2	Awards night	TBA	TBA	
<b>Practices</b>		<b>Varsity</b>		<b>Mon. 3:20 pm</b>	
				<b>TWThF 3:05 - 5:30 PM</b>	
				<b>TTh am 5:45 - 7:30 AM</b>	
		<b>JR Varsity</b>		<b>M - F 5:00 - 7:00 pm</b>	
<b>Coaches:</b>		<b>Carol Madsen</b>	<b>280-1000</b>	<a href="mailto:swimcoachcarol@att.net">swimcoachcarol@att.net</a>	
		<b>Devon Flaskerud</b>	<b>223-7352</b>	<a href="mailto:devon@collegeparkaquatics.com">devon@collegeparkaquatics.com</a>	
<b>Picture Day</b>	Picture Day is not yet scheduled. We hope to schedule it and a Tahoe Joe's fundraiser for the same day. Please watch for additional information on these two upcoming events.				

**North Coast Section, CIF  
Automatic and Considerations Times  
2012**

<b>Event</b>		<b>Automatic</b>	<b>Consideration</b>
Event 1	Women 200 Medley Relay	1:55.37	2:03.99
Event 2	Men 200 Medley Relay	1:40.41	1:51.09
Event 3	Women 200 Free	1:56.03	2:02.79
Event 4	Men 200 Free	1:44.35	1:50.99
Event 5	Women 200 IM	2:09.46	2:18.69
Event 6	Men 200 IM	1:58.69	2:07.99
Event 7	Women 50 Free	24.67	25.79
Event 8	Men 50 Free	21.80	22.89
Event 9	Women 1 mtr. Diving	275	255
Event 10	Men 1 mtr. Diving	250	240
Event 11	Women 100 Fly	58.40	1:02.99
Event 12	Men 100 Fly	53.18	55.99
Event 13	Women 100 Free	53.52	56.49
Event 14	Men 100 Free	47.60	50.29
Event 15	Women 500 Free	5:09.80	5:32.09
Event 16	Men 500 Free	4:45.54	5:08.99
Event 17	Women 200 Free Relay	1:42.44	1:51.09
Event 18	Men 200 Free Relay	1:29.88	1:38.19
Event 19	Women 100 Back	59.48	1:04.99
Event 20	Men 100 Back	53.73	58.29
Event 21	Women 100 Breast	1:07.13	1:12.19
Event 22	Men 100 Breast	1:00.86	1:04.49
Event 23	Women 400 Free Relay	3:43.45	4:08.99
Event 24	Men 400 Free Relay	3:19.53	3:43.99

## Nutrition Guidelines

1. You are what you eat. It's important to eat well every day, not just the day of the meet. Energy comes from good food eaten daily.

How can a good diet help you as an athlete?

- \* You will have less fatigue during competition.
- \* It will help you recover faster or more completely from practices
- \* You will be less sick, and have fewer infections.
- \* You will also recover faster from your illnesses and injuries.

2. Eat a balanced diet, including lots of carbohydrates from fresh fruits and vegetables, fat, proteins, minerals, vitamins and WATER!

- \* You need to drink lots and lots of water, especially at practices and swim meets.
- \* You also need to eat foods rich in calcium, sodium, and potassium.

Water and the above nutrients keep your muscles working well (and help prevent muscle cramps during practices and competition).

- \* A good balanced diet for a swimmer should include the following:

Dairy products – 4 servings / day    Choose from lowfat milk, yogurt, and cheese.

Protein – 4-6 oz / day    Choose from lean meat, fish, poultry, legumes, nuts, and beans.

Fats – Limit these to 25% of your daily caloric intake. A diet which includes dairy, protein and carbohydrates should provide enough fat without having to add fat to your diet.

Grains & Starches – 4 servings /day    These include cereals, rice, whole grain breads, and pasta. Great energy source for an athlete.

Fruits and Vegetables – lots, especially vegetables. These provide additional carbohydrates (great energy source), and lots of great nutrient, like Vitamins A & C, potassium (one of those really important ones to keep your muscles from cramping), as well as fiber.

3. Eating well will help you by preventing hypoglycemia (low blood sugar), will fuel your muscles, particularly with food eaten far enough in advance to be digested and stored as glycogen (energy stored in your muscles), and will help settle your stomach, absorbing stomach acids and abating feelings of hunger.
4. Before competition you should eat meals high in carbohydrate (daily). High-starch, low fat foods are best for this. Also, avoid sugary foods such as soft drinks (both the sugar and the carbonation is bad), candy, or even a lot of fruit juice, within an hour before an event. Don't plan on eating a large meal during a competition (even for lunch). Try to eat small portions throughout the day, preferably after an event has been swum and at least an hour before another event will be swum. This will help keep your energy levels high for your events, without having your blood flow going to help your stomach digest the foods you've eaten. It can't do both things well at the same time.

**Remember your water at practices and at meets!!!!**

# College Park High School

## Hydration and Nutrition Guidelines

Your body needs energy to survive. It needs more energy the more work you do. Swimming is hard work and uses a lot of energy. The energy your body uses comes from the food you eat. It is necessary to eat enough food to supply your body with enough energy to train and to race. There are three types of food that provide your body with energy: Carbohydrates, Protein, and Fat. All three types are necessary for your body to work right. Carbohydrates are easier for your body to change into energy than protein or fat, and provide a more immediate source of energy. Eating a snack before workout such as fruit will give you more energy for practice.

Your body also needs water in order to work right. Over 60% of your body weight is water. Water helps keep your body cool and it helps break down the food you eat into energy you can use. When you swim you lose water from your body even though you are surrounded by it. It is necessary to keep filling your body with water before you get thirsty. You should drink water before and during workout (bring a water bottle). When you get cramps it is usually because your body needs more water to properly balance the chemicals in your body.

When thinking about proper hydration a good rule of thumb is to drink 16 fluid ounces of water every hour. This is a drink every 15 minutes. The longer your workout the more important it is to stay hydrated. If your practice is over 1 hour then you should strongly consider bringing a water bottle to practice to re-hydrate during practice and have fluids after practice to continue to hydrate. Quite often a lack of energy (bonk) at the end of a practice is due to improper hydration before, during, and after practice.

When considering proper nutrition think of your car. The better the fuel you place in your car the better your car will run. Similar to your car, your body will perform better with better foods you place in it. After practice is a critical time to refuel your body. Eat smart Carbs like fruits, vegetables, lean meat (protein), Whole Grains (Wheat), Rice products etc. These foods will replace what you have expended and refuel your body for your next practice. At a swim meet try to avoid foods that are hard to digest: Red Meat, Saturated Fats, and Sugars. Eating Fruits, Vegetables, Cereal, etc. will get your body ready to perform and not place a burden on your stomach.

When considering your diet and how to refuel your body. Try to eat foods that are on the outside of the shopping market. The more processed the food is probably the worse it is for you. Eat Simply and Simply swim FASTER!

## About.com Swimming

### Visualization is the Key to Your Success

Mind Training Tips for Swimmers - Sports Psychology Tips for Swimmers

From Craig Townsend

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Many people ask me "what's a really 'MAGIC' technique? What's the quickest, easiest and best technique to use probably be a difficult question to answer... but I have no hesitation in giving them this reply. Visualization.

Visualization is the closest thing to magic that we possess to turn average training times into unbelievable feats mind the exact way you want your swim to go is now essential for even the most elite swimmers and athletes, way to 'program' your body to do exactly what you visualize in your mind.

At the Olympics next month, you will notice several swimmers (and many other athletes in other sports as well) gaze, before they are about to begin competing - this is a tell-tale sign that they are visualizing their race/event athletes don't just visualize at the time of a race, however; the very best take no chances with their preparation their mind before they even walk into the pool or arena. There is absolutely nothing in a big meet that you should perform well in a big meet, you have to 'experience' the whole thing in advance!

This means you must 'feel' the atmosphere of the big occasion, 'see' your competitors, the coaches, the pool, and the crowd - I could go on and on, you have to immerse yourself into the entire meet if you want to be truly prepared find yourself becoming overwhelmed on the day by the big occasion. This is exactly what so many swimmers do get stressed out at the meets and do not perform at their best.

The only way around this is to experience the whole thing in advance - and this must be treated just as important this cold, cruel fact. A swimmer's body is completely controlled by their mind, and in this day and age, if a swimmer they're simply going to get left behind. In the weeks before an important meet visualize daily, and then, when your race, look at the pool and 'see' yourself swimming the perfect race.

Right there in front of you, look at the pool and imagine every part of the race going perfectly. See no mistakes swimming perfection. For your body to swim perfectly, you must 'think' perfectly. Doing this at the pool is an act for the perfect preparation (though of course, you must also watch the quality of your thoughts, even visualization negative thoughts!). This technique can truly perform miracles, and it can make you stop and marvel at the end within your own mind.

**The Mind controls the body, and the mind is unlimited. The best of success,**

**Craig Townsend**

# Why do we do drills?

## **Drill**

## **Purpose**

### **Freestyle**

under/over

To work on streamlines, kicking, & breath control off the wall.

sculling

Helps develop “feel” for the water. Every good stroke has some element of sculling in it.

body roll

Kicking and hip snap, keeping your body in line as you snap your hips. Using your hips to create the body roll.

plank

proper body position, using hips for rotation

catch-up

This allows the swimmer to concentrate on one stroke at a time for the complete cycle. When done properly hip snap should be included in this drills. It is not supposed to be swum flat.

6 kick switch, et.al.

Hip snap (body rotation). This helps the swimmer focus on swimming on his/her side, not flat. This drill is also good for working on body position (s/l), as well as combining with other drills, like finger drag & tap drill.

### **Backstroke**

under/over

Works on streamline kicking & breath control off the wall.

shoulder roll

Good for hip snap, again using the hips to rotate the body.

Plank

works on proper body position, use of hips for rotation

single/double

Works on proper arm recovery, lift and entry from and into the water.

Catch-up

works on timing of the arms, and body position

6 kick switch

Hip snap (body rotation). Again this helps the swimmer practice the concept of swimming on their side, not flat on their back. The swimmer can also focus on proper hand entry in relation to the hip snap.

## **Breaststroke**

double power down

Works on streamline and breath control off the wall.

sculling

Helps develop “feel” for the water and the outswEEP.

Quance drill

Works on the s/l portion of the timing of the stroke. It also helps the swimmer feel the undulation that should be occurring , helping to get the hips up before the recovery into the streamline position. (The 2 kick drill does a lot of this, but doesn’t work on undulation as well.)

Count to 3,2,1

This is a timing drill, meant to emphasize the s/l portion of the breaststroke.

fast hands

This drill isolate the arm stroke portion of breaststroke, allowing the swimmer to correct timing issues, and executions issues ( like table top recovery, hand position on outswEEP and insweep, etc. . . )

fingertip kick

timing for stroke, high recovery on kick

piston/donkey kick

speed of recovery on kick

## **Butterfly**

under/over

Develops better streamlines, and works on breath control off the wall

superman

This drill is meant to help the swimmer work on using the body to move through the water without the use of the arms and legs.

flat fly

isolates the stroke pattern

1 arm fly

This drill helps isolate the stroke, and also helps the swimmer practice “popping” the hips to get on top of the water before the arms recover.

3 rt, 3lft, 3 together

This is an extension of the 1 arm fly drill

4 good strokes

This should be done with no more than one breath, and no kicking. It helps the swimmer with body position, as well as allowing the swimmer to do their best fly, and then recovering instead of practicing “tired” fly.

The following information comes from **Swimming Even Faster** by Ernest Maglischo. Dr. Maglischo was (possibly still is) the Men's swimming coach at ASU. At the time this book was published Dr. Maglischo had won 11 NCAA Division II titles. He has written numerous articles and books and is internationally recognized for his expertise in the physiology and biomechanics of competitive swimming.

The following 6 types of training are necessary for a balanced workout program; 3 levels of Endurance training and 3 levels of Sprint training. Endurance training improves aerobic capacity, allowing athletes to swim faster with less reliance on anaerobic metabolism so that lactic acid will accumulate at a slower rate, and acidosis will be delayed. Athletes who are endurance trained will be able to swim at a faster average pace through the first three-quarters of most races and still have the energy to sprint fast at the end. Endurance training is important for athletes in all events of 100 yds. and longer. Since the contributions of sprint training are greatest only in the first and last 25 to 50 yds. of races, the importance of endurance training increases as the race becomes longer.

**The 3 levels of endurance sets** are: (increases aerobic (with air) capacity)

1. **End-1** (basic endurance training):
  - \* set distances for these sets should be 2,000 - 10,000 yds,
  - \* any distance can be used
  - \* rest intervals: 5 - 30 secs.
  - \* Speed should be 2 - 4 seconds slower than threshold endurance speed
2. **End-2** (threshold endurance training)
  - \* Set distances: 2,000 - 4,000 yds. (approx. 25 - 40 mins.)
  - \* Repeat distances: any distance from 25 - 4,000 yds
  - \* Rest interval: 10 - 30 secs.
  - \* Speed: individual anaerobic threshold speed, or maximum effort over the distance of the entire set.
  - \* Suggested mileage / week: 12,000 - 16,000 yds.
3. **End-3** (overload endurance training)
  - \* set distance: 1,500 - 2,000 yds.
  - \* repeat distances: 25 - 2,000 yds.
  - \* rest intervals: 30 secs. - 2 minutes
  - \* speed: 1 - 2 seconds/100 faster than threshold speeds, or the fastest possible average for the entire set distance.
  - \* suggested mileage / week: 4,000 - 6,000 yds.

### **The 3 levels of Sprint training**

The three roles of anaerobic (without air) metabolism for improving sprint speed

1. To increase the rate of lactic acid production
  2. To improve buffering capacity
  3. To improve pain tolerance
- 
1. **Spr-1** Lactate Tolerance Training: lactate tolerance training operates principally through increasing buffering capacity in the muscles and blood and by improving tolerance to the pain of acidosis. Buffers react with lactic acid and weaken it by reducing the number of hydrogen ions it contains, thus lessening the effect of lactic acid on pH. In other words, the quantity of lactic acid that accumulates does not produce the same degree of acidosis it normally would. When buffering capacity is improved, swimmers are able to maintain a fast rate of lactic acid production longer before a decline of pH reduces this rate and causes them to slow down.

2. **Spr-2** Lactate production training : The major goal of lactate production training is the exact opposite of the one sought through endurance swimming. With endurance training, the primary purpose is to reduce the rate of lactic acid accumulation. The goal of lactate production training is to increase the rate of lactic acid production.

3. **Spr-3** Power Training :Power training increases the muscular power that swimmers can exert at fast speeds. Because power refers to the rate of work, it is concerned with both stroking rate and stroking force. Stroking force is very difficult to measure accurately, so it is usually assessed by calculating a swimmer's stroke length. Stroke rates can be measured by one of several methods.

In its simplest terms, improving sprint speed is a matter of improving stroke length while maintaining stroke rate, or vice versa. If swimmers can increase their average stroke rate for a particular race distance without reducing their average stroke length, they will sprint faster. Conversely, their time will also be faster if they improve their average stroke length over the distance of a race without reducing their average stroke rate.

1. **Spr-1** (lactate tolerance sets)

\* set distance: 300 - 1,000 yds

\* repeat distances: 75 - 200 yds; 25s and 50s can also be used in sets of 2 - 12 repeats, 3 - 6 sets are optimal.

\* rest intervals: 5 - 15 minutes between longer repeats; intervals of 5 - 30 secs. Are optimal between shorter repeats that are done in sets.

\* speed: as fast as possible

\* suggested mileage / week: 2,000 - 3,000 yds.

2. **Spr-2** (lactate production sets)

\* set distances: 200 - 600 yds/ set; 1 - 3 sets / training session

\* repeat distances: 25, 50, and 75 yds.

\* rest intervals: 1 - 3 minutes

\* speed: as fast as possible; at least 5 seconds faster than threshold pace

\* suggested mileage / week: 2,000 - 3,000 yds

3. **Spr-3** (Power sets)

\* set distance: 200 - 300 yds.; 1 - 2 sets / training session

\* repeat distances: 10 - 50 yds.

\* rest intervals: 30 seconds - 5 minutes

\* speed: maximum or near-maximum

\* suggested mileage / week: 1,500 - 2,000 yds.

Ways for Athletes to Improve Their Anxiety States  
(from Mental Skills for Swim Coaches by John M. Hogg)

You (the athlete) can realistically learn to control if necessary somatic and cognitive anxiety states:

- by recognizing those early symptoms that indicate the possible onslaught of excessive states of anxiety before or during and even after competition.
- by being more conscious of your optimum levels of arousal, activation or states of readiness that reflect your IDEAL PERFORMANCE STATE.
- by drawing upon and learning from previous experiences and trying to understand what to expect in terms of your own responses in the competitive situation. This may help you take control of your own thoughts, feelings and behaviors as they emerge in stressful settings.
- by focusing on doing your best. Sometimes you may find yourself worrying about those things that you cannot really control. Reduce your fears of the unknown by only concentrating upon:
  1. **What you can control**
  2. **What you need to do**
  3. **What you can do**
  4. **What you are good at doing**
- by using **thought** and **cue words** to control any excessive states of anxiety. Ideally these thought or cue words should trigger the feelings of *calmness* and *control*, *confidence* and *an eagerness* to perform to your best. Develop some suitable cue words for your own use.
- by focusing on stress or anxiety states as something positive. For instance, they can be viewed as indicators of states of competitive readiness. Positive stress can activate or energize you and can stimulate you as you prepare for performance.
- by avoiding all **negative thoughts**. These can only lead to inappropriate attention and poor decisions. Always be prepared to substitute positive thoughts for negative ones. It is difficult to avoid anxiety states, but it is possible to manage them to your advantage.

Guidelines for Creating Affirmations  
from Mental Skills for Swim Coaches by John M. Hogg

**Affirmations need to be:**

- **Written down:** By writing them down you will make your thoughts and dreams more concrete. Write them on a card and post them where you can see them.
- **Stated in the positive:** Do not limit yourself just to overcoming problems since this tends to steer your thoughts in a negative direction. Rather – create something you want to accomplish specifically.
- **Brief, very precise or succinct:** The more to the point your affirmation is, the easier it will be for you to focus on it. Too many words or ideas in a single affirmation will only cause it to be hazy and confusing.
- **Sculptured down:** Pare down your thoughts to give greater strength and power to each affirmation. Be patient as you sculpture down to a single core or key thought.
- **Specific:** If the affirmation is specific then you will be in a position to create clear results. So be very specific about what is important to you and you will realize just how much power and control you really do have.
- **Magnetic and dynamic:** Make your affirmations as powerful and as attractive as possible by using key words that are both exciting and enlivening. The more the affirmation evokes deep feelings, passions and desires the more you will be able to put your full energy behind it, or the more it will command your belief and attention.
- **Stated in the present:** Your affirmations should be stated in the present tense as if they already exist, and not stated in the future – otherwise they are likely to remain there! You need to see the future in your mind's eye as if it already exists.
- **Identified personally:** Your affirmations need to be stated personally. It is best to use your name and personally identify with each affirmation. This will tend to give them depth.
- **Directed at self-change:** Through your affirmations you should accept ownership of those things in your control rather than looking solely to others as the cause of your problems. Believe that you have control over attitudes and behaviors. The most enduring way to change a situation is to change yourself.
- **Within the realm of possibility:** Your affirmations must be realistic for you to accept them first into your subconscious and then into consciousness. If the affirmation is too difficult then you will likely erect barriers or resistance or limiting beliefs. Build belief in your affirmation gradually, and your potential as an athlete/person will grow.

# CPHS swim team GOAL SHEET

Must be filled out before 1<sup>st</sup> practice

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Events 1<sup>st</sup> choice \_\_\_\_\_ 2<sup>nd</sup> \_\_\_\_\_ 3<sup>rd</sup> \_\_\_\_\_

- 
1. Mission statement: (Please state your desired goal(s) for your events. Focus on what is potentially possible for you to accomplish if you stretch yourself to the limit).


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2. Mission statement: (Please state your desired goal(s) for your events. Focus on what is potentially possible for you to accomplish if you stretch yourself to the limit).


- 
3. Mission statement: (Please state your desired goal(s) for your events. Focus on what is potentially possible for you to accomplish if you stretch yourself to the limit).


## College Park High School Swim Team Rules and Regulations

1. **Attendance:** Plan to attend all practices. There are 6-7 Varsity practices per week, and 4-5 JV practices per week. In addition, we offer several optional Saturday practices for all swimmers. If you have conflicts with your practice schedule, talk to your coach to try to arrange for an alternate practice. Meets **do not** count as a practice.

2. **Excused absences:** An excused absence does not assure you that you will be participating in an upcoming meet. It allows us to know you are still part of the team. **Pre-arranged** (coach approved) absences and sickness will constitute **excused absences**. If you are able to attend school, we expect you to attend practice. If you have conflicts with your practice schedule, we will discuss options with you and modify your schedule if necessary. **If you are at home sick, do not come to practice.** Please notify us by phone, or e-mail. **\*\*\*An excused absence does not count as attending practice. \*You will not be entered in a meet if you are not at practice the previous day (or the morning practice on the same day).** Any exceptions will be minimal and based on pre-arrangement with your coach. You will not be entered in a meet if you have missed too many practices in the week previous to the meet. You may be cut from the team if you have too many unexcused absences from practices.

**\*\*\*If you expect to have regular conflicts with practice,** please give us a written note, as well as discussing this with us. This includes all school activities like band trips, play practices, etc. . . Don't expect us to know in which activities you participate, and when those organizations are off campus. If your other activities keep you from attending your practices, you may not be participating in the corresponding meet.

**BE ON TIME to practice!** If you are late or attend an alternate practice, **be sure you are checked off on the attendance for that day. Don't count on the coaches to remember you were there. (If you are more than 20 minutes late to JV practice, or 30 minutes late to Varsity practice, you will get ½ credit for attending that practice.)**

3. **\*\*\*PLAN TO ATTEND ALL MEETS!** Unless you are out of school due to illness, you are expected to attend all of the meets. (If you attend school the day of a meet, you are expected to swim, or if unable to swim, you should plan to assist at the meet.) **In order to qualify for a Varsity or JV letter you MUST ATTEND the DVAL League Championship meet on BOTH DAYS.**

**\*\*\*Swimmers must ride the bus to ALL AWAY MEETS!!!**

**\*\*\*If you plan to ride home with your parents, you must provide the coaching staff with a note (signed by your parent) by the night before the meet.**

**\*\*\*You are also responsible to sign out at the meet before you leave. Unless you are going home with your parent, you must return to school with the team, on the bus. (You CAN NOT leave with friends or a friend's parents, etc... even with a note from your parents saying it's okay!)**

**Call a coach if you're too ill to attend a meet.** Do this as soon as possible, as it is very difficult and time consuming, to redo the meet line-ups on the bus or on the deck when we discover you're not there.

Carol 280-1000 / swimcoachcarol@att.net

Devon 233-7352 / devon@collegeparkaquatics.com

4. **Attire:** You will be required to **wear a team suit & cap at all meets** unless a CPHS coach authorizes the use of another suit. **During practice,** you are required to **wear a one piece suit,** to allow you to do **ALL** sets without distractions.

5. **Coaches may determine if a swimmer needs to be dismissed from the team.** The coaches will meet with the individual swimmer and his/her parents to discuss this. Read procedures for being “kick-out” of practice in the handbook (listed below).
6. All facility policies will be enforced, including the **NO DECK CHANGING** policy!
7. **Take care of your bodies.** Always warm-up and cool down at practices and at meets. At meets, get your splits and comments **after** you have cooled down from an event. Pre-meet warm-ups will be lead by the captains. Warm-ups between events can be discussed with the coaches on an individual basis. **Report any injuries to the coaches and/or trainer ASAP. Don’t tough out pain.**
8. **Always display good sportsmanship toward your teammates and competitors. You will be expected to act in a positive manner, win or lose. Most important of all, have fun and keep a positive attitude during practices and meets.**

## **WE’RE COLLEGE PARK AND WE’RE NUMBER “1”**

### Rules and procedures regarding “kick-out” of practice and dismissal from the team

1. If you are kicked out of practice it will count as an un-excused absence.
2. If you are kicked out of practice more than once, you will be required to attend a meeting with your parents and the coaches, before returning to practices and other swim team activities. You will be expected to make the appropriate apologies.
3. If you continue to have problems which lead to you being “kick out” of practice, you will be in jeopardy of being kicked off the team.

**Unacceptable behaviors which can lead to being “kicked out” of practice** (this is NOT an all inclusive list, but does contain those things which have been problems in the past, and will not tolerate). In most cases, a warning will be given first, before a swimmer is asked to leave practice.

1. Any behavior which violates the signed contract between the school and the athlete (this is part of the Athletic Activity Clearance form which must be completed before the student can participate in a school sport – in this case Swimming or Diving). A violation of this contract requires an immediate dismissal from the team!
2. Foul language (as defined by the coaches).
3. Purposely not following instructions & performing a set incorrectly. (This is a disruption to practices and will not be tolerated. Situations which can clearly be seen as someone misunderstanding the set will not be a casue for being “kicked out”.)
4. **Any behavior which is disruptive or distracting to other swimmers or the practice generally will not be tolerated.** We have a diverse group of students who participate on our team. It is important to recognize that some things you do might seem fine based on what you and your family or friends do, but may offend others. This is especially true with behaviors involving touching, language, etc. . . Mature individuals recognize the value of respecting the feelings and the standards/values of others. It is **CHILDISH** to assume if you think its OK, that everyone should agree with you. We are here to be a team, a cohesive group with the following goals – to swim our best and support the efforts of our teammates. Childish, selfish acts of stupidity – “we were just having a little FUN”, which cause others to be uncomfortable, are divisive and distracting. Try to be inclusive, not divisive and exclusive.