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TEAM OBJECTIVES:

1. Promote TEAM Work
2. Nurture/Develop POSITIVE Attitudes
3. Coach & Be Coached
4. Set & Achieve Goals
5. Fulfill Responsibilities
6. Get Motivated
7. Bring Out Individual Talent
8. Swim Fast

Yes, “SWIM FAST” is number eight on the objectives list! This team is essentially based on objectives one through seven. It is through the accomplishment of these first seven team objectives that each swimmer will finally obtain objective number 8. We as coaches believe that each swimmer has amazing potential that they can contribute at certain points in the meets to complete the team and give us depth.

It will not be an easy task to accomplish the above objectives. But, with support and communication they are attainable. By support, it is meant that the emphasis of our effort will be for the good of the TEAM. It is then hoped that our swimmers and their families will stand behind the efforts and decisions made by the swim team coaching staff. Please understand that even if you do not agree with all decisions made, they are in the best interest of the TEAM and although we will try to work with each swimmer, major changes will not be made to suit an individual. However, we will make every effort to bring out each individual’s best talents as we see them to make the team a whole. Remember,

Together Everyone Achieves More

We will achieve support of our program through communication. When problems or concerns arise, it is important that they be openly expressed. Always bring concerns or questions to the coaches. Communication is being informed and understanding the situation at hand. Communication is not listening to or responding to hearsay or gossip.

Through all of these ideas, we can work to have a quality program to enjoy. We hope to make this a fantastic season and experience for all of us. We completely respect these swimmers for the hard work and dedication they put forth at every practice and meet.

LIABILITY:

Damage to the Putnam County YMCA or any equipment or damage to any of the away facilities will be charged directly back to the swimmer/s involved. No facility is responsible for lost or stolen articles **BRING LOCKS FOR YOUR LOCKERS** and put your name in an inconspicuous place on your articles (your name can not be showing on any part of your uniform. – goggles, cap, or suit—this is an OHSAA rule).

Swimming Safety: Extreme care and responsibility is expected while at the pool. Safety issues include but are not limited to:

1. Walk on deck.
2. Horseplay in the lobby, locker rooms, or on in the pool area will not be tolerated.
3. Enter the pool feet first in an open area.

TEAM RULES:

Regular practice will begin on Monday, November 6.

Practice times will be Monday through Friday from 3-4:30. The swimmers will be asked to stay 2 days a week and do dry land exercises from 4:30-5:00. They will be informed at the team meeting which days (Monday/Wednesday, Tuesday/Thursday) they will be expected to stay. If they know currently one or more of these days are a problem, please let me know tonight. If something comes up and they need to switch an evening, they will need to let me know ahead of time.

EXCEPTION: Times are different over the holidays. The following will be the schedule for Thanksgiving and Christmas.

November 21 and 23: 7:00-8:30 am. No practice on Thursday.

December 21, 24, 26, 27, 28, 29, 31 8:00-10:00 am. No Practice Dec. 25 or Jan. 1

PRACTICES ARE MANDATORY!!!!!!!!!!

Practice is mandatory and is expected unless you are in another sport such as cheerleading, etc. ONLY THE COACH CAN EXCUSE YOU FROM A MEET. Do NOT send your message with another swimmer—and especially do not give messages to the coach's kids! TALK DIRECTLY TO THE COACH.

Absences from meets: Excused absences include if you were absent from school due to illness, or if you have a family funeral or wedding. Planned absences need to be cleared with the coach as soon as possible so line-ups can be rearranged. Absence due to illness – please call or e-mail me as soon as you know you will not be able to compete, I will need to change line ups. Any other reasons must be cleared through the coach. WORK IS NOT AN EXCUSE TO MISS A MEET. The meet schedule is included in this handbook and gives you plenty of time to rearrange your schedule.

Behavior at practice: Coaches have prepared workouts for practices and will not tolerate interruptions due to horseplay, talking back and/or not doing as instructed. Coaches have a right to remove individuals from practice due to misbehavior.

Because I am unable to be at practice until 3:15, you as swimmers are expected to arrive at the pool early enough to have suit and cap on, stretches finished, and be in the water by 3:00. Practices are set for 1 ½ hours. If you do not enter the pool on time, you will not be able to complete practice. This will result in a swimmer not reaching their peak potential by the end of the season. If I have any reports of horseplay from YMCA employees or others in the area, you will be asked to leave practice.

SWIM TEAM INFORMATION:

This year I will not be sending news letters home each week. All current information, including meet start times and directions to swim meets will be on line. The web address is putnamcoswimteams.com. When you get to this site click on the Ottawa Glandorf High School site. If you are not able to get onto this site, you will need to let me know. It is something in your computer that is blocking it.

UNIFORMS:

Team suits can be ordered through the coach (see accessories order form). Swimsuits are a personal item unlike other uniforms and must be purchased by each individual. We will be ordering new suits this year.

Team Dress Shirts, T-Shirts, Sweat shirts, and boys drag suits are optional and you or your parents and or brothers and sisters may buy any amount you want.

Team competition caps and warm ups will be provided by the school. Goggles are the responsibility of each individual swimmer.

OHSAA does not permit the wearing of jewelry, tattoos, or writing on the body with marker or paint during any competitions. The official has the right to disqualify any swimmer who breaks any of these rules.

HELP AT HOME MEETS:

PARENTS, WE NEED YOUR HELP AT HOME MEETS. PLEASE MARK YOUR CALENDARS AND PLAN TO BE AT HOME MEETS AT LEAST ½ BEFORE THE SCHEDULED START OF THE MEET. WE WILL NEED 3 TIMERS PER LANE, 2 PLACE JUDGES, 1 RUNNER, AND 1-2 PEOPLE TO RUN OR ASSIST WITH SCORE KEEPING. WE ALSO NEED PARENTS TO HELP SET UP AND TEAR DOWN THE POOL AT HOME MEETS. (REFEREES ARE HIRED TO START THE MEET AND STROKE AND TURN JUDGE). THANKS IN ADVANCE FOR ALL YOU DO.

Unlike at summer meets, we supply all of the workers at home meets. This will require a total of 23-24 people at each meet. We will definitely need your help at almost every home meet not just once this season.

CANCELLATIONS:

Unless the YMCA is closed, we are in a state of emergency, or the fog has not lifted, we WILL HAVE PRACTICE!!!!!! If practice needs to be canceled you will be contacted by the coach or one of the team captains. There have been times that road conditions due to ice, snow, or flood has not allowed swimmers to safely drive to practice. If this is the situation, please contact me. I have no desire to see a swimmer hurt due to an accident on bad roads.

COST:

Each swimmer is responsible for \$120 pool rental fee for practices, plus any accessories including team suit, sweatshirt, t-shirt, dress shirt, etc. Some or all of these costs can be completely defrayed by participating in our team fund-raiser. All accessories are optional to buy and the responsibility of each swimmer. Fund raising monies can be used towards any part of these costs. See your fund-raiser packet for complete details.

SWIM BOOSTER ORGANIZATIONS:

Every parent of an OGHS Swim/Dive Team Member is an automatic member of our Booster Organization. Thank you to all of our active members. Monies earned are used toward the purchase of water training equipment, a new starter, candy for the swimmers, office and paper products used during the season, awards and gifts at end of season. Money has been raised in various ways through out the years, we would appreciate any impute you have towards fund raisers, and your assistance in these fund raisers.

The swimmers are only allowed ONE fund-raiser per season. The parent boosters, however, fall under a different set of rules and can raise additional monies in a separate account to provide for the program. Please support swimmers through this organization.

ENTRIES AT MEETS:

Swimmers are permitted to swim a total of 4 events. Either 2 individual and 2 relays, or 1 individual and 3 Relays. Each swimmer will swim at least 1 event at each meet, if possible. (This is greatly affected by the number of swimmers on the team, and the capabilities of the swimmers. Most of the time each swimmer will swim 2-3 events) each team may enter 2 or 3 swimmers at the varsity level in each event. (determined by # of lanes, or # of teams at meet) The rest of the swimmers are entered into JV heats. The number of JV heats is determined by the hosting team. Some coaches are very restrictive, others say swim them all. Sometimes coaches do not have a choice due to YMCA limitations and cost.

Entries at Invitational meets vary according to the Invitational.

WBL AND TOURNAMENTS:

At these competitions, each team is allowed 4 individual entries and 1 Relay. For large teams this makes it very difficult to enter every swimmer on the team. Events will be filled with the fastest swimmers first.

Once a swimmers season is finished, they no longer will need to attend practice. However, they are still a part of the team, and support at these events (especially the WBL) would be appreciated.

POINTS SYSTEM FOR EARNING A VARSITY LETTER

All Varsity Status is earned in the sport of swimming. **260 pts** + Coaches Discretion.

MINIMUM TIMES TO EARN A VARSITY STATUS

(Times taken from NISCA Power Point Tables)

<u>FEMALE</u>	<u>EVENT</u>	<u>MALE</u>
2:24.94	200 YARD FREE STYLE	2:14.27
2:41.88	200 YARD INDIVIDUAL MEDLAY	2:29.36
31.28	50 YARD FREESTYLE	28.54
1:18.06	100 YARD BUTTERFLY	1:09.54
1:07.22	100 YARD FREESTYLE	1:02.09
6:24.59	500 YARD FREESTYLE	6:00.95
1:16.13	100 YARD BACKSTROKE	1:13.64
1:27.27	100 YARD BREASTSTROKE	1:19.49
90.60	6 DIVES	100.40
154.65	11 DIVES	170.50

1. Attain three of the above times, any combination. 30 pts. Each.
2. Have knowledge of all four strokes and be willing to learn strokes you're not familiar with: Fly, back, breast, free. Must be able to swim 200 yards without stopping to be competitive.
3. Attendance will be taken at all practices - - 1 pt. for practice, & 5 pts. per meet. There are approximately 66 practices, 13 meets, and tournaments.
 - a. Must attend all scheduled meets through season unless excused by coach.
 - b. Accepted excusable absences from meets: illness from school that day, family commitments (funeral, wedding of immediate family, illness of family member, however, spontaneous family weekend would not be excused), other school functions – music, academics, school play, etc.
4. Individual points scored for the team and relay points divided by 4 will also be added.
5. Add 10 BONUS PTS if you have only 3 absences all season.
Add 20 BONUS PTS if you have only 2 absences all season.
Add 30 BONUS PTS if you have only 1 absence all season.
Add 50 BONUS PTS if you have 0 absences all season.
6. ****Qualifying and competing in an individual event at the District Tournament Meet will earn you automatic Varsity Status.****
7. Coaches Discretion (if a swimmer only attains 2 of the 3 minimum times, is a little short on points but has excellent attendance and a good practice attitude, that swimmer will have earned Varsity Status. However, if a swimmer attains the 3 minimum times with ease but goofs off at practice and/or has unexcused absence from meets, that swimmer will NOT earn Varsity Status.
8. All swimmers who do not attain Varsity Status will receive a JV Letter.