

LAKEVILLE NORTH LAKEVILLE SOUTH

BOYS SWIMMING & DIVING

HANDBOOK

2011-12



Lakeville North and South Boys Swimming & Diving Handbook 2010-11

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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 the end of November 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

With the school district's new website program, you may find it a little tricky to get to the swim team websites. The websites are at the same addresses as last year and Wendy Wulff is still coordinating them for us—Thanks Wendy! We highly recommend that you “bookmark” them or put them in your “Favorites” list to access them quickly and easily.

North: <http://pantherboosters.org/bswim>

South: <http://cougarboosters.org/bswim>

- **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 incredibly fortunate to have some fantastic parents who take great photos at our meets and then post a link to them on 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 photo website 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 your swimmer/diver was wearing. Also, if you see the Wulffs, Sabals, Schindlers or any other parent who contributes photos to the website, please express your gratitude for their service!

- **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 are at McGuire Middle School and Varsity/JV swimmers are at Kenwood Middle School. Practice is generally 3 hours per day, 6 days per week: M-F 2:45 to 6:00pm, Sat 8:30 to 11:30 am. Please try to be prompt for practice. Over the winter holiday break, all practices will be in the mornings from 8:30 to 11:30 am. If your swimmer or diver is in middle school, he may not be required to attend all Saturday practices (generally those with varsity status do)—please confirm with your coach. 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. When the Varsity/JV teams are at away meets, the middle school team will practice at Kenwood.

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. Let one of the captains' parents know if you are interested in being on a carpool list—we will take names, addresses and phone numbers and distribute them only to the interested families.

- **Meet Schedule**

The full meet schedule is posted on the website (again, be sure you have the latest version). 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 this year. **There will be no return buses for any of our dual meets as the school district does not provide return buses for metro area competitions.** The only exceptions to this are the JV and Varsity Section meets in February. Busing is provided both directions for these two meets. Please be sure your son has transportation home from all away dual meets and the Apple Valley Invite.

Busing both ways is also provided to the Albert Lea Tiger Relays, The Maroon and Gold invite and True Team State (if the team qualifies).

- **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.

Tentative schedule of social events for the 2011-12 season (note that some have already occurred):

- Good Luck Picnic for the Girls Teams held on August 24 at Antlers Park
- Opening Potluck: Thursday, Dec. 1, 6:00pm at Kenwood Trail Cafeteria
- Pizza Night after North / South Meet: Friday December 16 – Kenwood Trail Cafeteria
- True Team Potluck: January 14, at Sabal's.
- JV Pasta Dinner (boys only): Feb 16, at Knutsen's
- JV Sections Potluck: Feb. 18, location to be determined
- Parent Night Potluck: February 9 at Kenwood Trail Cafeteria
- Varsity Pasta Dinner (boys only): February 20 at Burchfield's home
- Varsity Sections Potluck: February 25 at Adams' home
- State Potluck: March 4, at Jensen's
- Banquet: Wednesday, April 17 @ Brackett's.

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!). Nice attire is recommended, i.e.: no jeans and/or sneakers. You will receive a formal invitation in the mail.

4) How a High School Meet Runs

This year our dual meets will be different from past seasons. Lakeville North and Lakeville South will be competing separate dual meet schedules.

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 9, 2011, Lakeville North will be hosting Eastview, and Lakeville South will be hosting Rosemount. The one exception to this format will be the Lakeville North vs Lakeville South meet on Friday December 16.

Swimming events for home meets are at Kenwood Trail. The new 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 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 be traveling to different schools year. 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 — 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	8½ to 9½ points
Good	7 to 8 points
Satisfactory	5 to 6½ points
Deficient	2½ to 4½ points
Unsatisfactory	½ 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 (new in 2010). Most of the dual meets through the season are conference meets. Win/Loss records in the dual meets will determine the conference champion (no 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. **Every** swimmer and diver 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 at Kenwood (swimming) & McGuire (diving) on Saturday January 14. The True Team State Meet will be held at the U of M Aquatic center on Saturday January 21. 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 22, diving on Thursday February 23 and swimming finals on Friday February 24. 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 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. Tickets can be purchased at the door.

Sections 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 2:03.99	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, etc. You should plan on volunteering at least one or two home meets. Since we are hosting True Team Sections, you should also plan on volunteering this day. All parents will be needed. The girl swimmers will be the timers, 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.

Seniors:	One case of water (16.9 oz bottles)
Juniors:	One case of pop (Coke, Diet Coke or Sprite)
Sophomores:	One case of Gatorade
Freshmen:	12 pack of single candy bars, cookies, chips, crackers, etc.
Eighth Grade:	One case of water (16.9 oz bottles)
Seventh Grade:	12 pack of single candy bars, cookies, chips, crackers, etc.
Sixth Grade:	One case of pop (Coke, Diet Coke or Sprite)

8) Fundraising Expectations

We do a number of fundraising events to help offset the cost of running the season. Approximately \$7,000 needs to be raised this season. Money raised goes towards 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:

Pahl's Market in May 2011: we had a food stand and the boys helped customers (for tips) one weekend during Spring planting time. Thanks to Ric Herrera for donating meat from Hormel, Jason Dugan for the Brats, Polish and hot dogs and to Pahl's for the space and use of their smoker grill.

Football Season: We sold concessions at 1 South and 1 North game. We will be scheduled to work concessions at more activities this winter & spring but do not have dates yet. We will receive a payment from the high school Activities fund for next year.

Pahl's Market in October 2011: we again had a food stand and boys helped customers during Pumpkin season.

IPad Raffle, December-February: details to follow

Jimmy Johns Night: We will receive 25% of the profits earned. Dates TBD.

Cub Bagging on Christmas Eve, 12/24: Boys will bag groceries for tips—customers are usually in a generous mood.

"Lucky Duck" Game at Home Meets: we will be selling tickets for prize drawings. Prizes donated by many local businesses.

There will be a special 'Lucky Duck' raffle at the True Team Sections meet.

Plan ahead for Spring as another Pahl's Market fundraiser will be scheduled for May 2012.

9) Gear and Apparel

- **Purchasing**

Swim gear is available through the Family Swim School or Elsmore Aquatic in Apple Valley. For details on ordering through the Family Swim School, please see the email sent out on November 4. Some away meets (*i.e.* Maroon and Gold Meet at U of MN) may also have shopping opportunities. You can 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.

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 on Nov. 1 for delivery at the Dec. 1 Potluck. If you did not receive the email or forgot, there are still ways to purchase apparel:
(Purchasing Team Apparel is optional)

Threads and Inks - 21017 Heron Way # 108 in Lakeville (952) 469-6695, will accept more apparel orders but these absolutely must be placed and paid for by Friday, December 2 in their store. They do have sample sizes to help with ordering. Print out the order form from the swim team (North or South) website and bring it to the store.

- **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 wash 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, team photos will be taken during practice on Monday, December 5 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.

We will have special photo sessions for the Posters. These are 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/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 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:

Taper begins 2 weeks before the Sections 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: <http://pantherboosters.org/bswim>

South: <http://cougarboosters.org/bswim>

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 rringerr@aol.com

Middle School Coach: Phil Smith 612-242-9062 or storm.swim@gmail.com

Captains' Parents

North –

Parents of Hunter Burchfield

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Deb: debburchfield@gmail.com / 952.687.1088

Parents of Brandon Jensen

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Leslie: lmjensen@charter.net / 952.500.2673

Parents of Tim Mitchell

Terry & Carol: tmitchell1@frontiernet.net / 952.432.8561

Parents of Trae Schindler

Andy: superchef42@gmail.com / 612.210.8366

Tamara: sewingqueen87@gmail.com / 612.240.0997

South -

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Parents of Seth Yong

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