

**MONETT HIGH SCHOOL SWIMMING & DIVING
TEAM HANDBOOK
GIRLS SEASON 2017-18**

Practice Policies & Procedures

Swimmers are expected to attend practice every day practice is scheduled unless ill or the coach has approved the absence ahead of time. If any unauthorized absence from practice occurs, the swimmer/diver will be ineligible to swim or dive the next meet unless the practice is made up to the satisfaction of the coach. If an athlete accumulates three unexcused absences during the season, she will be suspended from the team for a one-week period. Any athlete accumulating five unexcused absences will be dismissed from the team.

Swimmers should be dressed and ready to get in the water at the scheduled start of practice. Plan to arrive at the pool 10 to 15 minutes ahead of time so you are ready to get in on time. Pool time is limited and swimmers are expected to get in the water as soon as practice starts. Swimmers arriving late or not getting into the pool on time will be subject to a consequence determined by the coaching staff following practice. Swimmers are expected to listen carefully to instructions and to follow the practice as outlined by the coach. All aspects of practices are designed to help condition you and get you ready for competition.

There should be absolutely **NO** reason to miss practice during your taper. (The last three weeks of your season.)

Swimmers need to remember that the pool is not our own and that the Monett Area YMCA has allowed us to use the facility and many people in the community gave generously to it. Swimmers are expected to treat the facility with respect and care. Swimmers must refrain from horseplay in the locker rooms or around the pool. Before and after practices, you must also be respectful of other patrons in the locker rooms. Cell phone use is not allowed in any locker room.

Meet Policies

All swimmers are expected to attend all the meets: High school swimming is a team sport and the team counts on each swimmer's participation. All swimmers are expected to stay for the entire meet. Sometimes there are last minutes changes that need to be made to relays and swimmers are needed to fill in the relays.

An individual swimmer is allowed to swim a maximum of 2 individual events plus 2 relays for a maximum of 4 events. The coach may choose to place a swimmer in only 1 individual event so he can use the swimmer in 3 relays.

High school swimming is a team sport and the coach will aim to fill all the events. Some events are more difficult than others and you may not like the event you are in for a particular meet, but swimmers are expected to swim the events that the coach puts them in. Often, if you swimming something you don't like the coach will try to get you in an event to swim you do like. Although many swimmers prefer to swim the 50 Free, not everyone can. If you are new to competition swimming, try and develop expertise in one of the other events as soon as possible.

At meets, you are there to swim and represent your team/school. Please do not use your phone or visit with outside friends/family. This isn't to be mean, but rather to ensure focus on your team and yourself.

Lettering Requirements & Team Awards

In order to qualify for a Varsity letter, a swimmer must display good sportsmanship, citizenship and conduct at meets and on trips and meet all school requirements for conduct and standards outlined in the High School Student Handbook

1. Place in the top 18 in any individual event in the Southwest Missouri Championship Meet.
2. Qualify in at least one event in the MSHSAA Swimming Championship Meet.
3. Meet two of the following time standards:

200 Free:	2:22.00
200 IM	2:40.00
50 Free	30.00
Diving:	180 pts for 6 dives or 285 pts for 11 dives
100 Fly	1:12.00
100 Free	1:07.00
500 Free	6:30.00
100 Back	1:13.00
100 Breast	1:24.00
4. Score an average of 4 points per dual meet
5. Be voted as a team award winner (see below)
6. A letter may be awarded to a junior or senior, who has completed two consecutive years in good standing or has displayed extraordinary effort.

In addition to Varsity Letters, awards for the Most Improved Athlete and Most Valuable Athlete. These awards will be voted on by the team. A Cub Award will be given and the end of year banquet.

Other Information

- Swimmers are asked to stop shaving your legs around Thanksgiving
- All swimmers will be expected to shave their arms, legs, hands, feet and back for the SWMO Championships or MSHSAA Championships.
- Make sure that you are getting enough complex carbohydrates in your meals and plenty of water to drink. Stay away from simple sugars, pop and candy.
- To prevent Swimmers Ear, Always use an eardrop solution after every practice.
- You must ride home with the team unless you have the coach's permission and your parent or guardian signs you out.

Equipment

- The school will pay for \$20 of your team suit (to be worn for meets only).

- You may chose from the following (your cost)
 - Polyflex Freeback (\$34)
 - Polyflex Thinstraps (\$36)
 - Streamline Freeback (\$50)
 Polyflex will wear out faster and is not as fast through the water. Streamline will snag less and will hold up much better.
- All swimmers will be issued one silicone cap to be returned at the end of the season. If it becomes damaged, lost, or you want to buy it you must pay for a replacement (\$10)
- Usually, the team buys team apparel of some kind during the season and the cost varies.
- All items purchased should be paid for in advance by checks made payable to Monett High School
- If the cost of anything is a problem for anyone, PLEASE see your coach so he can make appropriate arrangements. Don't let the cost of anything keep you from participating.

2017-18 State Cuts	Automatic	Consideration
200 Medley Relay	1:58.29	2:18.29
200 Freestyle	2:01.99	2:13.99
200 Individual Medley	2:18.09	2:30.09
50 Freestyle	25.49	28.49
1M Diving	240 pts -12.2 DD (6); 11 385 pts -20.5 DD (11)	252 pts
100 Butterfly	1:02.09	1:08.09
100 Freestyle	55.59	1:01.59
500 Freestyle	5:30.39	6:00.39
200 Freestyle Relay	1:45.99	2:05.99
100 Backstroke	1:02.29	1:08.29
100 Breaststroke	1:12.49	1:18.49
400 Freestyle Relay	3:53.99	4:33.99

2017 SWMO 6th, 12th, & 18th place preliminary times

200 Medley Relay	Top 6: 1:59.39	Top 12: 2:19.57	Top 18: 2:34.99
200 Freestyle	Top 6: 2:01.63	Top 12: 2:10.51	Top 18: 2:17.67
200 Individual Medley	Top 6: 2:32.35	Top 12: 2:39.98	Top 18: 2:47.79
50 Freestyle	Top 6: 25.97	Top 12: 27.33	Top 18: 27.78
Diving	Top 6: 288.45	Top 12: 235.65	Top 18: -----
100 Butterfly	Top 6: 1:06.57	Top 12: 1:12.27	Top 18: 1:19.11
100 Freestyle	Top 6: 57.71	Top 12: 1:00.42	Top 18: 1:01.63
500 Freestyle	Top 6: 5:38.08	Top 12: 6:09.84	Top 18: 6:26.82
200 Free Relay	Top 6: 1:48.72	Top 12: 2:03.89	Top 18: 2:09.95
100 Backstroke	Top 6: 1:01.78	Top 12: 1:06.98	Top 18: 1:12.12
100 Breaststroke	Top 6: 1:16.91	Top 12: 1:20.21	Top 18: 1:23.07
400 Free Relay	Top 6: 4:10.20	Top 12: 4:53.38	Top 18: 4:19.22