

Oakton High School Swim & Dive Team Handbook



2014-2015 Season

Coaching Staff

Head Coach: Parker Ramsdell

Head Dive Coach: Cheryl Meltz-Kroopnick

Assistant Swim Coach: Holly Wheeler

Assistant Swim Coach: Ray Rieling

Assistant Dive Coach: Ken Hansen

Parent Leadership

Team Representatives

Kim Bourdelais & Melissa Weber

Booster Representative

Amy Krouse

Captains

Laura Branton, Julia Capobianco, Brenna Debellas, Madi Norton

Michael Ambrose, Mason Hawkins, John Shebat, & Dive Captain TBA

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Tryout Guidelines

Required Forms

By November 10th (first day of tryouts), the following forms and test **MUST** have been received by the OHS Activities Office. All forms are available at the Activities Office or online at OaktonAthletics.org.

- Completed VHSL physical form
- Emergency Care Card (a new form is **REQUIRED** for each sport)
- Completed concussion education test (athletes and parents)

If any of the above is missing, the athlete will not be allowed to participate.

After school on Wednesday, November 5th, all swimmers and divers are encouraged to drop off completed forms in the cafeteria at the walk-in registration.

Swimming Tryout Details

Monday, November 10 & Tuesday, November 11

Practices from 4:30-5:30pm at Oak Marr. We want to allow those swimmers that do not participate on a club team, a few days of practice back in the water before time trials.

Wednesday, November 12 & Thursday, November 13

Swimmers will compete in time trials over the span of two days during the regular 4:30-5:30pm practice time at Oak Marr. Athletes can choose to swim up to three events from 100 freestyle, 100 backstroke, 100 breaststroke, 100 butterfly, 200 individual medley. Swimmers should choose to compete in their MOST COMPETITIVE events. ALL prospective swimmers, including club swimmers, **MUST** participate in at least one day of time trials.

**You may submit club, previous high school, and summer league times to be included in our final consideration. Swimmers with conflicts during these days*

should notify Parker immediately so that accommodations can be made; this specifically includes Fall athletes still competing.

Thursday, November 13

Following the last day of time trials, the coaches will review the times and assemble the boys and girls roster of 30-34 swimmers each.

Friday, November 14

After school, Parker will meet individually with each swimmer notifying them if they have or have not made the roster for the 2014-2015 season.

Selection Criteria

The swim team will be selected based on swimmers' times during time trials and any additional times submitted to the coaches prior to time trials. The swim team will consist of 30-34 boys and 30-34 girls. Coaches reserve the right to increase or decrease the size of the team if it is deemed necessary. High school meets include a wide-range of events – 50 free, 100 free, 200 free, 500 free, 100 back, 100 breast, 100 fly, 200 IM, 200 free relay, 400 free relay, and 200 medley relay – that require a deep and versatile roster.

Diving Tryout Details

Tryout Expectations and Selection Criteria

Diving tryouts will be held Monday, Tuesday and Thursday Nov 10, 11, and 13 from 4:00 – 5:45pm. If necessary to get a better evaluation of any divers “on the fence”, tryouts for certain individuals may be extended to Monday, Nov 17. All prospective divers should meet at Oak Marr underneath the 3 meter boards with their bathing suits on, prior to 4pm as tryouts will start promptly at 4pm. How and when cuts will occur will be communicated during the tryout week.

The Dive Team will ideally consist of 5 girls and 5 boys, due to high school rules that only 4 girls and 4 boys are allowed to compete in any given meet. The Coach

reserves the right to increase or decrease the size of the team if it is deemed necessary.

Divers will be evaluated in five main areas:

1. Attitude, coachability, willingness to learn and willingness to try new dives. These are by far the most important criteria. In order to make the team one does not have to ever have dove before, however one must be willing to try all dives he or she is asked to try, and make a valiant effort to complete them the way the coach describes and make corrections based on coach's feedback. The expectation for all divers who make the team is that they will have 11 dives by conference championships at the end of January, which will be easy for those who are willing to learn and willing to try.
2. Body control – Prospective divers will be evaluated on their ability to hold their body tight and keep good form during their dives.
3. Strength – Tryouts and practices include conditioning sessions which are mandatory. Divers will be evaluated on their core strength first and foremost, especially their skill at pike-ups and tuck-ups, as well as their leg and arm strength.
4. Flexibility – Tryouts and practices include stretching. Divers will be evaluated on their flexibility, most importantly their shoulder flexibility and their ability to do a pike stretch.
5. Current dive list and execution of current dives – this is the last criterion in order, as new divers who do well in the first four categories can quickly catch up in this category.

Season Expectations

Any violation of the rules and expectations described below will result in disciplinary actions including suspension from team activities or dismissal from the team.

Practice Guidelines

Swimmers

Swimmers who make the team are expected to meet the following commitments. Club swimmers training 3+ times per week are **REQUIRED** to make 1 OHS practice; Club swimmers training 2 times per week are **REQUIRED** to make 2 OHS practices; and Club swimmers training 1 time per week are **REQUIRED** to make 3 OHS practices. Non-club swimmers are **REQUIRED** to make all OHS practices.

Swim practices are Monday through Thursday from 4:30pm – 5:30pm at Oak Marr.

Divers

Divers who make the team are expected to meet the following commitments. Club divers training 3+ times per week are **REQUIRED** to make 1 OHS practice; Club divers training 3 times per week are **REQUIRED** to make 2 OHS practices; and Club divers training 2 or less times per week are **REQUIRED** to make 3 OHS practices. Non-club divers are **REQUIRED** to make all OHS practices.

Dive practices are Monday, Tuesday and Thursday from 4:00pm – 5:45pm at Oak Marr. On Thursdays when there are pasta dinners, practice will end at 5:30pm.

Meet Guidelines

Swimmers and divers are **REQUIRED** to attend all meets and should be prepared to compete. This includes attending conference and region meets. The coaches will do their best to ensure that each athlete competes in at least one event at each meet.

In order to be eligible to compete in a meet, athletes **MUST** attend a full day of school on the day of the meet. If any absence is **REQUIRED**, contact the OHS Activities Office immediately to ensure eligibility.

Additionally, swimmers and divers are expected to:

- Ride the bus to all meets. If an athlete cannot take the bus due to a pre-existing conflict, the head coach **MUST** be notified in advance.
- Wear OHS attire until the conclusion of the meet including caps, t-shirts, suits and warm-ups. During championship meets, swimmers may wear speed suits instead of their team suit.
- Cheer on their teammates throughout the meet from behind the lanes.
- Stay until the conclusion of the meet. Any swimmers or divers leaving early are **REQUIRED** to have their parent check them out with a coach prior to leaving.

Attendance

Swimmers and divers are **REQUIRED** to be at ALL scheduled practices, meets and functions (including meetings, dinners, community service projects, and team building activities). This includes attending conference and region meets.

You are **EXPECTED** to arrive 15 minutes prior to the start of all practices and bus departure times for all meets.

Team Event Excused Absences

- Illness – You **MUST** provide a note from a parent or doctor upon your return to school.
- School Activity – You **MUST** pre-arrange and notify the head coach prior to the event.
- Club Conflicts – We understand that championship club meets will conflict with high school contests throughout the season. Club swimmers and divers are expected to notify the head coach at least a week in advance of any conflicts.

School Absences

Athletes **MUST** be in school at least 1/2 of the day in order to attend a practice and the entire day in order to attend a meet. If you have a conflict on the day of a meet, you **MUST** contact the OHS Activities Office to ensure your eligibility.

Academic Eligibility

There will be two grade checks during the course of the season. These guidelines are for the protection of the athletes and the coaches. If you are having any problems with your grades, please see your coaches, teachers, and counselors, all are willing to help.

1) When mid-season interims are issued, any athlete with a grade lower than a C will receive a warning from the head coach. Additionally, the head coach will contact the teacher to review the student's performance.

2) Any athlete with two grades lower than a C will be **REQUIRED** to sit out practices and meets until the coach is able to verify an improvement in the student's performance.

The athlete with a poor grade can be reinstated by getting a letter from the teacher of the subject stating that the athlete is working with the teacher to improve the grade. That letter **MUST** be turned in to the coaches by the Wednesday before the meet.

Remember that missing a meet will affect the team score as well as your ability to letter. Please let the coaches know early if you are having trouble with grades and we will do all we can to help you.

Conduct

All Oakton athletes represent not only themselves, but also their families and Oakton High School. Athletes are expected to display appropriate and acceptable standards of sportsmanship and behavior in or out of the pool, and while in or out

of school.

You are expected to abide by all rules and regulations stated in the Oakton High School Participation Policy and Participant Acknowledgement.

At both practices and meets, all swimmers and divers are expected to follow all rules of the pool facility and treat the pool staff with the utmost respect. Any instances of misbehavior in the locker room may result in suspension from the team.

At meets, all swimmers and divers are expected to display outstanding sportsmanship. We expect our athletes to refrain from the following:

- Making insulting or derogatory remarks, gestures or acts including taunting;
- Attempting to influence or showing disgust with officials' decisions;
- Interfering with meet officials in the performance of their duties.

Hazing

The Oakton Swim & Dive team prides itself on the incredibly close-knit and supportive atmosphere that has been developed over many seasons.

Hazing of any nature will not be tolerated. Any instances of hazing will result in the most severe punishment available, and if necessary will be reported to law enforcement.

Team Apparel

Required Gear

At the start of the season, all swimmers and divers will receive a bag, warm-up pants, warm-up jacket, and swim cap. In addition to these items, all swimmers and divers are **REQUIRED** to purchase the team suit, selected annually by the captains, and team t-shirt.

If you have any financial concerns with purchasing these items, please reach out to the coaching staff or parent representatives.

Optional Gear

Swimmers and divers will have the opportunity prior to the start of the season to purchase optional spirit wear. These items are selected and designed each year by the captains and are not required to be purchased.

In order to have all gear delivered prior to the first meet of the season, we ask that checks and order forms be turned in prior to try-outs. If a swimmer or diver does not make the final roster, checks will be returned.

Items may include:

- Long sleeve t-shirt
- Polo Shirt
- Tank top
- Sweatshirt
- Sweatpants
- Shorts
- Water bottle
- Towel

Transportation

FCPS, OHS, and team policy regarding student-athlete transportation will be followed without exception. The policy is as follows:

Practices

Swimmers and divers have two options for transportation to practices.

1. The school will provide an optional bus that departs from the gym lobby at 3:40pm. This bus is available to all swimmers and divers. **Please note that the bus does not return to OHS. All swimmers and divers will need to arrange transportation from Oak Marr.**
2. Swimmers and divers may drive themselves to (provided they have turned in a student diving permission form) or be dropped off at Oak Marr.

The coaches ask that parents be prompt in picking up their child following practices and meets.

Meets

All swimmers and divers are expected to take the team bus to and from all meets, when a bus is provided by the school. The coach will notify all swimmers and divers when they are expected to meet in the gym lobby.

If an athlete cannot ride the bus to a meet, due to a conflict, the head coach **MUST** be notified in advance.

If an athlete cannot ride the bus back to OHS following a meet, the head coach **MUST** be notified in advance. Additionally, the parent/legal guardian **MUST** come on deck to notify the head coach or provide visual confirmation prior to departure.

Athletes are not permitted to drive themselves to or from a competition.

Transportation Forms

All swimmers and divers are expected to complete and turn-in the below forms prior to the start of the season. Both forms can be found in the Activities Office or online at www.OaktonAthletics.org.

- Drivers Insurance Form
- Student Driving with Student Permission Form

Letter Criteria

Swimmers

- Score at least 30 points in individual events at the dual meets, **or** place in the top 8 in an individual event at the Conference meet, **or** place in the top 16 in an individual event at the Regions meet
- Attend the **REQUIRED** number of practices each week, unless excused by the coach
- Attend all scheduled meets, unless excused by the coach
- Compete in the District, Regional and State meets, if eligible
- Complete a community service project during the season
- Adhere to all rules and expectations described in this handbook
- Turn in all equipment and/or pay for missing equipment by the conclusion of the season
- Display outstanding attitude, spirit, sportsmanship, and effort

Divers

- Score at least 15 points in dual meets **plus** place in the top 16 at the Conference Championship meet, **or** place in the top 6 at the Conference Championship meet
- Attend the **REQUIRED** number of practices each week, unless excused by the coach
- Attend all scheduled meets, unless excused by the coach
- Compete in the Conference Championship, Regional and State meets, if eligible
- Complete a community service project during the season
- Adhere to all rules and expectations described in this handbook and the “OHS Varsity Dive Team Rules of Participation,” which divers and parents will be asked to sign upon making the team
- Turn in all equipment and/or pay for missing equipment by the conclusion

of the season

- Display outstanding attitude, spirit, sportsmanship, and effort

Managers

- Attend the **REQUIRED** number of practices each week, unless excused by the coach
- Attend and assist at all meets
- Demonstrate willingness and initiative to assist coaches and parent representatives when needed.
- Go above and beyond, to provide support to the team success

*Coaches reserve the right to award varsity letters at their discretion.

Special Awards Criteria

Coaches Award

Presented to a male and female team member (swimmer or diver) who represent the soul of the team. Their personality, dedication and willingness to swim, dive, or do whatever is needed to help their team is ever present. The support they give to their teammates and coaches is invaluable.

Most Valuable Swimmer & Diver

Presented to a male and female team member (swimmer or diver) who earn the most points during the season or makes the greatest contribution to the team's success, while demonstrating exemplary work ethic, self-discipline, courage, and team leadership.

Scholar Athlete Award

Presented to a senior male and female team member who have excelled both in the water and in the classroom.

David Chu Award

Given in memory of David Chu, an OHS swimmer who tragically lost his life in September 2002. Presented to a male and female team member (swimmer or diver) who demonstrate hard work, dedication to the team, and willingness to go above and beyond the call of duty, competing in "off" events and doing what is best for the team.

Most Improved

Presented to a male and female team member (swimmer or diver) who demonstrate the most improvement during the season based on total time dropped, points scored, overall stroke or diving improvement, and work ethic.

Most Spirited Award

Presented to the team member (swimmer or diver) who demonstrates the best sportsmanship and spirit during the season.

Meet Schedule

Date	Opponent	Location	Time
12/05/2014	Robinson	South Run	6:30pm
12/12/2014	Centreville	Oak Marr	6:00pm
12/13/2014	Westfield	Cub Run	6:30pm
12/19/2014	Herndon	Oak Marr	6:00pm
01/09/2015	Chantilly	Oak Marr	6:00pm
01/16/2015	Herndon	Cub Run	6:30pm
01/23/2015	Chantilly	Cub Run	6:30pm
01/30/2015	Concorde Conference Diving	Oak Marr	TBD
01/30/2015	Concorde Conference Swimming Prelims	Oak Marr	TBD
01/31/2015	Concorde Conference Swimming Finals	Oak Marr	TBD
02/03/2015	6A Northern Region Boys Diving	Oak Marr	TBD
02/04/2015	6A Northern Region Girls Diving	Oak Marr	TBD
02/05/2015	6A Northern Region Boys Swim Prelims	Oak Marr	TBD
02/06/2015	6A Northern Region Girls Swim Prelims	Oak Marr	TBD
02/07/2015	6A Northern Region Swim Finals	Oak Marr	TBD
02/19/2015	6A State Diving	University of Richmond	TBD
02/20/2015	6A State Swim Prelims	Collegiate School Aquatics Center	TBD
02/21/2015	6A State Swim Finals	Collegiate School Aquatics Center	TBD

Pool Locations

Oak Marr

3200 Jermantown Road
Oakton, VA 22124

South Run

7550 Reservation Drive
Springfield, VA 22153

Cub Run

4630 Stonecroft Boulevard
Chantilly, VA 20151

Collegiate School Aquatics Center

5050 Ridgedale Parkway
Richmond, VA 23234

Season Calendar

October

23 – Swim & Dive Interest Meeting

November

10 – First Day of Practice

Swim: M-TH 4:30-5:30 @ Oak Marr

Dive: M,T,TH 4:00-5:45 @ Oak Marr)

12-13 – Time Trials

14 – Swim Roster Announced

18 – Winter Sports Parents' Night

20 – Team Pictures

20 – Team Activity TBD

27 – No Practice (Thanksgiving)

December

4 – Pasta Dinner

5 – Dual Meet vs. Robinson (6:30 @ South Run)

11 – Pasta Dinner

12 – Dual Meet vs. Centreville (6:00 @ Oak Marr)

13 – Dual Meet vs. Westfield (6:30 @ Cub Run)

18 – Pasta Dinner

19 – Dual Meet vs. Herndon (6:00 @ Oak Marr)

19 – Bowling Night

24-25 – No Practice (Christmas)

31 – No Practice (New Years' Eve)

January

1 – No Practice (New Years' Day)

8 – Pasta Dinner

9 – Dual Meet vs. Chantilly (6:00 @ Oak Marr)

15 – Pasta Dinner

16 – Dual Meet vs. Herndon (6:30 @ Cub Run)

16 – Lock In

22 – Pasta Dinner

- 23 – Dual Meet vs. Chantilly (6:30 @ Cub Run)
- 29 – Last Day of Full Team Practice
- 29 – Pasta Dinner
- 30 – Concorde Conference Diving & Swim Prelims (Oak Marr)
- 31 – Concorde Conference Swim Finals (Oak Marr)

February

- 3 – 6A Northern Region Boys Diving (Oak Marr)
- 4 – 6A Northern Region Girls Diving (Oak Marr)
- 4 – Region Swim Team Pasta Dinner
- 5 – 6A Northern Region Boys Swimming Prelims (Oak Marr)
- 6 – 6A Northern Region Girls Swimming Prelims (Oak Marr)
- 7 – 6A Northern Region Swimming Finals (Oak Marr)
- 19 – State Swim Team Pasta Dinner
- 19 – 6A State Diving (University of Richmond)
- 20 – 6A State Swim Prelims (Collegiate School Aquatics Center)
- 21 – 6A State Swim Finals (Collegiate School Aquatics Center)

March

- 1 – Swim & Dive Team Banquet

Coach Bios

Parker Ramsdell – Head Coach

This is Parker's fourth season serving as the Head Coach for Oakton Swim and Dive. Parker grew up swimming in the Northern Virginia area as a member of the Oakton Otters (NVSL), York Swim Club, and Madison Warhawks. During his swimming career, Parker was a three-time NVSL All-Star champion, six-time Liberty District champion and one-time Northern Region champion, as well as a former Liberty District record-holder in the 100 backstroke. He also helped lead the Warhawks to two Liberty District championships in 2001 and 2002.

In 2007, Parker graduated from The University of Texas, with a Bachelor's degree in government and economics. After graduating from college, Parker joined Teach For America, and taught 7th and 8th grade social studies and reading to at-risk students in Glendale, Arizona. During this time, he earned a Master's degree in secondary education from Arizona State University. At the end of this two-year commitment, he returned to Northern Virginia, to pursue a career in government and politics. Previously, he has worked on Capitol Hill for former Congressman Tom Perriello, and as the Northern Virginia Regional Field Director for President Barack Obama's re-election campaign.

Currently, he works at Perfect Sense Digital in Reston, overseeing the company's support of a variety of digital projects with Special Olympics, as well as other mission-based projects benefitting veterans' organizations and at-risk youth.

In addition to coaching for Oakton, he also coaches York Swim Club's top senior group six mornings per week. When he is not working or coaching, he enjoys following all things Longhorn, as well as playing basketball, racquetball, listening to Bruce Springsteen, and going to the movies.

Cheryl Meltz-Kroopnick – Head Dive Coach

This year is Cheryl's 15th season as Head Dive Coach for Oakton High School. After a hiatus last season to care for her newborn son, Cheryl is happy to be back with the Cougars again this year.

Cheryl started diving at age 11, competed at the Junior Olympic level during her high school years and was a two-time high school All-American qualifier. She then went on to dive Division I in college, where she was a three-year captain of the Colgate University Diving Team. While in college, Cheryl broke 5 Varsity and Pool records. She was the Patriot League Conference Champion on both the 1-meter and 3-meter springboards her senior year, the Eastern Collegiate Athletic Conference (ECAC) silver medalist on 3-meter in her junior year, and a four-time NCAA Division I National Qualifier. She was named the Patriot League Diver of the Year her senior year, as well as the Patriot League Scholar-Athlete of the Year for both her junior and senior years. She also earned the distinctions of being named to the GTE-CoSida Academic All-American team (encompassing all sports) in her junior and senior years and was named to the All-Patriot League Swimming and Diving Team her senior year. She received the ECAC Merit Medal, was an ESPN Sports Spotlight Athlete and was a National Finalist for the "NCAA Woman of the Year" in her senior year. In addition, Cheryl won Colgate's award given to the student-athlete (encompassing all sports) who had the highest GPA in the university.

In 2007 Cheryl returned to diving and began competing at the Masters level on 1 meter, 3 meter and platform. In her stint at Masters Diving, she has won 33 US National Masters titles, 5 World Championship titles, and set 1 US National record. In 2010, Cheryl received US Diving's award for the top Female Masters Diver in the country.

In addition to coaching Oakton High School, Cheryl helped start up and has been coaching the Oakton Swim and Racquet Club Diving Team in the summers for the past 10 years. Prior to that, Cheryl spent 10 years coaching the Potomac Woods Diving Team in Rockville, MD, assisted at the college level for 4 years, as well as helped coach an age group program in Hamilton, NY. Cheryl also coached for 5 years at the Junior Olympic level with York Dive Club and Dominion Dive Club.

Aside from coaching, Cheryl works full-time as a Senior Systems Engineering Manager for Vencore, a spinoff of Lockheed Martin Corporation. She has a Bachelors degree in Physics from Colgate University, and a Masters degree in Systems Engineering and Engineering Management from George Washington University. Cheryl and her husband, Marc, have a 16 month-old son, Tyler.

Holly Wheeler – Assistant Swim Coach

Holly is an Oakton High School graduate (class of 2003), where she graduated as valedictorian and was captain of the Northern Region champion gymnastics team. Holly started swimming in 1997 with the Oakton Otters, an NVSL swim team, and fell in love with the sport. She swam butterfly and freestyle for the Otters and coached with the team through 2007. She also swam with York Swim Club. Holly has coaching experience as an assistant gymnastics coach for Oakton, as well.

Holly attended the University of North Carolina at Chapel Hill where she majored in economics and Arabic. Since graduating in 2007, she has worked for Special Olympics, the Center for American Progress, and Booz Allen Hamilton as a senior consultant for the company's international development practice, a job that took her to several countries in Africa, the Middle East, Eastern Europe, and Asia. Currently she works as product manager at Perfect Sense Digital in Reston, VA, where she manages the international roll out of Coca-Cola's digital communications platform.

Holly lives in Washington DC and is excited to be spending some time back in Oakton with the Cougars! When not working or coaching, she enjoys traveling and racing triathlons.

Ray Rieling – Assistant Swim Coach

This is Ray's third year serving as an assistant swim coach for Oakton High School. Ray grew up swimming in Northern Virginia, competing for the Hunters Creek Stingrays, Herndon Aquatic Club, and Langley High School. After graduating from Langley, Ray attended Colby College in Maine, where he swam on the varsity team all four years, and served as captain as a senior. In addition to swimming, Ray was actively involved in Student Government.

Ray graduated in 2012 with a Bachelor's degree in government and returned to Northern Virginia to work as a Field Organizer for President Obama's re-election

campaign, where he first connected with Parker. With a strong passion for government and politics, Ray has remained involved in Northern Virginia campaigns, serving as the campaign manager in 2013 for Kathleen Murphy, and currently as the deputy campaign manager for John Foust.

Beyond the pool and politics, Ray is an avid New York Yankees and Bruce Springsteen fan.

Ken Hansen – Assistant Dive Coach

Ken Hansen has served as an assistant dive coach at Oakton High School for the past 5 years. Previously, Ken dove for Oakton from 2004-2006, competing at the District, Region, and State level. A diver for over 11 years, Ken currently competes for Dominion Dive Club, where he is focusing on the 10-meter platform, aiming to participate at 2015 Senior Zones.

Contacts

Role	Name	Email	Phone
Head Coach	Parker Ramsdell	pramsdell@fcps.edu	703-944-4954
Head Dive Coach	Cheryl Meltz	cemeltz@yahoo.com	571-235-4775
Assistant Coach	Holly Wheeler	hswheeler@gmail.com	703-786-8434
Assistant Coach	Ray Rieling	rayrieling@gmail.com	703-217-4054
Assistant Coach	Ken Hansen	hskaterken@verizon.net	703-389-2386
Swim Team Rep	Kim Bourdelais	kbourdel@cox.net	
Swim Team Rep	Melissa Weber	mmweber4@gmail.com	
Dive Team Rep			
Swim Officials	Gary Markin	garymarkin@cox.net	
Spirit Wear	Cindy Powell	cinpowell@verizon.net	
Athletic Boosters	Amy Krouse	amy.krouse@yahoo.com	

Handbook Acknowledgement

Please sign and return by November 17

Student & Parent Contact Information

Swimmer/Diver Name _____

Swimmer/Diver Cell _____

Swimmer/Diver Email _____

Parent/Guardian Name(s) _____

Parent/Guardian Cell _____

Parent/Guardian Email _____

Practice Commitment

Please circle which applies to you:

3+ club practices	2 club practices	1 club practices	0 club practices
1 OHS practice	2 OHS practices	3 OHS practices	4 OHS practices

Club Team _____

Club Coach Name _____

Club Coach Email _____

Agreement

Please sign below acknowledging that you have read and discussed the team rules. By accepting a spot on the Oakton High School Varsity Swim & Dive Team, you agree to abide by the team rules.

Swimmer/Diver Signature _____

Parent/Guardian Signature _____