

# Oakton High School Swim & Dive Team Handbook



## 2018-2019 Season

### Coaching Staff

**Head Coach:** Parker Ramsdell

**Co-Head Dive Coach:** Cheryl Meltz-Kroopnick

**Co-Head Dive Coach:** Ken Hansen

**Assistant Swim Coaches:** Stephanie Hallock & Gabbie Galvez

### Parent Leadership

#### **Team Representatives**

Kim Bourdelais & Tara Gyenis

### Captains

**Girls:** Alexis Chua, Evelyn Pickett, Nika Sauger

**Boys:** Kevin Bourdelais, Daniel Gyenis, Nick Highman

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# Tryout Guidelines

## ***Required Forms***

By November 5<sup>th</sup> (first day of tryouts), the following forms and tests **MUST** have been received by the OHS Activities Office. All forms are available at the Activities Office or online at [OaktonAthletics.org](http://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 1, all swimmers and divers are encouraged to drop off completed forms in the cafeteria at the walk-in registration.

## ***Swimming Tryout Details***

### Monday, November 5 & Tuesday, November 6

Practices are from 4:45-5:45pm 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 7 & Thursday, November 8

Swimmers will compete in time trials over the span of two days during the regular 4:45-5:45pm practice time at Oak Marr. Athletes can choose to swim up to three events from 100 freestyle, 100 backstroke, 100 breaststroke, 100 butterfly, and 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 8

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 9

After school, Parker will meet individually with each swimmer notifying them if they have or have not made the roster for the 2017-2018 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. 5-6 and 8, from 4:30-6:15pm. All prospective divers should meet at Oak Marr underneath the 3 meter boards with their bathing suits on, prior to 4:30pm as tryouts will start promptly at 4:30pm. On Thursday, November 8 after practice, Cheryl will meet individually with each diver, notifying them if they have or have not made the roster.

The Dive Team will ideally consist of 5-6 girls and 5-6 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 are **REQUIRED** to be at Oakton practice on any days they do not have or skip their club practices. All swimmers should be practicing a minimum of 4 times a week.

Non-club swimmers are **REQUIRED** to make all OHS practices.

Swim practices are Monday through Thursday from 4:45pm – 6:00pm 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 4:30pm – 6:15pm at Oak Marr.

### *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. Bags and warm-ups must be returned at the end of the season in good condition. Warm ups should be washed and bags cleaned out of any personal items. If you have any damage to either, please let a parent rep know right away. If you are missing any warm up items or bags at the end of the season you will be charged for the replacement.

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, please place your order at our online team store by Sunday, November 11, 2018.

Items may include:

- Long sleeve t-shirt
- Jacket
- Headband
- Sweatshirt
- Sweatpants
- Shorts
- Socks
- Bucket Hat

## 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 3:45pm on Mondays, Tuesdays, and Thursdays. 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. Additionally, please note that there is not a bus on Wednesday afternoons (except for the week of tryouts).**
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](http://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.

### ***Janet Hu Most Valuable Swimmer & Diver***

Named in honor of Janet Hu, who from 2010-2014 went undefeated in her high school career and led the Cougars to 3-consecutive state titles, setting countless school, District, Region, and State records. 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
11/30/2018	Annandale/Marshall Tri-Meet	Lee District	6:00pm
12/07/2018	Woodson	Audrey Moore	6:30pm
12/14/2018	Centreville	Oak Marr	8:30pm
12/21/2018	Madison	Oak Marr	8:30pm
01/04/2019	Robinson	Oak Marr	6:00pm
01/11/2019	Chantilly (Sr. Night)	Oak Marr	6:00pm
01/18/2019	Westfield	Cub Run	6:30pm
01/25/2019	Concorde Conference Diving	Oak Marr	10:45am
01/25/2019	Concorde Conference Swimming Prelims	Oak Marr	5:30pm
01/26/2019	Concorde Conference Swimming Finals	Oak Marr	5:30pm
01/30/2019	6A Northern Region Boys Diving	Oak Marr	5:30pm
01/31/2019	6A Northern Region Girls Diving	Oak Marr	5:30pm
02/01/2019	6A Northern Region Swim Prelims	Oak Marr	5:30pm
02/02/2019	6A Northern Region Swim Finals	Oak Marr	5:30pm
02/14/2019	6A State Diving	Oak Marr	10:00am 1:00pm
02/15/2019	6A State Swim Prelims & Finals	George Mason University	9:00am 5:45pm

## **Pool Locations**

### **Audrey Moore**

8100 Braddock Road  
Annandale, VA 22003

### **Cub Run**

4630 Stonecroft Boulevard  
Chantilly, VA 20151

### **George Mason University Aquatics & Fitness Center**

4400 University Drive  
Fairfax, VA 22030

### **Lee District**

6601 Telegraph Road  
Franconia, VA 22310

### **Oak Marr**

3200 Jermantown Road  
Oakton, VA 22124

# Season Calendar

## October

22 – Swim & Dive Interest Meeting

## November

1 – Registration

5 – First Day of Practice

Swim: M-TH 4:45-5:45 @ Oak Marr

Dive: M, T, TH 4:30-6:15 @ Oak Marr

7-8 – Time Trials

9 – Swim & Dive Roster Announced

13 – Winter Sports Athletes & Parents Night (7:00pm)

16 – Donuts & Juice (7:30am @ OHS Cafeteria)

22 – No Practice (Thanksgiving)

28 – Team Pictures

29 – Pasta Dinner

30 – Tri Meet vs. Annandale/Marshall (6:00 @ Lee District)

## December

1 – Bowling Night

6 – Pasta Dinner

7 – Dual Meet vs. Woodson (6:30 @ Audrey Moore)

13 – Pasta Dinner

14 – Dual Meet vs. Centreville (8:30 @ OakMarr)

20 – Pasta Dinner

21 – Dual Meet vs. Madison (8:30 @ OakMarr)

## January

3 – Pasta Dinner

4 – Dual Meet vs. Robinson (6:00 @ Oak Marr)

TBD – Lock In

7-26 – Weber’s Pet Mart Fundraiser  
10 – Pasta Dinner  
11 – Dual Meet vs. Chantilly (6:00 @ Oak Marr) -- SENIOR NIGHT  
17 – Pasta Dinner  
18 – Dual Meet vs. Westfield (6:30 @ Cub Run)  
24 – Last Day of Full Team Practice  
24 – Pasta Dinner  
25 – Concorde Conference Diving & Swim Prelims (Oak Marr)  
26 – Concorde Conference Swim Finals (Oak Marr)  
30 – 6A Northern Region Boys Diving (Oak Marr)  
31 – 6A Northern Region Girls Diving (Oak Marr)  
31 – Region Swim Team Pasta Dinner

## February

1 – 6A Northern Region Swimming Prelims (Oak Marr)  
2 – 6A Northern Region Swimming Finals (Oak Marr)  
13 – State Swim Team Pasta Dinner  
14 – 6A State Diving (Oak Marr)  
15 – 6A State Swim Prelims & Finals (George Mason University)  
24 – Swim & Dive Team Banquet

## **Coach Bios**

### ***Parker Ramsdell – Head Coach***

This is Parker's eighth 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 7<sup>th</sup> and 8<sup>th</sup> 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 in 2012.

Currently, he works at Perfect Sense in Reston, overseeing the company's mission-based projects for a variety of non-profits including Special Olympics, YMCA of Metropolitan Washington, The First Tee, and Feherty's Troops First Foundation.

When he is not working or coaching, he enjoys following all things Longhorn, as well as playing basketball, racquetball, listening to Bruce Springsteen, and playing with his dog, Morrison.

### ***Cheryl Meltz-Kroopnick – Co-Head Dive Coach***

This year is Cheryl's 19<sup>th</sup> season as Head Dive Coach for Oakton High School. 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 14 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 Chief Systems Engineer for Perspecta, 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 two sons, Tyler and Justin.

### ***Ken Hansen – Co-Head Dive Coach***

Ken Hansen is in his 10<sup>th</sup> year as a dive coach at Oakton High School. This year is his 3<sup>rd</sup> as co-head dive coach. Ken was the head coach at Oakton Swim & Racquet Club this past summer after serving as an assistant for the previous 6 years. Additionally, he has been teaching the FCPA Parktakes springboard diving classes at Oak Marr for the last 10 years. Ken also coaches for Dominion Dive Club. Ken dove for Oakton High School from 2004-2006, competing at the District, Region, and State level and setting the school's 11-dive record in 2006.

### ***Stephanie Hallock – Assistant Swim Coach***

This is Stephanie's second year serving as an assistant swim coach for Oakton High School. Stephanie grew up swimming in Northern Virginia, competing with Machine Aquatics, Fox Mill Woods, and Oakton High School - where she swam for Parker her senior year. After graduating from Oakton, Stephanie attended the University of Mary Washington, where she swam sprint freestyle events on the DIII varsity team all four years, qualifying twice for NCAA's.

Stephanie graduated in 2016 with a Bachelor's degree in Mathematics and a minor in Business Administration. She returned to Northern Virginia, got a dog, and coached her last NVSL season before starting her job as a Undersea Systems Engineer for Lockheed Martin.

Stephanie still trains and competes in the pool but also enjoys playing soccer and volleyball with friends and occasionally scooping ice cream at Ben & Jerry's.

### ***Gabbie Galvez – Assistant Swim Coach***

This is Gabbie's first year serving as an assistant coach for Oakton High School. Gabbie's first swim team was the Fair Oaks Sharks, where she swam for 18 years. Gabbie also swam for the Mason Makos as well starting in middle school and when she got to high school she was part of the Oakton Swim Team for four years. After graduating from Oakton, Gabbie attended the Virginia Military Institute.



During her time at VMI, Gabbie competed at the D1 level all four years, swimming mostly freestyle and butterfly. Her senior year she was team captain, as well as an active member in the student government at VMI. She completed her 4 years at VMI with a degree in Psychology.

After graduation, she returned to Northern Virginia and is currently working in Tysons Corner as an Account Manager with Diversant. In her free time she runs a photography business and likes to watch “This Is Us” with her bunny, Athena.

## Contacts

<b>Role</b>	<b>Name</b>	<b>Email</b>	<b>Phone</b>
Head Coach	Parker Ramsdell	pramsdell@fcps.edu	703-944-4954
Head Dive Coach	Cheryl Meltz-Kroopnick	cemeltz@yahoo.com	571-235-4775
Head Dive Coach	Ken Hansen	hskaterken@verizon.net	703-389-2386
Assistant Coach	Stephanie Hallock	miniloxx@yahoo.com	703-999-2233
Assistant Coach	Gabbie Galvez	galvezgr17@mail.vmi.edu	571-481-0200
Swim Team Rep	Kim Bourdelais	kbourdel@cox.net	703-919-3514
Swim Team Rep	Tara Gyenis	gyenistara@hotmail.com	571-283-3919
Dive Team Rep	Debbie Perreault	debbieperreault@yahoo.com	
Swim Officials	Colleen Curtis	cacurtis4@gmail.com	
Spirit Wear	Robin Witlin	robinwitlin@cox.net	

# Handbook Acknowledgement

Please sign and return by November 9, 2018.

## 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:

<b>Train w/ Club</b>	<b>OHS Only</b>
Will attend all OHS practice on days without/skipped club workouts (min. 1 OHS practice per week)	Will attend all 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 \_\_\_\_\_