

Oakton High School Swim & Dive Team Handbook



2021-2022 Season

Coaching Staff

Head Coach: Parker Ramsdell

Assistant Swim Coaches: Stephanie Hallock & Andrew Sargent

Head Dive Coach: Cheryl Meltz-Kroopnick

Assistant Dive Coaches: Bennett Fagan

Strength & Conditioning: Ryan Santoro

Parent Leadership

Team Reps: Tina Kenny & Rachelle Knepper

Captains

Girls: Danielle Evinger, Catherine Lim, Claire Newberry

Boys: Ian Ching, Spencer Dearman, Graham Evers, Steven Labovitch

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Tryout Guidelines

Required Forms

By November 8th (first day of practices), the following forms **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
- Online registration
- Proof of COVID-19 vaccination or completed accommodation request

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

Swimming Tryout Details

Monday, November 8 & Tuesday, November 9

Practices are from 4:45-6:00pm 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 10 & Thursday, November 11

Swimmers will compete in time trials over the span of two days during the regular 4:45-6:00pm practice time at Oak Marr. All athletes will swim 50-yard freestyle and 100-yard freestyle and can choose to swim two additional events from 100 backstroke, 100 breaststroke, and 100 butterfly. 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 and previous high school 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 11

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 12

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

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. 8-9 and 11, 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 11 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 may 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 attend 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 springboard in the water > 3 times per week are **REQUIRED** to make 1 OHS practice; Club divers training springboard in the water 3 times per week are **REQUIRED** to make 2 OHS practices; and Club divers training springboard in the water 2 or less times per week are **REQUIRED** to make 3 OHS practices. Club dryland practices are highly encouraged, but do not count towards in-water 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 and from 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 suits.
- 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 parents 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 team. 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.

An athlete with poor grades may be reinstated by providing 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 into the head coach 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 Equipment

At the start of the season, all swimmers and divers will receive a bag, warm-up pants, and warm-up jacket. In addition to these items, all swimmers and divers are **REQUIRED** to purchase the team suit, cap (swimmers), and/or shammy (divers) 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 team 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 14, 2021.

Items may include:

- Long sleeve t-shirt
- Jacket
- Sweatshirt
- Sweatpants
- Shorts

Transportation

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

Practices

No transportation will be available for practices. Swimmers and divers are expected to find their own transportation to and from practice..

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 and where they are expected to gather.

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 Oakton High School 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.

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

Letter Criteria

Swimmers

- Score at least 30 points in individual events at the dual meets, **or** place in the top 16 in an individual event at the Conference or Region 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, Region and State meets, if eligible
- 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, Regional and State meets, if eligible
- 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's 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.

Spirit 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
12/3	South Lakes	Oak Marr	8:30pm
12/10	Westfield	Cub Run	6:30pm
12/11	Meridian	Spring Hill	6:30pm
12/17	Madison	Oak Marr	8:30pm
1/8	Tri-Meet (Woodson & Lake Braddock)	Oak Marr	6:00pm
1/14	Chantilly	Oak Marr	6:00pm
1/21	Centreville	Spring Hill	6:30pm
1/28	Concorde Conference Diving	Cub Run	10:45am
1/28	Concorde Conference Swimming Prelims	Cub Run	5:30pm
1/29	Concorde Conference Swimming Finals	Cub Run	5:30pm
2/2	Northern Region Diving	Oak Marr	5:30pm
2/3	Northern Region Diving	Oak Marr	5:30pm
2/4	Northern Region Swim Prelims	Oak Marr	5:30pm
2/5	Northern Region Swim Finals	Oak Marr	5:30pm
TBD	6A State Diving	TBD	10:00am 1:00pm
TBD	6A State Swim Prelims & Finals	Jeff Rouse Swim & Sport Center	9:00am 5:45pm

Pool Locations

Cub Run

4630 Stonecroft Boulevard
Chantilly, VA 20151

Jeff Rouse Swim and Sport Center

1600 Mine Road
Stafford, VA 22554

Oak Marr

3200 Jermantown Road
Oakton, VA 22124

Spring Hill

1239 Spring Hill Road
McLean, VA 22102

Season Calendar

October

20 – Swim & Dive Interest Meeting

November

8 – First Day of Practice

Swim: M-TH 4:45-6:00 @ Oak Marr

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

10-11 – Time Trials

12 – Swim & Dive Roster Announced

16 – Team Pictures

16 – Winter Sports Parents Night

19 – Team Donut Breakfast

25 – No Practice (Thanksgiving)

December

2 – Pasta Dinner

3 – Dual Meet vs. South Lakes

9 – Pasta Dinner

10 – Dual Meet vs. Westfield

11 – Dual Meet vs. Meridian

16 – Pasta Dinner

17 – Dual Meet vs. Madison

January

6 – Pasta Dinner

8 – Tri-Meet vs. Woodson & Lake Braddock

13 – Pasta Dinner

14 – Dual Meet vs. Chantilly -- SENIOR NIGHT

17 – No Practice (Martin Luther King, Jr. Day)

20 – Pasta Dinner

21 – Dual Meet vs. Centreville
27 – Last Day of Full Team Practice
27 – Pasta Dinner
28 – Concorde Conference Diving & Swim Prelims (Cub Run)
29 – Concorde Conference Swim Finals (Cub Run)

February

2 – 6A Northern Region Diving
3 – 6A Northern Region Diving
3 – Region Swim Team Pasta Dinner
4 – 6A Northern Region Swimming Prelims
5 – 6A Northern Region Swimming Finals
TBD – State Swim Team Pasta Dinner
TBD – 6A State Diving
TBD – 6A State Swim Prelims & Finals
27 – Swim & Dive Team Banquet

Coach Bios

Parker Ramsdell – Head Coach

This is Parker's eleventh 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 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 Brightspot in Reston, as Vice President, People, Mission & Culture, managing human resources and developing 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 Texas Longhorns, as well as playing basketball, listening to Bruce Springsteen, and spending time with his son, Tanner, and dog, Morrison.

Cheryl Meltz-Kroopnick – Head Dive Coach

This year is Cheryl's 22nd 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 distinction 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 34 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 the Oakton Swim and Racquet Club Diving Team in 2004 and coached there ever since. 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 Bachelor’s 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.

Stephanie Hallock - Assistant Swim Coach

This is Stephanie's fifth 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 an Undersea Systems Engineer for Lockheed Martin.

Stephanie still trains and competes in the pool but also enjoys playing soccer and volleyball with friends.

Andrew Sargent - Assistant Swim Coach

This is Andrew's third year serving as an assistant coach for Oakton High School. Andrew grew up swimming in Northern Virginia, competing for the Oakton Otters, York Swim Club, and Oakton High, all three of which were coached by Parker at various times. His senior year in 2015, Andrew was a part of the boy's swim and dive state championship team. After graduating from Oakton, Andrew attended Virginia Tech, and during the summer was the head coach of the Oakton Otters from 2016-2018.

Andrew graduated from Virginia Tech in 2019 with a Bachelor's degree in Electrical Engineering, and he currently works as a Technology Analyst for Accenture Federal Services in Washington D.C. When he is not working or coaching, he is an avid follower of the Washington Nationals, and spends the rest of his free time listening to music, watching movies, and taking long naps.

Bennett Fagan - Assistant Dive Coach

This is Bennett's second year as assistant Diving coach for Oakton. Bennett practiced with Dominion Dive Club before joining Oakton Swim and Dive as a freshman in 2012. A member of the 2015 state championship team, he served as captain of the diving team his junior and senior year, advancing to states all four seasons. From 2015-2018, Bennett served as the head coach of the Pinecrest Piranhas diving team.

After one season of Football and three years of Diving, Bennett graduated from Amherst College in 2020 with a BA in Political Science. He currently works as a Marketing Programs Associate for Industry Dive in Washington, DC. In his time day from the pool, he enjoys playing guitar, keeping up with the latest Amherst Football games, and offering personal training to aspiring college athletes.

Contacts

Role	Name	Email	Phone
Head Coach	Parker Ramsdell	pramsdell@fcps.edu	703-944-4954
Head Dive Coach	Cheryl Meltz-Kroopnick	cemeltz@yahoo.com	571-235-4775
Assistant Coach	Bennett Fagan	bennett.fagan20@gmail.com	703-801-0491
Assistant Coach	Stephanie Hallock	minilox16@gmail.com	703-999-2233
Assistant Coach	Andrew Sargent	andrew.sargent97@gmail.com	571-255-9281
Swim Team Rep	Tina Kenny	tinaraekenny@aol.com	703-283-4821
Swim Team Rep	Rachelle Knepper	rachelleknepper@gmail.com	757-692-2558
Dive Team Rep	Ingrid Dearman	dearmaningrid@yahoo.com	703-338-4861
Spirit Wear	Nikki Evinger	nikkievinger@gmail.com	
Suits	Sasha Swanson	pederandsasha@gmail.com	

Handbook Acknowledgement

Please sign and return by November 18, 2021.

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:

Train w/ Club	OHS Only
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 _____