PATRIOT SWIM & DIVE



**2023-24**

Information Packet

**Patriot Pioneers Swim & Dive Team**

Welcome to Patriot High School Swimming and Diving! We are looking forward to a new season and are excited to have the opportunity to work with all the incredibly talented swimmers and divers we have in our Pioneer community.

Participation in the Patriot Swim and Dive Team requires commitment, hard work, cooperation, dependability and enthusiasm. All members involved with a successful team share these responsibilities. Our commitment as coaches includes providing a safe and healthy environment for practice and competition, knowledgeable workouts and meet strategies, the opportunities to improve and excel, and encouragement to reach the highest goals possible. We expect swimmers and divers to attend and participate in all practices and meets and work to the best of their abilities. Our goal is for each member to be successful in developing the correct techniques, to excel in achieving their personal best performances, to be recognized as a team member with outstanding sportsmanship and leadership – and to be identified as a Patriot Pioneer!!

Let’s make it a GREAT season –

TOGETHER WE CAN MAKE IT HAPPEN!

Coaches:

Head Coach - Robbie Seymour – [seymourf@pwcs.edu](mailto:seymourf@pwcs.edu)

Assistant Coach - Daniel Gardner – [gardnedj@pwcs.edu](mailto:gardnedj@pwcs.edu)

PWCS Head Dive Coach - Coach Baker - BakerAM@pwcs.edu​

# Registration

A registration form needs to be filled out for each swimmer/diver. The form is available online in the Team Links section of either the Boys or Girls team sites at patriotpioneers.org. Registration fees to participate on the team this year are $100.00 for all swimmers and divers. If paying with check please make it out to “PHS Booster (swim & Dive). This cost helps cover a spirit pack (team cap, 1 team shirt Etc...) as well as other things like water time, banquet expenses, activities and spirit accessories. Payment is due by the first meet - spirit gear will be held until payment is received. If for some reason you are experiencing financial hardship, please contact Coach Seymour to work out other payment arrangements. All families are also encouraged to join Patriot Boosters - they support us throughout the season, helping with pool fees and postseason costs. Our team is expected to support the Boosters through service in concession stands.

# Communication

Our main forms of communication are our athletics web site, email, Instagram. Information regarding schedule changes and team news throughout the season will be posted on the school and athletic web sites as well be sent by email and posted on Instagram. It is essential to sign up for email alerts on one of the web sites and give at least one email address that is checked regularly on your registration form. Inform the coach of any changes immediately. The best way to reach the coaches is through email.

# Eligibility

* Physical:​ all swimmers/divers must have a sport physical dated after May 1, 2023. The completed form must be turned in prior to the first day of tryouts.
* Concussion Training:​ all swimmers/divers must have attended (or completed online) a concussion education training seminar with a parent prior to the first day of tryouts. Baseline testing (IMPACT) is scheduled in the first few days after team selection. Athletes must complete baseline testing every two years.
* Blue Emergency Info Card:​ all swimmers/divers must complete a blue card for swimming by the first day of tryouts.
* Academics:​ swimmers/divers must meet the minimum academic requirements to participate (enrolled in and passing at least 5 classes, with no less than two Cs and 3 D’s per semester). It's important to note that school comes first and if grades start slipping the coaches will meet with the athletes before the minimum listed grades.

# Team Uniform

Swimmers and divers are required to have the PHS team suit. Swimmers/divers will provide size information for their team t-shirt. We require swimmers/divers to wear the team apparel, warm-ups, swim suit, and swim cap for all meets - no gear from other teams is allowed, the only exception to this rule is if you want to wear a tech suit, but you must inform the coaches head of time. Riptide Swim Shop is our vendor for team suits. Home sweet home creations is our vendor for spirit gear.

<https://riptideswimshop.com/>

[Patriot High School Swim and Dive (homesweethomeshop.com)](https://homesweethomeshop.com/patriot-hs-swim-and-dive/)

**Swim attire for practice** - one piece suits for girls, jammers or briefs for boys, school appropriate writing and logos only. **YOU MAY NOT WEAR THE TEAM SUIT TO PRACTICE, ONLY MEETS**

# Attendance

Swimmers/divers are expected to attend all practices and meets (including spectating 2 dive meets (or swim meet, if diver)) throughout the season unless excused. Sen both coaches an email if you will be absent from practice, meet, and/or other team events in advanced. Except for sudden illness or other unforeseen circumstances, absences must be identified in writing at least one week prior to the meet you will miss. Year round swimmers/divers must attend at least one Patriot practice a week and turn in a practice verification form from their year round coach weekly – due by Meet of that week. An unexcused absence may affect your entry into the meet for the week or the following week.

# Picture day

At the school December 13th, Most likely in the gym, right after school. Induvial pics info will be on the aheltics website.

# Practice Schedules

|  |  |  |
| --- | --- | --- |
| Swim: | | |
| Day: | Pool: | Time: |
| Monday | Colgan | 4 - 5 PM |
| Tuesday | CPAC | 8:30 - 9:30 PM |
| Wednesday | Colgan | 5 - 6 PM |
| Thursday | CPAC | 8:30 - 9:30 PM |
| Dive: | | |
| Day: | Pool: | Time: |
| Monday | Colgan | 4:05 - 5:25 PM |
| Tuesday | Colgan | 4:05 - 5:25 PM |
| Wednesday | Colgan | 4:05 - 5:25 PM |
| Thursday | Colgan | 4:05 - 5:25 PM |

There will be no practice on Fridays. Athletes are expected to be on time to practice unless discussed ahead of time, please try to get to the pool about **15 minutes early** that way we can get in the water on time. Athletes are expected to be picked up from practice promptly. Swimmers/divers will be given a warning and may be removed from the team after repeated late pickups or late arrivals.

# Meet schedules

|  |  |  |  |
| --- | --- | --- | --- |
| Swim: | | | |
| date: | pool: | time: | opponent: |
| 1-Dec | Freedom | 6;00 PM | OHS, URHS, & GVHS |
| 2-Dec | Colgan | 1;00 PM | FPHS & Potomac |
| 8-Dec | CPAC | 8;00 PM | Riverside |
| 15-Dec | Colgan | 3;00 PM | Gainesville |
| 16-Dec | Colgan | \*\* 7;00 AM \*\* | invitational (prelims) |
| 16-Dec | Colgan | \*\* 5;00 PM \*\* | invitational (finals) |
| 5-Jan | Colgan | 5;00 PM | OPHS & URHS |
| 12-Jan | Colgan | 5;00 PM | Freedom (senior night) |
| 19-Jan | Colgan | TBD | Battlefield |
| 26-Jan | Colgan | 4;00 PM | Districts |
| 5-Feb | Colgan | 5;00 PM | Regionals |
| 16-Feb | Hampton | TBD | States |
| Dive: | | | |
| date: | pool: | time: | opponent: |
| 2-Dec | Colgan | 10;00 AM | All |
| 9-Dec | Colgan | 10;00 AM | All |
| 16-Dec | Colgan | 12;00 PM | All |
| 6-Jan | Colgan | 10;00 AM | All |
| 13-Jan | Colgan | 10;00 AM | All |
| 25-Jan | Colgan | 4;00 PM | Districts |
| 2-Feb | Colgan | 10;00 AM | Regionals |
| 14-Feb | Hampton | TBD | States |

\*\*\* highlighted (in Green) dates are meets we will be taking a bus too; more details will come later closer to the meet\*\*\*

Swimming and Diving at Patriot is a varsity sport. Coaches will do their best to get every swimmer into the meets, but there are no guarantees that a swimmer will compete in a specific event or a meet. Swimmers are expected to arrive at all meets in time for warm-ups and remain with the team until the last relay finishes. Swimmers that do not arrive at the meet prior to the conclusion of warm-ups may be scratched from the meet, or not be allowed to swim in the following. Swimmers/divers must attend half a day of school or more in order to compete in a meet that night or half a day on Friday for a Saturday meet. Reginals and States dates to come later.

The coaches recognize that there are often conflicts between Club and High school swimming. Club teams typically will participate in multiple championship meets during the month of December where the swimmers will be “rested” or “tapered” in an effort to qualify for Spring Championship meets. The coaching staff, in conjunction with other Western District teams, has spent considerable time trying to create a schedule that will accommodate everyone. With that said, we realize that there still could be scheduling conflicts. Each year round swimmer is permitted to miss one dual meet where there is a conflict with a “Championship” meet without jeopardizing their standing on the team or their ability to letter. Swimmers with a meet conflict must notify both coaches as soon as possible and NLT one week prior to the scheduled meet.

# Transportation

* Meets: There is no provided transportation for meets (with the exception of the meet on Dec/17) at the Freedom Center, PWCSAC (Colgan), or CPAC. If we have a bus for a meet, athletes are expected to ride the bus to and from the meet.
* Practice: There is no provided transportation for practices at the Freedom center or PWCSAC. Please provide a list of approved people your athlete is allowed to go to and from practice with, this is just so the coaches are aware of how they are supposed to get home.

# Athlete Behavior

Swimmers/divers will conduct themselves in a manner consistent with Virginia High School Swim Rules and PW County Code of Conduct during practices and meets. Additionally, athletes will remember that they are representatives of Patriot High School and will ensure their behavior reflects on the school in a positive manner.

Athletes will have respect for all teammates, opponents, officials, and more. Athletes will not post insults, make rude/derogatory comments, and Etc.. Of teammates, opposites, officials and more on social media. Failure to do so will result in punishments like not lettering, meet participation, team status, and more.

**Parent Behavior**

Parents please conduct yourself in the same manner that our athletes are expected to do so.

Parents will conduct themselves in a manner consistent with Virginia High School Swim Rules and PW County Code of Conduct during practices and meets. Additionally, parents will remember that they are representatives of Patriot High School and will ensure their behavior reflects on the school in a positive manner.

Parents will have respect for all athletes, officials, and more. Parents will not post insults, make rude/derogatory comments, and Etc.. of athletes, officials and more on social media. Failure to do so will result in punishments that could affect parents and if severe enough their swimmers/divers.

# Coaches Expectations

1. Be on time – Early is on time, on time is late, and late is unacceptable. We only have an hour for practice, so it's important we get in the water when practice starts. Being late to meets can affect you swimming in it.
2. Listen to coaches, officials, and school administrators
3. Bring enthusiasm to the pool and ***have fun***.
4. Understand that you are part of a team. Treat team members with respect.
5. No cameras, phones, or other electronics behind the blocks.
6. No deck dressing.
7. Know when you swim.
8. Never waste an opportunity to swim fast.
9. No drugs, alcohol, or tobacco.
10. No swearing or obscene gestures.
11. At practices and meets we do everything as Patriot H.S. swim team. Only PHS caps and apparel will be worn at meets.
12. Bullying will not be tolerated in any form.
13. School comes first. This is a high school team so academic performance is necessary.
14. Be respectful and encouraging to all.

*No I-Pods, personal music players, or cell phones for texting/social media are allowed during practices or during meets.*

# Parent Volunteers

The Patriot Swim and Dive Team depends a great deal on their parent volunteers. Our volunteers are needed in a variety of capacities in order to have a meet/team run smoothly. Each family is asked to commit to volunteering in at least three meets or team activities. Volunteer opportunities include: team parents, timers, runners, stroke and turn/dive judges, referee, starter, computer rep, pasta parties, fundraising, community service, photographer and more. Signups for meets will be available at the link below:

<https://www.signupgenius.com/go/10C094FADA82CA0F5C07-46112870-swim#/>

# Year Round (Club) Swimmers/Divers

Swimming/diving year round is a big commitment. We realize it requires a significant amount of time and money. However, we expect you to fully commit to the PHS Swim & Dive team as well. We expect you to attend a minimum of one practice a week, but more is preferred by the coaches. Swimmers must attend and participate in our practice for the whole time to receive credit for attending. You are required to swim/dive at least as many practices a week as non-year round athletes will on the Patriot team. A verification form of club/year round practice must be turned in by Wednesday for the previous weeks’ practices. You may miss one dual meet for a club meet. You are expected to be at all post-season meets (that you qualify for). All issues should be taken up with the coaches. Being part of the Patriot team is more than just showing up at meets – it means practicing with, supporting and cheering on your Patriot teammates.

\*Year Round Swimmer/Diver (our definition): an athlete who is practicing with a club team at least 4 sessions and/or 8 hours per week (usually more).

\*Other programs like Riptide, and similar programs, can be counted as practice, but senses they are not as frequent you are expected to be at practice more often.

VARSITY LETTER CRITERIA

High School Swim & Dive is a Varsity Sport, and varsity sports are competitive. Committed participation, while a prerequisite, does not guarantee performance worthy of a Varsity Letter. Therefore, committed participation is not enough to earn a Varsity Letter.

1. ​**Commitment:**

* missing less than 10% of practices for the season.
  + Year round swimmers/divers will be assessed their practice based on their practice verification forms (or screen shots from an online tracker, must include dates) and weekly high school mandatory practice(s)
* Being on time to practice
  + In the water at the start of practice
  + Not walking in when practice is starting
* Attending team events (other than practices and meets)

1. ​**Performance:**

* credit for ​every meet ​attended (including spectating a dive or swim meet)
* credit for score points at a meet for both individual and relays
* credit for ​each 1 second from baseline in ​regular​ season competition (relays do not count)
* Making and competing districts, regionals, and states

3.​ **Ineligibility -**​ Swimmers will be ​**ineligible**​ for a Varsity Letter under the following circumstances:

* They have one unexcused absences from Patriot dual meets.
* Missing 20% or more (excused or unexcused) of the meets you are required to be at (extenuating circumstances will be discussed and considered)
* Missing 20% or more of the practices you are required to be at (extenuating circumstances will be discussed and considered)
* Unsportsmanlike conduct during the season.

**Definitions**​:

Excused Absence​ – This includes illness, academic conflicts such as: tests, make up work, academic auditions, college entrance exam testing, family emergencies, bereavement, and religious conflicts. There may be other absences that qualify as excused not listed and the coaching staff will make a decision as instances arise.

Unexcused Absence​ – Attending or competing in a Club swim meet beyond the one excused “Championship” meet, attending or competing in a conflicting sport event, attending parties, work, volunteer assignments, not communicating ahead of time that you will not be attending the meet, ETC...

**Locker room policy's:**

Lockeroom's may be used at the facilities as needed. Please follow each of the facility's guidelines and rules when using the locker rooms. At the end of each practice and meets the captains will check the locker rooms and notify the coaches of who is still in them or if it is cleared.

**Captains:**

There will be a minimum of 3 captains for the boys and girls teams. The captain's decision process will begin with those who would like to be considered for the position to **EMAIL** the coaches with their intention to be one. From that list the team will then vote to decide who will be captains, but the coaches will have final approval over it. Seniors and Juniors are allowed to run for the captain positions. Captains will be decided before the firstmeet. Captain duties will include:

* Attending any and all meetings at meets.
* Lead team cheers.
* Helping plan social events for the team and encouraging teammates to attend.
* Making sure all swimmers and divers are caught up on the latest team news.
* Helping the coaches make sure the locker rooms are cleared at the end of practice.
* Helping coaches make sure locker rooms are clear before leaving practice/meets.
* ETC....
* \*Other duties can be added if needed\*

**Swim Families/littles &bigs:**

We will be having swim families or littles and bigs that will be assigned by the swim coaches. These will be smaller groups within the team, that will serve as social groups/teams for different events with the team. groups will compete in competitions in and out of practice to score points. At the end of the session the family with the most points will be crowned the champs. More details about competitions, point scoring, and more will come within the season. (Families/Individuals can score points that contribute to lettering by doing things together outside of swim related events). The system we use will be bases on the number of total athletes and the number of athletes in each grade.

***Agreement contract***

By signing this agreement, you are stating that you have read all the covered material and that you understand what is required of you to be a member of this team. All listed groups must sign and give to the coaches before the first meet of the season, failure to do so will affect participation.

11/13/2023

Coach Robbie Seymour Date

11/13/2023

Coach Daniel Gardner Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

Athlete: \_\_\_\_\_\_\_\_\_\_ Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_

Parent: \_\_\_\_\_\_\_\_\_\_ Date