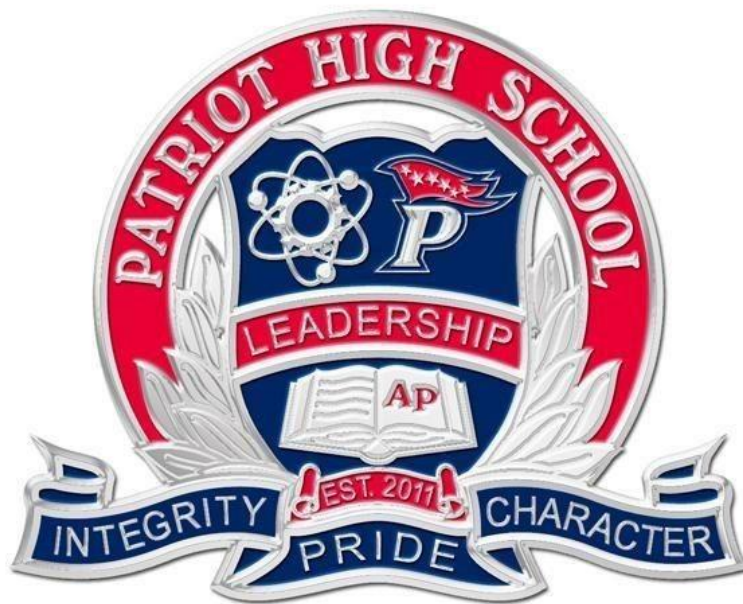


PATRIOT SWIM & DIVE



2022-23

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

Assistant Coach - Daniel Gardner – 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. This cost helps cover a spirit pack (meet suit, team cap, 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, 2019. 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 (included in the team dues price). 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. Athlete's Mark is our vendor for spirit gear, please visit the website

and order your gear directly on the site, and please do so before 12/22, if you don't I can't guarantee you will be able to order anything.

<https://riptideswimshop.com/>

https://stores.athletesmark.com/patriot_swim_and_dive/shop/home

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, in the gym. By there by 2:45 for team picture. Individual pics info coming soon.

Practice Schedule

Swim:

Day	Pool	Time
Monday	PWAC	4:00 - 5:00
Tuesday	Freedom	8:30 - 9:30
Wednesday	Freedom	8:30 - 9:30
Thursday	PWAC	5:00 - 6:00

Dive:

Day	Pool	Time
Monday	PWAC	4:05 - 5:25
Tuesday	PWAC	4:05 - 5:25
Wednesday	PWAC	4:05 - 5:25
Thursday	PWAC	4:05 - 5:25

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	Home team	Away team	Location	Warm-up time	Start time
2-Dec	Patriot	John Champe	PWCS aquatic center	5PM	6PM
10-Dec	Patriot	Unity Reed	PWCS aquatic center	1PM	2PM
16-Dec	Patriot	Battlefeild	PWCS aquatic center	5PM	6PM
17-Dec	freedom (SR)	Patriot	Dulles South Rec Center	5PM	5:30PM
6-Jan	Patriot	Riverside	Freedom center	6:30PM	7:45PM
7-Jan	Patriot	Gainesville	PWCS aquatic center	1PM	2PM
13-Jan	Osborn	Patriot	PWCS aquatic center	5PM	6PM
14-Jan	Osborn Park	Patriot	PWCS aquatic center	5PM	6PM
20-Jan	Patriot	Brentsville	Freedom center	6:30PM	7:45PM
27-Jan	Cedar Run	Districts	PWCS aquatic center	4PM	5:30PM

Dive:

Date	Home team	Away team	Location	Warm-up time	Start time
3-Dec	DIVE	DIVE	PWCS aquatic center	10AM	11AM
10-Dec	DIVE	DIVE	PWCS aquatic center	10AM	10:30AM
17-Dec	DIVE	DIVE	PWCS aquatic center	10AM	10:30AM
7-Jan	DIVE	DIVE	PWCS aquatic center	10AM	10:30AM
14-Jan	DIVE	DIVE	PWCS aquatic center	10AM	10:30AM
26-Jan	Cedar Run	Districts	PWCS aquatic center	4PM	5PM

*** highlighted 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 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 sever 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 ipods 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 positions will come closer to the meets.

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.

VARSIITY 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.

In order to earn a Varsity letter, a swimmer/diver must earn 100 points. Points may be earned in the following ways:

1. **Commitment (maximum 60 points)** - One point credited per practice participation (max points per week is 5 points).

Full points will be awarded to any swimmer/diver who misses 10% or fewer practices during the entire season. Year round swimmers/divers will be assessed their practice points based on their practice verification forms and weekly PHS practice attendance:

General:

- 1 team practice/wk: **1 point**
- 2 team practices/wk: **2 points**
- 3 team practices/wk: **3 points**
- 4 team practices/wk: **5 points**

Club:

- 1 club practices/wk: **1 point**
- 2 club practices/wk: **2 points**
- 3 club practices/wk: **3 points**
- 4 or more practices/wk: **4 points**

Team events:

- **1 point** will be awarded for attending team events (other than practices and meets)

2. **Performance (maximum 60 points)** –

- **1 point** will be credited for **every meet** attended (including spectating a dive or swim meet) (due to dive not having as many meets they will score **2 points** per meet, participating and attending)
- **1 point** will be credited for **each point the swimmer/diver scores** during the **regular** season. Points earned on relays will be divided by four
- **1 point** will be credited for **each 1 sec/1 point score improvement** from baseline in **regular** season competition (relays do not count)
- **5 points** will be credited for swimming/diving at Districts
- **10 points** will be credited for swimming/diving at Regions
- **15 points** will be credited for swimming/diving at States

3. **Discretionary – 15 points** may be awarded, or deducted, at the sole discretion of the coaches.

4. **Ineligibility** - Swimmers will be **ineligible** for a Varsity Letter under the following circumstances, regardless of points earned:

1. They have one unexcused absence from Patriot dual meets.
2. While excused absentees don't make you ineligible, missing meets could result in a deduction of **5 points** per meeting. (This goes into effect after missing 3 meets).

3. They fail to earn at least 25 points for participation in practice/through club practice verification.
4. 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 determination 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:

Lockerroom'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 first meet.

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.

Other duties can be added if needed

Swim Families:

We will be having swim families 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. Families 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).

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.



11/17/2022

Coach Robbie Seymour

Date



11/17/2022

Coach Daniel Gardner

Date

Athlete: _____

Date

Parent: _____

Date