

SHHS/LBMS SWIMMING & DIVING TEAMS

General Training Schedule 2019-2020

Coaches

Head Coach: Chris Coraggio 423-833-5595 (cell) bscswim@yahoo.com
Diving: Judy Holt 423-767-6394 (cell) judymassogliaholt@gmail.com
SHHS Swimming:
LBMS Swimming
Strength Coach: Will McDavitt SHHS Strength Coach: Jackson Rhudy

Website: www.ScienceHillAthletics.com > Winter > Swimming > CoEd Varsity

Practice Schedule

Practice begins **Monday, September 16th**, with the afternoon swimming practice. The first weight training session will be on Wednesday. All training sessions are required unless noted below or excused by the Coach. Make-ups may be arranged if feasible. NOTE: Optional pre-season weight training commences on Wednesday, September 5.

SHHS Swimmers

Weight training (11th-12th; others with permission) Monday - Wednesday - Friday: 5:00 - 6:00 AM
@ SHHS fieldhouse (2 days required)
Swim training @ Freedom Hall Pool Monday thru Friday 3:05 - 5:35 PM
*There will be a special practice schedule during winter break! (last 1/2 hour dryland)

LBMS Swimmers

Swim training @ Freedom Hall Pool Monday thru Friday 5:35 - 7:35 PM
(first 1/2 hour dryland)

SHHS & LBMS Divers

Mon-Tues-Thurs-Fri 5:05 - 6:05 PM Dive training @ Freedom Hall Pool
Saturdays 11:00 AM - 1:00 PM Dive training @ Freedom Hall Pool

** Possible use of the KAC diving facilities will be announced when arranged.

*Note: In order to maintain adequate training integrity, some meet days will also include a training component

Schedule changes for school calendar considerations:

Fall Break: Oct 7-11. Regular pool practice schedule (These are optional practices and are a great way to get in some make-ups) Weights on Mon-Wed 7:30 – 8:30 AM

Thanksgiving Week:

Wed, 11/27 SHHS: 3:05 - 5:05 PM; Weights 7:30-8:30 AM
Thurs, 11/28 OFF
Fri, 11/29 SHHS: 3:05 – 5:05 PM (optional)
Sat, 11/30 SHHS: 7:00 - 9:00 AM (optional)

MLK Day: Mon, 1/20: Regular practice schedule; Weights 7:30-8:30 AM

Winter Training (SHHS only): We DO train while school is on winter break! **In fact, this time is a key component of our training cycle.** Some of the practices will be designated as "optional". The others will be required. (You may substitute an optional practice as a make-up for a required practice). Some days there will be two training sessions per day. If two training sessions are listed, attendance at both is expected. As soon as the pool schedule has been determined, a detailed Winter Training Schedule will be handed out and posted on the web site.

Snow Policy

If school is delayed or cancelled prior to 5 AM, swimming and/or weights is also cancelled for that morning. (If no decision has been made by 5:00 AM, we will still conduct and complete the scheduled morning practice)

If school is cancelled or dismissed early, refer to the Remind feed for updates about the afternoon practice schedule.

Equipment

There are all kinds of suits, in many materials and for various prices. At some swim meets, swim shops are set up to sell suits as well as other swimming gear. Some good bargains on practice suits can usually be found there. If you are looking for a good, long-lasting suit, the Endurance fabric suit by Speedo is very good. It's a bit heavier than other suits, but can be used for both practice and meets and lasts a long time. A lycra suit is usually the least expensive, but tends to wear out the fastest. More technically superior suits such as the Speedo Fastskin and LZR suits are all made of special fabrics designed to minimize drag through the water. Swimmers competing at meets below the State level probably will not see a significant improvement using these high-end suits.

Swimmers who want to invest in additional personal **training equipment** will be able to get a discount from our supplier. Items needed are: pull buoy, paddles, fins, snorkel (not the freestyle snorkel – the general Finis or Speedo snorkel), noseplug, kickboard, and an equipment bag to store everything in.

Forms

No student may begin training with a SHHS or LBMS team until he has turned in the following forms. If you are in a fall sport, the only additional forms are the Team Contract, the Swimming & Diving Transportation Form, and Information Form (Google docs).

SHHS Swimmers and Divers (submitted online via the DragonFly MAX program)

- *Information Sheet
- *A Physical Form dated after April 15 of this year. (Those athletes who participated in the school-wide physical day at Freedom Hall last spring are already covered)
- *Parent Release and Waiver Form
- *Concussion Form
- *Bullying Form
- *Team Contract
- *Social Media Form
- *Travel Permission Form
- *Drug Testing Consent Form

LBMS Swimmers and Divers (turned in directly to Coach Chris)

- *Information Sheet
- *A Physical Form dated after April 15 of this year. (Those athletes who participated in the school-wide physical day at Freedom Hall last spring are already covered)
- *Parent Release and Waiver Form
- *Concussion Form
- *Bullying Form
- *Team Contract
- *Travel Permission Form
- *Social Media Form

Participation Fee

There is a \$25 participation fee assessed per student per sport to help cover the cost of the school's insurance policy. Checks should be made out to your respective school (SHHS/LBMS) and given to the coach. If there is a financial hardship that prevents payment of this fee, please see the head coach privately.

Insurance

There is a voluntary, supplemental insurance plan available. If interested go to: www.studentinsurance-kk.com
It is suggested you consult with your insurance provider to see if you need additional coverage.

Parental Involvement

We do need parents' help to make the season a success. For home meets, we need volunteers to act as timers, officials, computer operators, and announcers. In addition, the Booster Club has activities which enhance the Swimming and Diving Team experience for our athletes. Please give generously of your time and talents!

Booster Club Email: SHHSbehindtheblocks@gmail.com