

# Stone Bridge High School Swimming



**2014-2015  
Team Manual**

## Coaches' Contact Information

Katherine Hackett - Head Coach

[katherine.hackett@lcps.org](mailto:katherine.hackett@lcps.org)

571-277-7080

Meaghan Rowley- Assistant Coach

[meaghan.rowley@lcps.org](mailto:meaghan.rowley@lcps.org)

## Swimmers: Join Our Facebook Group!

<https://www.facebook.com/groups/228122973928209/>

Please also utilize our team website ([www.stonebridgesports.org](http://www.stonebridgesports.org)).

Many team announcements will be made through the email blast on the website. It is imperative that parents and swimmers sign up for the email/text alerts on the website to be kept up to date on all team and athletic information.

### Upcoming Dates:

<b>11/12</b>	<b>College Signing Ceremony (5:00 pm after tryouts, tentative)</b>
<b>11/17</b>	<b>Equipment Distribution, 5:00 (after dryland)</b>
<b>11/20</b>	<b>Team Pictures (wear team warm ups to practice)</b>
<b>11/20</b>	<b>Winter Sports Parent Meeting- 6:30, Cafeteria</b>
<b>11/31</b>	<b>\$150 Athletic Fee due to Athletic Office</b>

### Spirit Wear

Spirit Wear will be available this year through Reston Shirt. We have selected many options for this and information will be given out soon after the team has been selected.

### Team Suits

Your swimmers should have already tried on the team suit for size. Those orders have been placed. The price for the suit is as follows:

*Men's Jammer: \$42.84*

*Men's Brief: \$35.40*

*Women's Suit: \$66.25*

**The amount will be collected by Cassels very soon after the team has been selected.**

# Tryouts

Day	Location	Practice Time	Bus Leaves	Bus Returns
Monday 11/10	Stone Bridge- Cafeteria	4:00-5:00 pm		
Tuesday 11/11	Claude Moore	6:30-8:00 pm	6:00 pm	8:30 pm
Wednesday 11/12	Stone Bridge- Cafeteria	4:00-5:00 pm		
Thursday 11/13	Claude Moore	5:00-6:30 pm	4:30 pm	7:00 pm

\*Please be advised that this schedule is subject to change at any point\*

**In order to try out for this year's team you must have the following completed and/or turned in by Monday 11/10 at 4:00 pm:**

- Physical Form (per school year)
- Emergency card (per season)
- Training Rules (per school year)
- Risk Assumption (per school year)
- Concussion Guidelines (per season)
- Proof of Insurance or Purchased Insurance (per season)

All forms can be found at:

<http://stonebridgesports.org/index.cfm?action=main.otherad&contentID=9909485>.

Additionally please ensure that you have filled out the Google form prior to tryouts:

[https://docs.google.com/forms/d/1GxCHfKC7nfzSYuPro0UkRQVVkWGyJHyt7E2IApoX5Gg/viewform?usp=send\\_form](https://docs.google.com/forms/d/1GxCHfKC7nfzSYuPro0UkRQVVkWGyJHyt7E2IApoX5Gg/viewform?usp=send_form).

## Practice Schedule

Practices begin Monday November 17<sup>th</sup>, 2014 and go through Thursday February 6<sup>th</sup>, 2015.

Swimmers are required to attend both swim practices (Tuesday and Thursday) each week and one dryland practice each week (Mondays).

Day	Location	Practice Time	Bus Leaves	Bus Returns
Monday	Stone Bridge-Cafeteria	4:00-5:00 pm		
Tuesday	Claude Moore	6:30-8:00 pm	6:00 pm	8:30 pm
Thursday	Claude Moore	5:00-6:30 pm	4:30 pm	7:00 pm

\*\*No practices will occur from November 26<sup>th</sup> - November 30<sup>th</sup> for Thanksgiving break.

\*\*No mandatory practices will occur from December 22<sup>nd</sup> - January 4<sup>th</sup> during winter break. Swimmers will be given a fitness packet to work out during this time on their own. This packet will be collected at the end of winter break with a signature of completion. Optional dryland practices at SBHS may occur and dates and times will be given at a later date. Swimmers are encouraged to swim on their own over the break if they can.

\*\*Swimmers who qualify for Regionals will continue regular practices through Thursday February 12<sup>th</sup>. Swimmers who qualify for States will continue regular practices through Wednesday February 19<sup>th</sup>.

### Practice Attire

During swim days, girls must wear a one piece swim suit, cap and goggles. Boys are required to be wearing a suit and goggles. No swimmers should be wearing the team suit to practices.

During dryland practices, students must have appropriate running shoes and clothing. They must also have a sweatshirt and sweatpants with them in case practice is outside.

Students not properly dressed and equipped for practices will be counted as absent.

## 2014-2015 Meet Schedule

Day	Date	Meet	Depart Stone Bridge	Approximate Return Time	Meet Start Time
Friday	Dec.5	McLean HS Ida Lee (Home)	5:45 pm	9:15 pm	7:00 pm
Friday	Dec. 12	Langley HS Spring Hill (Away)	4:00 pm	9:00 pm	6:30 pm
Saturday	Dec. 13	Fairfax HS Oak Marr (Away)	6:00 pm	11:00 pm	8:30 pm
Friday	Dec. 19	South Lakes HS Ida Lee (Home)	7:45 pm	11:30 pm	9:00 pm
Saturday	Dec. 20	Loudoun County HS Ida Lee (Away)	4:45 pm	8:45 pm	6:00 pm
Friday	Jan. 9	Thomas Jefferson HS Audrey Moore (Away)	4:00 pm	9:00 pm	6:00 pm
Saturday	Jan. 10	Heritage HS Ida Lee (Home)	4:45 pm	8:30 pm	6:00 pm
Friday	Jan. 16	Madison HS Oak Marr (Home) <b>**Senior Night**</b>	3:45 pm *Early Release at 3:30*	9:15 pm	6:00 pm
Friday	Jan. 23	Marshall HS Spring Hill (Away)	4:15 pm	9:00 pm	6:30 pm
Friday	Jan. 30	Conference 14 Claude Moore	4:00 pm	9:45 pm	6:00 pm
Friday & Saturday	Feb. 6 & 7	Regionals Freedom Center	TBA	TBA	TBA
Thursday, Friday, & Saturday	Feb. 19, 20, 21	States Collegiate School Aquatic Center	9:00 am Thursday	9:00 pm Saturday	TBA

Warm ups begin 30 minutes before the schedule meet time.

**\*\* All bus and meet times are subject to change\*\***

# Meet Information

## Order of Events

- 200 yard medley relay
- 200 yard freestyle
- 200 yard individual medley
- 50 yard freestyle
- Diving
- 100 yard butterfly
- 100 yard freestyle
- 500 yard freestyle
- 200 yard freestyle relay
- 100 yard backstroke
- 100 yard breaststroke
- 400 yard freestyle relay

**\*\*Boys and girls events are alternated with boys starting first\*\***

A swimmer may swim no more than 4 events, which may be two individual events and two relays, or one individual event and three relays. No swimmer may be entered in more than two individual events.

There will be four swimmers placed in each event; this is awarded based on effort, practice attendance, and speed.

**Please note that relay members will be selected at the coaches' discretion. These selections will be made based on times, relay team cohesion, and work ethic. The coaches will always make these choices based on what is best for the team.**

## Bus Information

All swimmers are required to ride the bus to meets. They may ride home from meets with their parents but their parents must sign them out on a sign out sheet before leaving. These swimmers who leave with their parents are still required to stay for the entirety of the meet.

# Stone Bridge High School

## Swim Team Records

(Updated 2/14)

### Men

200 Yard Medley Relay	J. Auerbach, D. Marron, M. Kost, C. Davidson(2014)	1:45.33
200 Yard Freestyle	M. Kost (2014)	1:49.11
200 Yard I.M.	D. Marron (2014)	2:01.98
50 Yard Freestyle	E. Bond (2002)	22.64
100 Yard Butterfly	J. Freedman (2008)	53.42
100 Yard Freestyle	N. Kost (2013)	49.50
500 Yard Freestyle	M. Kost (2014)	4:52.87
200 Yard Freestyle Relay	N. Kost, C. Kowalewski, K. Chaudhary, L. Schierling (2011)	1:36.15
100 Yard Backstroke	E. Bond(2002)	55.26
100 Yard Breaststroke	D. Marron (2014)	1:01.85
400 Yard Freestyle Relay	C. Davidson, A. Laws, D. Marron, M. Kost (2014)	3:26.07

### Women

200 Yard Medley Relay	B. Boone, E. Winland, S. Schwee, S. Landers (2008)	1:50.13
200 Yard Freestyle	A. Mack (2012)	1:52.45
200 Yard I.M.	S. Schwee (2008)	2:05.62
50 Yard Freestyle	A. Mack (2012)	24.58
100 Yard Butterfly	S. Schwee (2008)	54.78
100 Yard Freestyle	A. Mack (2012)	52.32
500 Yard Freestyle	S. Schwee (2008)	5:09.06
200 Yard Freestyle Relay	A. Pollock, H. Springman, P.Haynes, D. DeGooyer (2009)	1:42.92
100 Yard Backstroke	S. Schwee (2008)	55.37
100 Yard Breaststroke	S. Landers (2008)	1:06.34
400 Yard Freestyle Relay	E. Winland, B. Boone, S. Landers, S. Schwee (2008)	3:40.90

## **Lettering Requirements**

The first time an athlete meets the requirements for a letter, he/she will receive the appropriate sport symbol on a 6" letter. Each additional year, they will receive a bar. In order to earn a varsity letter an athlete must meet the following criteria:

1. Attendance- Swimmers must attend all practices. The swimmer must finish the season as a team member in good standing.
2. Sportsmanship- Swimmers should realize that they are representing Stone Bridge High School and the community and should conduct themselves in such a manner that they are an asset to the school and community.
3. Rules and Expectations- Adherence to all rules and expectations is required.
4. Swim Meets- Swimmers must compete in regular season meets and attend the District tournament, whether you qualify or not.

We will be following the Loudoun County Policy which states that if a swimmer has more than three unexcused absences, the swimmer will not letter and will face removal from the team. Three tardies will count as one unexcused absence. Please note that your participation at practice is more important than just your attendance. Coming to practice and sitting out or goofing around can also count against your absences. Excused absences include: doctor or dentist (with doctor's note), funeral, or court. However, it is recommended that you schedule appointments during non-practice times. It is important to understand that as a SBHS swimmer you are making a commitment to this team and your teammates are counting on you.

## **Academic Requirements**

Official eligibility to be on the swim team is that the student athlete must be passing five courses. The coaches' expectations are that swimmers will be passing all their classes. If a swimmer cannot maintain academics and athletics they will be removed from the team so that they can focus on the most important thing, their grades.

As school teachers, the coaches understand the importance of school work and will do everything they can to support your student-athlete's academic success. Athletes should let us know when they are in need of help, before a problem arises and they must be removed from the team.



## **Rules and Expectations**

- We will give 100% respect to our coaches, teammates, managers, opponents, and officials.
- We will be on time and prepared for all team practices and meets.
- We will always maintain good sportsmanship, on and off the deck.
- We will work to encourage our teammates during meets and practice. Win or lose we will be the most spirited team on the pool deck.
- We will be at school by 9:15 am in order to come to practice and therefore participate in the meet. Any swimmer arriving after 9:15 am must have a note from a doctor or you cannot practice or swim in the meet.
- We will travel to all meets together as a team.
- We will come to practice in proper attire with all necessary equipment.
- We will keep the pool, pool deck, and bus clean. We will always clean up after ourselves.
- WE WILL ALWAYS STRIVE FOR EXCELLENCE. This includes having a positive attitude, giving 100% all of the time, encouraging our teammates, and swimming what the team needs me to swim.

## **Rules for Practice**

- Come to practice dressed and ready to practice.
- No jewelry allowed.
- Always bring extra cap and goggles.
- Always bring a water bottle to practice. You will not be permitted to leave the pool for water.
- Always enter the pool feet first. This is for your safety as well as good practice for meets. At meets you will be disqualified if you dive into the pool for warm-ups at a meet!
- Do not hang or sit on the lane lines.
- Be polite to patrons and lifeguards in the locker rooms and on the pool deck.

**By accepting a spot on the Stone Bridge High School Swim Team, you are agreeing to abide by all team and practice rules.**

# BE THE VILLAGE!

## Meet Volunteers Needed!

There is no other high school sport that is so dependent on its volunteer base. Swimming truly does take a village. For home meets we require over 20 volunteers to run the meets. This does not include the volunteers behind the scenes that help your swimmers every day. For away meets there are less volunteers required, but often a drive ensues. All families will be responsible for volunteering for at least 6 meets although more may be required to ensure that the meets run smoothly.

All of our volunteer positions will be posted on **VolunteerSpot** this year for your convenience. This method will ensure that our volunteers will be afforded the opportunity to sign up according to their schedule. The website will provide a reminder email. Additionally you will have access to my email and cell number in case of a last minute emergency. We are excited to automate the volunteer process and help you to attend the events and support your swimmer.

If you have any questions regarding the positions, please let me know. There are plenty of opportunities to train on a position that you might be interested in performing steadily or intermittently throughout the season. Below you will find a brief description of each of the major positions to assist you in your decision making.

**The VolunteerSpot links will be distributed to parents after the team has been selected. The description of each volunteer position is below for parents new to the team.**

**Timers:** 12 timers are needed at each meet. This is a basic job. Pressing a start button at the response of the starter and a stop button as the swimmer in your lane touches the wall. Volunteers will need the ability to lean over the starting wall to ensure accuracy of the timing. This position does require standing through the whole meet. Additionally this is one of the greatest vantage points to actually see your swimmer swim.

**Chief Timer:** This individual is in charge of the timers. They have to facilitate back up stop watches in case of equipment failure or personnel error. They are also in charge of taking all cards to the scoring table.

**Score Keepers:** 2 score keepers are needed on for the boys and one for the girls. This position requires sitting throughout the meet. The only skill necessary is addition; but if you hate math, I have a calculator. This position also is close to the pool, although the vantage point is not as good as the timer.

**Recorder:** This person sits at the score table and assigns placement to the swimmers. This placement assists the score keepers in determining value of points for the score keepers.

**Stroke and Turn Judge:** This position requires a class. If you would like to become a stroke and turn judge or you already are a stroke and turn judge and would like to be qualified for high school, please contact Coach Hackett or myself and we will get you the appropriate training.

**Announcer/Starter:** The announcer announces each heat for the meet. The starter is responsible for setting up the starting equipment and operating it throughout the meet.

**There is a huge need for officials at all meets throughout the season. Please consider being trained so we don't run into any problems this season with our officials.**

## **Swim Facility Locations and Directions**

**Audrey Moore Recreation Center: 8100 Braddock Road, Annandale, VA 22003  
703-321-7081**

Take the Toll Road to Exit 18 Interstate 495 South the Capital Beltway toward Richmond/Alexandria. Take the Braddock Road West/VA 620 West exit 54A. Keep right at the fork to go on Braddock Road/VA 620 West.

**Claude Moore Recreation Center: 46105 Loudoun Park Lane, Sterling, VA 20164  
571-258-3600**

Take Rte. 7 East toward Sterling. Take the exit for Cascades Parkway South. Continue on Cascades Parkway for approximately 1 mile. Turn Left at the second entrance to the park at Loudoun Park Lane and follow that road to the Recreation Center.

**Freedom Center: 9100 Freedom Center Blvd, Manassas, VA 20110  
703-993-8444**

Take the Toll Road East. Take the exit toward Virginia Rt. 28/Sully Rd. Take the I-66 W ramp toward Front Royal. Take exit 47A to merge onto VA-234 BUS S/Sudley Rd. toward Manassas. In 2.5 miles turn right onto Rixlew Ln. After 1 mile, turn right onto Wellington Rd. In .5 mile turn left onto Freedom Center Blvd. The Rec Center is on your right.

**Ida Lee Recreation Center: 50 Ida Lee Drive NW, Leesburg, VA 20176  
703-777-1262**

Take Rt. 7 West into Leesburg. Go through the downtown district. At the fork in the road, stay right. Follow this road to the court house on your right. Make a right onto King Street. Follow King Street to Ida Lee Park on your left.

**Oak Marr Recreation Center: 3200 Jermantown Rd, Oakton, VA 22142  
703-281-6501**

Take the Toll Road to exit 14 (Hunter Mill Rd.). Turn right onto Hunter Mill Road. Go 5 miles and turn right onto Chain Bridge Rd (123 South). Turn right onto Jermantown Rd. (655 South). The destination will be on your right in .4 miles.

**Spring Hill Recreation Center: 1239 Spring Hill Road, McLean, VA 22102  
703-827-0055**

Take the Toll Road to the VA-684 N/Spring Hill Rd exit. Turn left onto Spring Hill Rd. The destination will be on your right in .7 miles.