



Welcome to the 2019 Girls Fenton Varsity Swimming and Diving Team. The coaching staff and I look forward to working with you and your swimmers/divers this year. The purpose of this packet is to provide you information on coaching philosophy, team policies, and general team information.

Coaching Philosophy

Our primary goal is to instruct, support, and challenge athletes, resulting in the development of one of the strongest, most competitive programs in the state.

In order to be a Fenton Varsity Swimmer/Diver, academics must be the athlete's first priority. With proper discipline and organization every team member can be successful in both the classroom and the pool. Swimming is one of the most demanding sports there is. Athletes must make a commitment to themselves, their teammates, and their coaches. Our training and competition schedule is demanding. Every swimmer is expected to attend 100% of the training sessions and give 100% at each training opportunity.

It is our goal to include as many participants as possible in our program. During the first official week of the season the coaching staff will assess each athlete's current technique and endurance. Size limits may be made for two reasons: 1) the number of athletes trying out exceeds the appropriate limit to provide optimal team and individual training; 2) an individual does not have the minimal experience and ability to contribute to the program.

The Girls Varsity Swim Team has never lost a Metro League meet or league championship. We have traditionally competed at the state level while being a team of diverse ability and experience. The core aspect to any successful swim program begins with its training regiment. Every team member is valued for her contributions to reaching our goals. Practices are individualized to meet the needs of every athlete. Creating an atmosphere of hard work, commitment, and positive attitudes enables every team member to be successful.

Team Rules:

- This program is an enormous source of pride to your school and your community. Always conduct yourself in a manner deserving this honor.
- Be on time for every team function. (practice, meets, etc...)
- Give 100% at every training opportunity.
- Treat your teammates with respect.
- Follow the lead of your captains and other senior leadership.
- Leave personal issues out of the pool.

Varsity Letter Requirements:

- Earn a combined 115 NISCA points between your top two swimming events.
- Participate for 4 years on the team.
- Score 300 points in an 11 dive meet.
- Qualify for the State tournament.

Calendar:

April 4: Parent Meeting in the High School Lecture Hall

May TBA: Sports Physicals at School; ***Watch for announcements via FHS athletics***
You can have your own physician do the physical however they **MUST BE DATED AFTER 4/15/2019.**

June 3rd: Swim A Thon at the Fenton High School pool from 3pm-5pm. (Money is due.)

June 7th: DEADLINE for \$350 Swim Camp money & camp permission form (details on pg 5)

Summer Swim (Optional) OLY Falcons Swim Team; Spring Meadows Swim Team

**Contact Coach Jones for more information about summer swim options.*

July 21st: DEADLINE for physical form & Athlete Information Form

****If you didn't participate in the school physical night you will need to bring the completed physical form with you to the potluck.**

Team Potluck at the Kromer House 10445 Denton Creek Dr Fenton, 3pm

*Boosters will provide the meat, buns, condiments and paper products.

Athletes should bring:

Seniors: Dessert

Juniors: cold side

Sophomores: hot sides

Freshmen: bottled water; liters of pop / lemonade

****All Camp forms and Physical form MUST be received by 7/21/19 to be eligible to attend camp.**

July 28-August 1: Swim Camp in Ithaca, New York- Coach to go over details at parent meeting.

Calendar (cont):

August 13th: Swim Practice Starts: Midnight Madness at Fenton High School: 9pm

A fun start to the official season! The girls will have an overnight lock in at the school with lots of fun activities ending with a midnight swim. They need to bring an overnight bag, sleeping bag, pillow, swim gear, black sweatpants, fabric paints and a snack to share.

August 15th: Swim Practice (regular schedule)

Fenton High School: 8am - 11am; Monday - Thursday until school starts (No practice Fridays)

August 27th: First day of school and start of “2 a day” practices:

Weekly Training Schedule: Coach will assign groups during the first weeks of practice.

	<i><u>Black Group</u></i>	<i><u>Orange Group</u></i>
Mon & Wed:	5:30am – 7am swim 2:45pm – 5:00pm swim	6am – 7am weights 2:45pm – 5pm swim
Tues & Thur:	6am – 7am weights 2:45pm – 5pm swim	5:30am – 7am swim 2:45pm – 5pm swim
Friday :	2:45pm – 5pm swim	2:45pm – 5pm swim

2019 Meet Schedule: (To be finalized soon)

SAT AUG 24	Livonia Stevenson	A		Stevenson HS(11:30 start)
AUG 28	Lakeland Quad Meet	A		Lakeland HS(5:30 start)
Sept 7	Tiger Relays	H		FHS
Sept 17	Dexter	H		FHS
Sept 19-21	County	H		FHS
Sept 26	Corunna	H		CHS
Oct 1	DOW	H		FHS
Oct 3	SCF	H		SC
Oct 10	Brandon/Goodrich	A		OB
Oct. 12	MISCA	A		EMU
Oct 15	Grand Blanc	H		FHS
Oct 17	Owosso	A		OHS
Oct 24	Holly/Kearsley	H		FHS
Nov 7	FML Diving Prelims	H		Fenton(OW Hosting)
Nov 8	FML Prelims	H		Fenton(OW Hosting)
Nov 9	FML Finals	H		Fenton(OW Hosting)
Nov 14	Diving Regionals	H		Fenton
Nov 22	MHSAA Prelims	A		TBA
Nov 23	MHSAA Finals	A		TBA

*Athletes must qualify to compete in MISCA and D2 State Meets.

2019 State Cut times to qualify (may change slightly this fall):

200 MEDLEY RELAY	1:56.59		500 FREESTYLE	5:27.39	
200 FREESTYLE	2:00.39		200 FREESTYLE RELAY	1:44.79	
200 INDIVIDUAL MEDLEY	2:17.09		100 BACKSTROKE	1:02.99	
50 FREESTYLE	25.39		100 BREASTSTROKE	1:11.19	
100 BUTTERFLY	1:01.39		400 FREESTYLE RELAY	3:50.59	
100 FREESTYLE	55.39				

Cost to Play:

Money Due

Please send payment to: Marni Johnson
 11673 Orchardview Dr.
 Fenton, MI 48430

Team Items Needed: *Checks Payable to Fenton Girls Swim & Dive	COST:
Swim & Dive Camp ***Money Due to Marni on or before June 7, 2019	\$350
Team Gear (suit, team t-shirt, cap)	\$80
Optional: Warm Up Jacket with Embroidery (S, M,L)	\$50
Optional: Warm Up Pants (S, M,L)	\$35
***Money & Order form for all team gear including optional warm ups Due to Marni by 7/21/19	
Pay To Play: Pay to Fenton High School via sendmoneytoschool.com or a check to athletic office.	\$230
Items to purchase on your own: 5 Gallon Bucket	
Fins	\$20
Optional- Snorkel	\$20

The best places to buy the fins and snorkels at:

- Fins - The Dive Shop in Flint on Corunna Rd.
- Snorkels and all other training equipment can be purchased through Swimoutlet.com

Volunteer Information:

Volunteers are needed to make our team successful

- ❖ Meet volunteers: timers, concessions, hospitality, donations
- ❖ Each girl donates:
 - Seniors & Sophomores donate 1 case of water and 1 case of gatorade (24 oz)
 - Juniors & Freshmen donate 1 case of water and 1 case of pop (coke, diet coke or sprite)

Please join our Facebook group: [FHS Girls Swim and Dive Team](#).

Contact Information:

Coaches Contact Information:

Head Coach: Brad Jones (810)240-1076 bjones@fentonschools.org
Diving Coach: Dave Bale (810)278-1005
Asst. Coach: Stephanie Olsen (248)408-0626

Parent Board Contact Information:

Tami Kromer, President: 810-444-7593
Dan Fries, Vice President: 810-513-2329
Marni Johnson, Treasurer: 586-944-6354
Randi Harrison, Volunteer Coordinator: 810-516-6840
Erin Haynes, Liaison 810-560-2162
Amy Alexander, Liaison 810-577-7205
Nicole McDermott, Liaison 810-210-6976

Team Information:

Team Email: fentongirlsswimteam@gmail.com
FaceBook [FHS Girls Swim and Dive Team](#)
School website: www.fentonschools.org
<http://fentonathletics.org/>

Please feel free to contact Coach Jones with any questions or concerns via email or by phone. Please do not call after 9:00 pm unless it's an emergency.