

East Swimming 2007-2008

COACHES

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TEAM CUTS

There will be no "cuts" as such, if you are just starting swimming you have just as good of a chance to make this team as those who have been swimming for a while. Any swimmer who has the determination to make the practices, who tries his or her hardest every day, who is a contributing and positive member of the team should make the team, no matter the speed

If a swimmer skips practices for no good reason other than that he is lazy, messes around in the few practices he manages to come to, criticizes others instead of building them up, shows all the world that he values himself to the exclusion of his teammates and his team, but happens to have more talent than a human should be allowed to have, he/she will have to look around for another team on which to waste that talent.

ELIGIBILITY

1. It is the participants responsibility to keep himself/herself in good standing. In other words, don't blame your coach or your teachers if you mess up.
2. Any Student whose conduct or character is such as to reflect discredit upon the school is not eligible.
3. All team members must maintain satisfactory scholarship. If a team member fails any classes on the term report card, he shall be declared ineligible. Incompletes shall be considered failing grades until made up satisfactorily.
4. Truancy is reasonable ground to remove a team member from the next scheduled athletic event.
5. A student will not, at any time or location, use or consume in any amount, tobacco, controlled substances, or alcoholic beverages.
6. Students will not at any time be involved, at any location, in theft or destruction of another's property.
7. Implementation and enforcement, and disciplinary action will be the responsibility of the coach.

PRACTICE TIMES

Swimmers MUST be on time to practices.

If you are not in the water at the start of practice, it will count as ½ a practice.

You should plan on attending at least 80% of the practices to be eligible to swim in a meet.

September

Monday - Friday → 2:30-4:30 pm (5 lanes)

October

Monday - Friday → 2:30-4:30 pm (5 lanes)

Monday, Wednesday, Friday → 5:30-7:00 am (3 lanes)

November

Monday - Friday → 2:30-4:30 pm (5 lanes)

Monday, Tuesday, Thursday, Friday → 5:30-7:00 am (3 lanes)

December

Monday - Friday → 2:30-4:30 pm (5 lanes)

Monday - Friday → 5:30-7:00 am (3 lanes)

January

Monday - Friday → 2:30-4:30 pm (5 lanes)

Monday, Wednesday, Friday → 5:30-7:00 am (3 lanes)

Saturday Morning → TBD

If there is some reason you cannot make practice (i.e. you are sick, school conflicts, etc.), **you** (not your mom/dad) will be required to contact me by phone before practice so that I know you were planning on attending. If you know in advance that you will not be able to attend practice, please let me know.

"DON'T COUNT THE DAYS; MAKE THE DAYS COUNT."

WORKOUT ETIQUITE

In order to help workouts be a more enjoyable place to be, please read over the following guidelines. Everyone is expected to contribute in order to make this team the best that it can be. **Remember** don't be selfish, think of your teammates first.

The swimmer **WILL NOT**

- stop unless told to by a coach!!
- Ignore stroke advice or request made by coaches.
- push off the wall right in front of someone.
- be a WIMP!!! (you are never as tired as you think you are)

The swimmer **WILL**

- Be happy (no complaining)
- Be on time!
- Do all stretches.
- Get in on time and do the entire warm-up.
- Do the entire cool down.
- Drink water during the workout (BRING YOUR WATER BOTTLE).
- Do the entire set and every set. (Just because others are done doesn't mean you are finished too.)
- Allow those who want to work the hardest lead the lane. (As long as they are faster, regardless of gender.)
- Help with equipment. (without being asked, or watching others do all the work.)
- Do legal turns.
- Streamline all starts and turns.
- Push off the walls.
- Keep up with the lane they are in.
- Do legal strokes at all times.
- Keep track of the count for each set.
- Wait 5 seconds before leaving after the swimmer in front of them. (crowded lanes may not allow this)
- Know how to use the pace clock and keep track of times during main sets.
- Encourage and support others during practice.
- Get good grades.
- Try your hardest not to complain. It does not help anyone else and it certainly does not help you, we can not allow ourselves to loose anyone.

SWIM MEETS

1. Each Swimmer should arrive by the specified time the coach has set. The swimmer risks being scratched from the meet if not on time.
2. The team captains will have the responsibility of having the swimmers in the pool by the time the coaches specify. If swimmers are not in the pool by that time, they will not compete in the meet.
3. The swimmer will be entered in events that the Coach feels are best for the swimmer. If the swimmer has a **REQUEST** to what they want to swim, they may let the coach know the week before the meet.
4. Each swimmer should loosen up 5-10 minutes before their actual swims when possible.
5. Each swimmer should loosen down after each race approximately 10 minutes when possible until their heart-rate returns to normal.
6. **NO TOKEN EFFORTS, YOU NEVER WANT TO SAY YOU DID NOT GIVE IT YOUR BEST EFFORT.** If you do not wish to swim, there are many others who would love to take your place.
7. **Cheer all team members in all races!!!**
8. Don't mope around if you don't do as well as expected, your attitude will definitely affect others.
9. All swimmers must talk to their coach before and after each event in which they compete.
10. Wear only TEAM CAPS and SUITS in any meets.
11. All team members will be present to cheer East Swimmers in all races!!!!!!!

2007-2008 East High School Swimming Schedule

Home team odd lanes, visiting team even lanes

**This schedule is Tentative and should be finalized by the end of September

Date	Event	Location	Time
Tuesday Oct 23 rd	Alta	Steiner	3:30 pm
Thursday Oct 25 th	Skyline	Skyline High	3:00 pm
Tuesday Nov 6 th	Region VI Relay Meet	Murray Park Rec. Ctr.	3:30 pm
Tuesday Nov 13 th	Highland/Ogden @ East	Steiner	3:30 pm
Fri & Sat Nov 9-10 th	Viewmont Inv	South Davis Rec. Ctr.	TBD
Tuesday Nov 27 th	Murray/Judge @ East	Steiner	3:30 pm
Tuesday Dec 4 th	East @ Cyprus	Cyprus High	3:30 pm
Tuesday Dec 11 th	Olympus/Park City @ East	Steiner	3:30 pm
Fri & Sat Dec 14-15 th	Judge Invitational	Fairmont	TBD
Tuesday Dec 18 th	East @ Granger	Steiner	3:30 pm
Tuesday Jan 8 th	West, Cottonwood, Highland @ East	Steiner	3:30 pm
Tuesday Jan 15 th	Region JV Meet	Murray Park Rec. Ctr.	2:30 pm
Tuesday Jan 22 rd	Region Championships	Murray Park Rec. Ctr.	9:30 am
Fri & Sat Feb 1 st -2 nd	4A State Championships	BYU(?)	Early Session

MEET FORMAT

All meets will have the same order of events as listed below:

200 Medley Relay
 200 Freestyle
 200 Individual Medley
 50 Freestyle
 100 Butterfly
 100 Freestyle
 500 Freestyle
 200 Freestyle Relay
 100 Backstroke
 100 Breaststroke
 400 Freestyle Relay

**In each event girls heats will be first.

TYPES OF MEETS

Dual(Tri) Meets

These are meets in which we will compete one other school. Most of the dual meets will begin at 3:30pm and will last until approximately 6:00pm. We will have a school bus take us to most of the away dual meets. Three swimmers are permitted in each individual event and 3 relays in each event. The scoring for all dual meets is 1st-6th 6-4-3-2-1 for individual events and 8-4-2 for relays. We will be applying what we are working on in workouts and judge its effectiveness.

Region Meet

The championship meet for REGION 6 schools (Cottonwood, Cyprus, East, Granger, Highland, Murray, Olympus, West). We can enter everybody in this meet but only the top 4 swimmers and 1 relay in each event will score. Scoring for this meet will be the top 12 places in individual events and top 8 places in the relays. Times from this meet can be used to qualify for the 4A State Championships. The top 2 finishers in each event automatically qualify for the state championships.

4A State Meet

The championship meet for the team at the end of the season. We can only enter 4 swimmers in each individual event and only one relay team in each relay event with 8 swimmers listed on the entry. Only the swimmers who have qualified by the end of the Region meet will be swimming in this meet. Scoring for this meet will be to 16 places with relay scored double.

LETTERING REQUIREMENTS

In order to automatically earn an East Letter, one must qualify and swim in the 4A State Championships or qualify in the top ten at Regional Championships.

The other method is the coaches discretion. If the swimmer contributes and supports the team, has good attendance record approximately 90 percent for two years, has good attitude towards team and workouts, the coach will have the option to award the swimmer his\her letter.

ATTITUDE

After weeks of workouts, it will come down to a simple race. Countless hours of work will culminate in a minute of boiling water. In order to succeed in this, you must learn how to swim well in competition. The most important thing in any race, of course, is the work you've put in during practices. Beyond that, however, *it is all in your head*. If you know you will swim well, you will. If you know you will swim poorly, you'll prove yourself right. Swimming on this team is an honor and a privilege. You will swim well. Act like it. It is imperative that you believe in yourself and your team. **One bad attitude can ruin our entire team's positive mental attitude.**

You swim for EAST; there is nothing more satisfying or worthwhile. You will succeed. Despite your best efforts, there will be times when you will not meet your expectations. Even the best swimmers in the world will eventually have a let down. Here are the times for the most important display of Positive Mental Attitude. Don't bring yourself and the rest of the team down.

ATTITUDE IS EVERYTHING!!!

EQUIPMENT

Team Suits

Each year we select a team suit, which is purchased by each swimmer. Coaches and captains will select the suit although we have not yet selected the suits for this year. We will notify you as soon as we obtain that information.

Swim Caps

A cap will protect your hair, distinguish you from other teams, and make it easier for you to swim if you have long hair. For caps you should dry it thoroughly after use then put baby powder in your cap while not in use since caps are made of a compound that will tend to stick to itself, or to the bottom of your locker if you put it away wet.

Goggles

These are used to protect your eyes from the pool water as some swimmers are sensitive to the water. You should have at least two pairs of goggles with you just incase one breaks or leaks you can use the other one. Write your name on the strap and keep them in your bag at all times. If you leave them out in the locker room, or accidentally leave them on the pool deck they will probably not be there when you return.

Other Equipment:

Pull Buoys and kick boards are provided at the pool. All swimmers should have their own pair of paddles and fins. Front mounted snorkels will be need by some of the swimmers. Please bring them to every practice.

Water Bottles

The most important nutrient to a swimmer is water. Studies have shown that sweat water losses of as little as 2% of body weight will result in dehydration and the swimmer's performance will suffer. The best way to prevent dehydration is to maintain body fluid levels by taking fluids before, during, and after a workout or race. The following guidelines will help prevent dehydration during swim practice:

1. Any beverage consumed should be cool (45-55 degrees)

2. Drink 2 1/2 cups of water two hours before exercising.
3. Drink at least one cup of fluid at 10-15 minute intervals during exercise.
4. **IDEALLY, THE SWIMMER SHOULD KEEP A WATER BOTTLE BY THE POOL AND DRINK BETWEEN MAJOR SETS.**
5. Never restrict fluids during exercise.

SWIMMER'S EAR

Some swimmers experience soreness in one or both ears due to prolonged contact with water. This condition is commonly known as "Swimmer's Ear." Many commercial products are available to help prevent this problem. To prevent this problem the ears should dry well after swimming, including tilting the head for better drainage. The simplest way to help Swimmers Ear is to mix 1/2 alcohol and 1/2 white vinegar and drop in ears after swimming. Any suspected ear problems should be seen by a physician as soon as possible.

GOALS

Begin with a vivid dream. "Dare" to see yourself in a situation of accomplishment where you would hope to be someday. Keep the Dream, but break up your quest for the dream into steps on a ladder.

Each step of the ladder is a specific short-term goal, which moves you closer to the ultimate dream. Training goals are great examples of short-term goals. The distance between the steps of your ladder should be hard enough to require hard work and concentration on your part but realistic enough that you truly believe that you can achieve them. Being motivated to succeed depends a lot on goal setting.

People who set and attain goals succeed because they know where they are going. The key to successful goal setting is believing. Believing in a dream. Writing goals down where you can see them often is one way, but I personally believe that important goals are written in the heart and in the mind. You must want to achieve that goal more than you have ever wanted. The obsession with this goal will help make it a reality. Having your goals on your mind constantly will help keep you on the right track.

You must have your goals written on the designated form by the end of September. If you have questions, or cannot complete the form because you do not have your times, bring the form, and we will help you finish the form.

You must expect to do well. I believe that each swimmer should approach each race and each workout with **positive expectations**. Again, you must believe in your ability. You must expect to succeed. We certainly expect you to!

“ACT AS THOUGH IT WERE IMPOSSIBLE TO FAIL”

Team Captains

Based upon the results of the questionnaire from this summer, I would like to ask you to be a team captain. I've attached the first chapter of 10 from a book for you to read to learn how to be a leader. I would like to do 1 chapter per week.

Your responsibilities would include the following:

Be at practice (at least 95% of them)

Select team suit. (You should also inquire to others outside of just the captains)

Design Team T-shirt.

Select a team motto.

Team Cheer.

Team Dinners – with the help of the parents groups (Region, State), also pick some meets where the team will go out together afterwards and have something to eat.

Build the level of excitement for some of the meets (Kearns and Judge – in November).

Lead practices – this does not mean you have to lead your lane. This will be really important come December when the practices become more frequent and intense.

Treats/Items to give out before each meet – ie blowpops – we will blow the competition away. Licorice whips – lets whip'em – that type of stuff.

Organize team activities/parties – at least one per month – September will be a rope course.

Unite this team – provide ideas.

Call team mates when they miss practice. (People who think swimming is an individual sport have never tried practicing alone.)

Provide feedback on the status of the team and teammates.

Lead warm-ups at the meets.

Be able to deal with and resolve conflicts.

Be a spokesperson for your team mates.

Recruit swimmers to swim for the team.

Maintain at least a 3.0 GPA.

Keep things confidential.

Lead by example:

1. Be early to practice – be on deck ready to go at least 7 minutes before practice begins.
2. Start practice on time – no dilly-dally around.
3. Ensure that all team members contribute, by working with those who need help (a sure way to undermine a team is to ignore its non-performers).
4. Be supportive to others on this team.
5. Cheer teammates on.
6. Hold teammates accountable for their actions.

Work towards the goals selected by the team. Listed below are the top responses from the questionnaire.

Team dinners/Parties.

Make it fun for everybody.

Girls take state.

New Freshman.

Top 3 finish for boys.

You will be constantly watched and will not always be liked by members of your team.

If you do not feel you have the time or desire to perform these duties, that is ok just let me know and I will ask someone else. Would you be able to let me know by Tuesday September 30th.

Mark