

East Swimming 2009-2010

COACHES

Mark Gray, Amy Barefield E-mail: eastswimcoach@gmail.com

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.
8. Workout attendance: **85%** of workouts.
9. At no time will disgraceful attitudes, inappropriate language (swearing or derogatory comments) or lying to be tolerated towards the coaching staff, fellow teammates, competitors, meet officials or the public during practice or meets or any other team activity.
10. Swimmers are expected to follow the directions of the coaching staff. Swimmers will be asked to leave workout out or expel them from the team if they persist in disruptive behavior, which affects the team.

PRACTICE TIMES

You should plan on attending at least **85%** of the practices to be eligible to be a member of this team and to swim in a meet. AM practices may be added as the swimmers adapt to the intensity of the afternoon practices.

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

Saturday TBD/TBA

AM ? Tuesday & Thursday 5:30-7:00am or Monday, Wednesday, Friday 5:30-7:00am

2009-2010 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		Time	Where	Meet Format
Thursday	Oct 15th	2:30/3:00pm	Region Relay Meet @ Fairmont	All meets will have the same order of events as listed below:
Tuesday	Oct 20th	3:00/3:30pm	East @ Alta	
Thursday	Oct 29th	3:00/3:30pm	East @ Orem	200 Medley Relay 200 Freestyle 200 Individual Medley 50 Freestyle
Tuesday	Nov 10th	3:00/3:30pm	East @ Skyline	
Tuesday	Nov 17th	2:30/3:00pm	East @ Tooele/Stansbury	10 to 15 min break
Friday/Saturday	Nov 20th/21st	TBA	Viewmont Invite @ SDRC	
Tuesday	Dec 1st	2:00/2:30pm	Woods Cross, Bountiful, East @ Highland(Fairmont)	100 Butterfly 100 Freestyle 500 Freestyle 200 Freestyle Relay 100 Backstroke 100 Breaststroke 400 Freestyle Relay
Thursday	Dec 3rd	3:00/3:30pm	Judge, Mountain Crest @ East	
Tuesday	Dec 15th	3:00/3:30pm	Highland @ East	**In each event girls heats will be first.
Friday/Saturday	Dec 18th/19th	TBA	Judge Invite @ Fairmont	
Thursday	Jan 7th	3:00/3:30pm	Watasch @ East	
Tuesday	Jan 12th	3:00/3:30pm	Olympus @ East	
Saturday	Jan 16th	TBA	Logan Invite	
Saturday	Jan 23rd	9:00/10:00am	Regions @ Tooele	
Friday/Saturday	Feb 5th/6th	State @ TBA	Early Session(BYU or SDA)	

All swimmers are expected to stay until the conclusion of the meet. At home meets swimmers are expected to stay until equipment is put away. For away meets anyone wishing to ride home with their parents – needs to have the parents tell the coaches they are riding home with them.

TYPES OF MEETS 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.

Region Meet

The championship meet for REGION 6 schools (Bountiful, East, Highland, Olympus, SPA, Stansbury, Tooele, Woods Cross). 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 place in the top six 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.

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.

You must expect to do well. 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”