

THE NORTH

Swimming and Diving Team

Handbook

2019

Philosophy of the Swimming and Diving Program

For many, athletics is the first place where young people try their hand at excelling in an activity. It is the philosophy of the swimming and diving program to help the individual learn how to excel. It takes many things to excel in life: a high level of skill in the endeavor, a commitment to it, learning to be a part of the group effort, a willingness to give a little extra when the time is at hand that it is needed from you, the acceptance of a formidable challenge that may seem larger than life, and most importantly the ability to be there **every day**. Each swimmer and diver is important, and can contribute to the team even if they do not compete at the varsity level. No matter what the talent level of the swimmer/diver they have a place on the team if they can come to practice and put forth 100% effort. The object is to learn what it takes to reach your potential, learning what it takes to become a good athlete can be applied to all aspects of life. Not every athlete has been given the gifts to make state and see their effort rewarded as they may wish them to. Yet every athlete can apply the values of commitment, work ethic and working for the good of the whole and not always oneself, to other areas, in any group or profession, Every swimmer and diver can learn how to be successful if they can learn how to stick with it, even when times get tough or do not happen as quickly as they wish them to. It is about the try, it is about committing, and it is about working through the obstacles along the way, it is about life.

Requirements for participation

All swimmers and divers must meet all MSHSL guidelines and requirements. Further, they must be to every scheduled practice on time and complete practices with the team. Swimmers/divers who habitually come late and leave early will be restricted from Varsity competition. Swimmers/divers who are on doctor's restrictions for more than a day **will not be allowed to compete or travel with the team to away competition**, until they are cleared by a doctor's note to compete. **Competition puts the most strain on injuries and must be limited to allow all injuries and illness to heal.** The coaching staff would like swimmers/divers to use this time for healing, resting, and rehab.

School Attendance

Students are required to be in attendance for one half school day to practice or participate in a public performance of a school activity on that day." This requirement will be waived for students who have received an excused, prearranged absence through the Principal's office. The head coach must also be notified of the arrangement in advance.

High School Student Eligibility for Activities

Student's eligibility is operated on a weekly basis. Teachers will submit student evaluation forms to the office each week for students who are not doing satisfactory work in any given class. Students whose names appear on the ineligibility roster for two consecutive weeks are ineligible for participation in all school activities for the following week.

Middle School Eligibility for Activities

If the student-athlete obtains an incomplete in a class, she will not be able to participate in competitions until it is completed. If the student-athlete obtains an F for a grade, she will not participate in competitions for 2 weeks or until there is evidence of now passing.

Code of Conduct

1. The transportation, possession or use of alcohol, tobacco products or illegal drugs by any High School Team Member is prohibited. MSHSL rules apply.
2. Swimmers and divers will display proper respect and sportsmanship toward coaches, officials, administrators, competitors, teammates and the public to include both their person and their property.
3. Illegal or inappropriate behavior that will reflect negatively on the high school swimming and diving team will not be tolerated.
4. When traveling curfews established by the head coach will be adhered to each day.
5. No horseplay in the locker rooms or on the bus. Be responsible for your actions.
6. Unless otherwise excused or instructed by the head coach, participants in a team trip will attend all team functions (on time) to include meetings, practices and swim meets.
7. Cell phones must be turned off on deck and in the locker rooms. MSHSL rules apply.

Dress Code

Swimmers and divers should wear properly fitting clothes appropriate for weather. ALL SWIMMERS AND DIVERS WILL BE REQUIRED TO WEAR THE HIGH SCHOOL TEAM SWIMSUITS AND SWIM CAPS IN THE APPROPRIATE MANNER! (No drag suits during competition).

Bus Riding

Students who ride in school transportation to out of town meets must remain on the schools transportation unless parents inform Coach Willems prior to leaving Warroad or Roseau (Greenbush, Middle River, and Badger) that they wish to take their student home. The permission to travel home with parents can be obtained from the Community Ed. Office. The coaching staff cannot accept requests made after the swimmer/diver is out of town. Remember that friends and relatives on the team may not travel with an excused swimmer/diver. Students may only leave the team with a parent. Any request may be denied if the coach has important team business to conduct on the return trip. DURING THE SEASON, THE COACHING STAFF WILL NOT APPROVE OF ATHLETES'S DRINKING SODA POP OR EATING CANDY ON THE BUS!

Squad Selection & Reduction

A swimming team needs 12 swimmers and 3 divers to fill a six-lane roster. This means we need to travel 30 team members for a varsity/JV meet. All meets allow for exhibition swimmers/divers as well so we will never have too many swimmers/divers if they want to be on the squad. Selection for each meet, as to who travels, is based on how each swimmers/divers practiced that week, and who is ill or injured. Invitational meets have changing entry limits, as well as 5, 6, & 8 lane pools change entries. Each meet will have different needs; so try to stay flexible as the coaches try to get all swimmers/divers involved with the team and being a part of the team.

Diving Selection & Reduction

First diving practice an individual that would like to compete in diving for the North will have to perform successfully four dives, which are; 1. Front dive, 2. Back dive, 3. Forward 1 somersault and 4. Back 1 somersault. If these four dives are not able to be completed successfully – you will be cut from diving for the season and can try out again next year. If by October 10, 2019 a diver does not have a reverse dive successful completed in practice than will be done with diving competition. That diver will still continue on with their swimming competition.

Practice Times

The first three weeks of practice until school starts are listed on the last page of the handbook. Once school starts practice will be held as following: Monday, Tuesday, Thursday, and Friday practice will be held in Warroad from 4 pm until 6 pm. Every Wednesday practice will be held at the home swimming pools Warroad 3:15 – 5:15 pm & Roseau 3:30 – 5:30 pm. (NOTE - NO PRACTICE SEPT. 2nd NO PRACTICE MEA - OCT. 17 NO PRACTICE OCT. 18)

Team Organization

Varsity & JV Team: The top 24+ swimmers/divers will combine to make up the traveling squad. The top swimmers/divers in each of the events will represent the school in the event. You could swim/dive in 1 event in each meet. Example # 1: JV 200 free and Varsity 100 back. Example # 2: VR 6 dives and JV 100 free

Awards Requirements - LETTERING POLICY

- 1) Any swimmer/diver participating in the Section meet will letter.
- 2) All swimmers/divers scoring 30 points or more in Varsity competition during the season will letter.
- 3) The top scoring 30 girls will letter regardless of points
- 4) 9th grade and above will letter regardless of points if they finish out the season
- 5) All lettering is up to the discretion of the head coach

Attendance

Attendance at all practices is mandatory! If you are in school, you are required to come to practice. If you have a need to be absent from practice, it is **expected** that you will contact the head coach prior to your absence. The head coach requires e-mail, a hand written note, or phone call from the individual's parents if there is to be an absence. The head coach will contact the individual's parent if there is an unexcused absence. This will allow the coaches the ability to modify any workout routines that might require your presence. Circumstances are always considered if you are unable to contact the head coach prior to your absence, but they should not become a habit. Please remember that as a member of a team, your teammates count on your presence and support in practice. Consistency is very important part of building the teams skills and conditioning.

Extra credit after school

School is important but missing practice to make up work all the time robs you of the hard work you are putting into the pool. Once or twice per season coming late to practice to get help after school is OK, if you need help everyday then you should go before school or ask for help from a team member who has had the class and can help. A responsibility of each athlete to be in sports is keeping up with school work, if subject help time becomes necessary more than once or twice a season then maybe you are not up to the added responsibilities of extracurricular activities. Your coach must be asked if you want to miss or come late to practice to go to extra credit time after school.

Practice and meet attendance rules

- A. An unexcused absence for one practice is one meet suspension. To be excused from a meet requires **seven** days advance notice from a parent in person and in writing. This is because most weekend meets require that much lead up entry time from the coaching staff.
- B. Swimmers/divers may not be late for practice or leave early unless a note explaining the special circumstance requiring it is brought in beforehand. Be on deck 5 minutes before the start of practice.
- C. Practices are important. A missed practice must be approved in advance.

D. When coach blows the whistle at practice, all activity stops.

E. If you have to leave the pool to go to the bathroom - please report to your coach before you leave. **SWIMMERS/DIVERS CANNOT LEAVE FOR BATHROOM IN THE MIDDLE OF A SET.**

Suspension for rules violation

An unexcused absence from practice may cause a swimmer/diver to miss a meet or lose a relay spot or varsity event in the next meet. All will be weighed individually and action taken. It is important to realize that many swimmers/divers wish to make it on relays, which can go to state and medal at sections. Swimmers/divers with nearly equal times will be chosen by including commitment for the season. Missing early in the season is not as much of a problem, but as time becomes short, those who are here every day usually do better and will get the spots.

Removal from the team

Swimmers/divers not able to handle the practice, meet, and schoolwork load of the team may find it necessary to quit. Trying to spread yourself too thin can cause you to do poor quality schoolwork and poor quality swimming/diving. If the swimming and diving coaching staff sees an athlete is struggling to balance the extra effort needed to be in sports, then a conference may be called with them to talk about the problem, and how to solve it. Most times the athlete who cannot handle the stress will begin coming late to practice, missing practice or start falling behind in their school work to the point that they become INELIGIBLE. Any or all of these signs may be a signal to you, the parent or a swimmer/diver of a problem.

When the problem becomes on where they are trying but cannot meet the requirements of both school and sports then school comes first and the swimmer/diver may be asked to concentrate on school and drop the team even though they do not wish to.

Other more rare circumstances arise where swimmers/divers priorities are such that they feel getting to practice on time is less important than visiting with friend's every day after school or staying up late on a weeknight is more important than a proper amount of sleep to be ready for the daily workout. During your varsity swimming/diving season, birthday parties, dances, home games and social gatherings come second at all times to meets and practice, when a conflict arises between these activities and swimming/diving, it may cause suspension and eventual removal if the priorities do not change. **Also, any participant that is bringing the team moral down may be asked to take a leave of absence from the team.**

Risks in swimming and diving

Swimming is a non contact sport, but it does require you to put forth a large physical effort each day in practice. Diving is a contact sport against the water and sometimes even against the board. Proper diet, sleep patterns and staying on a consistent schedule are important for your body to handle the stress of training and concentration is required for diving. Personal injuries can become chronic if you ignore signs of fatigue. Get plenty of rest, stay on your schedule and eat right, and listen to your body, it will tell you many things. There is a risk that swimmers will bang hand/arms during practice or

warming up for meets. The pool can get crowded - swimming in circles and knowing where you are at all times will help prevent this from happening. Divers need to be aware of the board at all times during practice and competition in order to prevent injury (dive with your eyes open).

Competition Rules

Varsity and JV Swimmers and divers are expected to compete at all meets on the schedule. Many invitational require advanced entries by 6 days. The swimmers/divers should try not to miss any contests on the schedule. Parents wishing to have their child miss a contest must notify the head coach in person and in writing 1 week prior to the absence. Obviously, severe illness or a death in the family cannot be foreseen and will be excused. Missing a meet severely jeopardizes your standing as a varsity competitor unless arrangements are made prior to the contest. **When it is time to choose the section team among a number of qualifiers, those having even one unexcused miss will be given last assignments / board privileges. If no openings are available, even if you are faster or have scored higher points in diving competition, you will not swim/dive.**

Competition Expectations

Different meets have different entry allowances, therefore there is no set amount of swimmer's/diver's that are needed for every meet, it changes. The coach will decide based on the number of entries allowed in the meet, the competitive level of the meet, and the swimmers/divers ability, who will be traveling to each meet. If you are needed for a meet you will be expected to travel, in other words; always expect to go until the head coach knows who is going and can tell you otherwise. If a swimmer/diver that was going to travel becomes ill, you may be asked to replace them, this will be your choice if you want to go.

Conflicts with another school activity, such as band, will most likely not be approved if you are swimming/diving varsity.

If we are to become a truly quality team, all members must have the same amount of commitment. Different levels of commitment cause personal problems among the team, like "I am working harder, why is she swimming/diving in this event and not me."

Injuries or Aches

Throughout any sporting season there will be muscle soreness and discomfort. Please report any problems you are having to the head coach. Reporting these concerns will allow the coaching staff to modify your workout or correct any stroke technique errors that are occurring. If you are under the care of a physician or therapist, please inform the coaching staff with any restrictions or workout concerns. Open communication regarding an injury will hopefully prevent the injury from causing long-term problems.

Long Term Health Issues

If a student/athlete is currently suffering from or develops a long-term health problem, it is imperative that the coaching staff is notified. Conditions such as epilepsy, eating disorders, arthritis, to name a few can require a modified training regimen or be

life threatening. Persons who have asthma are encouraged to bring an extra inhaler to the pool.

Doctors Notes

If you are injured and are not able to practice at the same level as the rest of the team then you **should not and will not compete in meets**. Racing is harder on injuries than are practices, so if the doctor says LIMITED PRACTICE, then this removes you from meets as well. Once a doctor clears you and the coaching staff feels you are ready, you will be allowed to compete.

If the head coach has not been informed of an injury/illness from the parental guardian or a physician, the athlete will be required to practice and compete with the rest of the team as usual.

We practice together, compete together, we win together, and lose together. We work equally hard and make the same amount of commitment. If we cannot do this, then we will never reach our potential as a team. Remember, any unexcused absence of a contest will have major consequences, from demotion to being pulled from major meets.

Participation in the True Team Section

At the Section 8A True Team Championship meet each team is allowed 4 entries per individual event and 3 relays per relay event. Divers must have 11 dives to compete in this meet. EVERY PERSON ENTERED WILL SCORE! This meet will be a chance for us to show our depth and sense of team.

Participation in the North Border Conference Meet

The conference meet is held 2 weeks prior to the regular section 8A championships. We are allowed 4 entries per individual event and 2 relay per relay event. Divers must have 11 dives to compete in this meet.

Participation in the Section 8A meet (Sections)

The Section meet is held 10 days prior to the State Meet. We are allowed 4 entries per individual event and 1 relay per relay event. Swimmers must have achieve a pre-determined cut time or have a reasonable expectation of scoring in order to compete. Divers must have 11 dives to compete in this meet.

Participation/Attendance at the State Meet

In order to participate in the High School State Swimming and Diving Championships a swimmer or diver must qualify by placing in the top 2 for swimming events or making a qualifying time at the section finals. Divers must place in the top 4 at the section meet. If an athlete qualifies either manner, she is entered in the state meet. If a relay qualifies, the 4 swimmers who will be the primary competitors will be taken along with alternates. **Alternates are only taken if a relay qualifies.** Relay alternates will be chosen based on their ability to substitute for a primary relay member in case of illness or some other reason that might preclude the primary swimmer from competing. If 2 or more individual athletes qualify, no additional athletes will be taken. If 1 athlete qualifies, she will be allowed to invite 1 teammate to accompany her.

Relays and Section or State Competitions

As the season comes to a close, coaches have to choose who will swim on the tournament relay spots. With many talented swimmers this becomes a difficult challenge. In most cases our 3rd, 4th, 5th, and 6th fastest swimmers change from day to day. The swimmer having the best day will swim the fastest. With 3 relays at sections our fastest swimmers get spread around the 3 relays to score the most points and make it to state, but not always are all 3 relays made up of the fastest combination of swimmers, nor are the 3rd and 4th swimmer on the relay always faster than let's say the 5th person, the one not swimming it. So, obviously the fastest relay combination could easily see a change in its members from day to day.

When we get to state with only one of 3 relays, we could very easily have a situation where a faster swimmer that was put on a different relay at sections and the relay will be faster at state with a different swimmer. At the state meet hundredths of a second separate the relay teams and we need to have our fastest swimmers each day on the relays. It is not easy for anyone to give up their spot, but the relays are a true team effort, and as you know there is not "I" in team. Let's not be a carrier of "ME" disease at the big meet when the team needs to do their best and you may be having an OFF day. It is hard for anyone to give up a relay spot, and being at the big meet makes it hurt even more, but let's make sure we put our team effort ahead of our personal desires when the head coach has to make these changes in relay personnel. To cause the least commotion, coaches may tell you privately.

Remember this: not swimming on a relay in section finals may mean you will be able to swim on the same relay at state 10 days later. If you are off at sections this does not mean you will be off at state. The bad thing is, being fast at sections is not a promise of being ready at state either. That is why coaches need to make daily changes in the relays and why you must always be ready to swim. Don't take your spot on the relay for granted, that is the fastest way to lose it.

Role of the Captains

A team captain is a very important job. A team captain leads by setting a good example of sportsmanship and leading by example. A good team captain is considerate and inclusive of all team members in meetings and discussions. A team captain is allowed to speak for the group, with the understanding they have talked to the team about the topic. Team captains are responsible for the following events:

1. Captains WILL run a captain's practice before school starts in the afternoons and will be required in organizing the captain's practice.
2. Captains WILL run morning practices on Monday, Wednesday, and Friday before school. Captains will be responsible for organizing the captain's morning practice.
3. Organizational assistance for fundraiser - Captains will assist in student signup for workers for the event. Captains will assist in obtaining any donations, which may be needed.
4. Team T-shirts - Captains will assist the coaching staff in choosing a suit that will meet the needs of competition.
5. Parents Day - Captains will lead the discussion of what will be a token of parent appreciation, provide information to the coaching staff of the team's plans, ordering/obtaining of the token of parent appreciation and collection of the money from

team members organization and presentations on Parent's Day.

6. Leadership Roles - Captains will call team meetings to order, provide any information to the coaching staff and team that will enhance team performance, assist in cheering and helping all swimming and diving athletes to compete in a positive manner at all practices and events.

7. Captains will accept awards at assemblies, meets and championships on behalf of all swimming and diving athletes.

8. End of the Season Wrap-up and potluck - Captains are responsible for development and presentation of "captain's awards"

9. Helping promote individual friendship and acceptance in the competitive setting - We may have 12- year old swimmers/divers on the team as well as 18- year olds. An important role of the captains is to see that all of the older girls help the younger girls feel welcome and accepted. Many times individuals can become upset and envious of a teammates accomplishment, or place on the team. This type of behavior can cause a rift in the team. Two separate sides form and begin to compete against each other instead of working together as one united team. An attitude of disconcert, replaces concern. Swimmers/divers play games, which destroy other teammates confidence and feelings of acceptance and worth in the team. Each person is important to the team, as long as they are working to the best of their ability, show a positive attitude towards other swimmers/divers, and are committed to the teams goals. * Other duties may be assigned at the discretion of the coaching staff.

Post Season Awards

The team will vote on several awards to be presented at the end of the season wrap-up. The results will be tabulated by the coaching staff - the coaching staff reserves the right to disqualify an athlete from receiving an award based on their attitude, work ethic, and performance.

PRACTICE IS WHERE YOU IMPROVE YOUR SKILLS

Why mandatory practice attendance?

The Swimming and Diving Team has established itself as the top swimming and diving program in Northern Minnesota by showing a high level of commitment. With this in mind, each person will have to make a commitment to give their best efforts to learn and improve. In order to do these things it is essential that all swimmers/divers attend all practice sessions. The time that you spend at practice will show in your improvement. Any absence from practice needs to be excused. If you must miss you need to talk to the head coach. Family excused absences will be honored as long as a note or call is received prior to the absence, and they are not regularly occurring.

These things will help us become a team that other teams will strive to become

Be early to practice so you have your gear ready.

KEEP A POSITIVE ATTITUDE

Move quickly between sets

KEEP A POSITIVE ATTITUDE

Help your teammates - do not hinder them

KEEP A POSITIVE ATTITUDE

Perfect practice makes perfect

KEEP A POSITIVE ATTITUDE

Learn all the strokes

And finally - **KEEP A POSITIVE ATTITUDE**

If athletes have any problems in classes

The coaching staff would like to know if you are having a problem in a certain class. There is a good chance that another swimmer/diver will be able to help you. The first **20 minutes** of practice can be used for teammates helping teammates, friends helping friends, to get through a tough assignment if need be.

MEETS ARE WHERE YOU SHOW WHAT YOU HAVE MASTERED

Meet Conduct

As you know, when we travel we represent our schools in all of our actions. Be prompt, or arrive early. Fifteen minutes before our departure time if it is a weekend meet is good, just in case you forgot something. You also know that when certain teams come to our towns you expect certain behavior from those teams. My belief is that we show our personal character in our actions to and from the meet, we prove our athletic accomplishments in the water during our events. These two things together make a team which is respected for their actions both in and out to the pool. Showing aggressive behavior out of the meet environment or showing a lack of respect towards property or persons does not make you a better person - it is the sign of poor losers or arrogant winners, both of which have no place in our team. Lifelong friendships can occur, once you have earned your opponents respect through your actions.

Meets and Event sign-up

Each team we face has different strengths and weaknesses. Each athlete has strengths and weaknesses. It is the head coaches' job to pick apart the opponent's weaknesses, as well as put our athlete where they can do the most good for the team.

Building personal character in each athlete, as well as developing each athlete to their potential, sometimes requires that each person compete in events they might not choose on their own. Swimmers will have input, but the final decision is up to the head coach and will be made for the good of the team. Swimmers must swim in all assigned races. Sometime during the course of the season each swimmer will swim the 500 free, the 200 IM, and the 200 free. This is for conditioning as well as mental preparedness for when you have an important race, and the pressure is on.

Warm-up time begins 60 minutes before the meet starts. All athletes are expected to be at the pool 90 minutes prior to the start of all home meets to help set the pool up as well as help put things away. If we work together we will be done in about 15 minutes.

The coaching staff with the help of the captains will direct all warm-ups and everyone will participate. There will be a group warm-down after each competition. **YOU NEED TO STAY IN YOUR TEAM SWIMSUITS UNTIL THE HEAD COACH INDICATES THE WARM-DOWN IS OVER!!!!!!!!!!!!!!**

Meals

Each swimmer/diver should bring money (\$6) for food to all out of town meets or a sack lunch. Six dollars should be enough, unless you have a big appetite. As long as our conduct in restaurants is acceptable we will stop to eat if we have time. In some instances we may run short on time. Athletes may open their sack lunches on the bus, but it must be kept clean. That means cleaning your area before you get off the bus. DURING THE SEASON, THE COACHING STAFF WILL NOT APPROVE OF ATHLETES'S DRINKING SODA POP OR EATING CANDY ON THE BUS!

Warm-ups, fins, and kickboards

Swimming and Diving attire will be handed out during the first week of school. Items that are property of the school will be checked out at the beginning of season and will need to be returned by the end of the season. If items are not returned the athlete will have to pay for the item. School items will be issued according to seniority depending on the number of student/athletes it may not be possible for each athlete to receive a school item.

CAPTAINS PRACTICE – DRYLAND TRAINING - Stretching, Abdominal Work, Jogging, Running, Walking, Biking, Rollerblading, Short Sprints, Weight Lifting, and Push-ups

Strength work is an important component in our training program. Benefits include an increase in strength, power, and flexibility as well as an important component in injury prevention. It is important that swimmers/divers treat dry land sessions with the same level of commitment and intensity they show in the pool.

Body Weight and Diet

Each swimmers/divers body weight is their own business. It is important to understand that if you plan to attempt to lose a significant amount of weight, that this should be attempted during the off-season. Don't try to lose weight during the season. You will probably lose some weight because of the heavy training you will do. During the season you will be expending a very height amount of calories. It is very important to your personal well being that you attempt to replace these calories with additional complex carbohydrates (energy source) and proteins (muscle rebuilding and building). DURING THE SEASON, THE COACHING STAFF WOULD LIKE ALL ATHLETES'S TO STOP DRINKING SODA POP AND EATING CANDY!

Fund Raising

During the course of the season, our team will be involved in fundraisers. We will be involved in selling frozen cookie dough and popcorn. It is important and expected that everyone participate in these fundraisers - we use the money for different items as a team. Ex. To pay for hotel rooms for overnight trip.

The Jacket

If you letter, you will be able to purchase a jacket from your Home School and receive a letter from your Home School.

Swimming and Diving Pledge

As a student in High School, I promise to respect all people, property, and knowledge - to be responsible and do my best at all times - to recognize the rights of others, the difference between right and wrong, and the achievement of a job well done. When I do this, I will be a good citizen of my school, my community, and my country.

Parent's Role

Competitive swimming/diving provides many benefits to young athletes such as self-discipline, good sportsmanship, time management skills and physical fitness. Competition allows the swimmer/diver to experience both success and defeat in a positive environment. Parents, while not participants on their athlete's team, contribute to the success of both the student/athlete and the team.

- *Be enthusiastic and supportive

- *Let the coach do the coaching (**parents are NOT allowed on deck during practice time, you may sit in the bleachers as long as you DO NOT speak with the athletes or coaching staff. Both the athletes and the coaching staff are at work! If you do walk on the pool deck DO NOT be offended when the coaching staff asks you to leave the deck until practice has completed.**)

- *Become a volunteer

- *Help out with social events

- *Cheer you athlete on

Parents - if you wish to meet with the coaching staff please call 218-386-6016 and leave a message or send e-mail to Rebecca_willems@warroad.k12.mn.us or swimbum28@hotmail.com. We will set up a time to meet with you that is convenient for you and the coaching staff. **THE COACHING STAFF HAS THEIR OWN PERSONAL AND PRIVATE LIVES AND DO WISH TO KEEP THEM PRIVATE; THEREFORE, WE WOULD APPRIECIATE NO HOME VISITS!** We will setup a time that is convenient for the both of us in an appropriate and professional setting at the pool office! Thank you!

Swim Practice Schedule - Prior to school starting – 2019

Date Morning Practice Evening Practice
JULY 31st **Warroad Pool Parent Player Coaches Meeting TIMES 6PM in Warroad at the Warroad High School Theater than move to the Middle School Cafeteria to meet with Official Alishia Hahn**

August 12	8:15 AM – 10:15 AM Warroad	Captains Practice 4-5 Home
August 13	8:15 AM – 10:15 AM Warroad	Captains Practice 4-5 Home
August 14	8:15 AM - 10:15 AM Warroad	Captains Practice 4-5 Home
August 15	8:15 AM - 10:15 AM Warroad	Captains Practice 4-5 Home
August 16	8:15 AM - 10:15 AM Warroad	Captains Practice 4-5 Home
August 19	8:15 AM - 10:15 AM Warroad	Captains Practice 4-5 Home
August 20	8:15 AM - 10:15 AM Warroad	Captains Practice 4-5 Home
August 21	8:15 AM - 10:15 AM Warroad	Captains Practice 4-5 Home
August 22	8:15 AM - 10:15 AM Warroad	Captains Practice 4-5 Home
August 23	8:15 AM - 10:15 AM Warroad	Captains Practice 4-5 Home
August 26	8:15 AM - 10:15 AM Warroad	Captains Practice 4-5 Home
August 27	8:15 AM – 10:15 AM Warroad	Captains Practice 4-5 Home
August 28	8:15 AM - 10:15 AM Warroad	Captains Practice 4-5 Home
August 29	<u>NO AM PRACTICE</u>	<u>SWIM MEET (AWAY)</u>
	<u>Roseau Bus Leaves at 7:15 am and Warroad Will leave at 7:45am Roseau Bus Drives</u>	
August 30	8:15 AM - 10:15 AM Warroad	Captains Practice 4-5 Home
Sept. 2	NO PRACTICE	
Sept. 3	<u>First Day of School</u>	<u>SWIM MEET (HOME)</u>
	<u>Roseau Bus leaves at 3:30 pm</u>	
Sept. 4	3:30 pm – 5:30 pm HOME POOLS	
Sept. 5	4 pm – 6 pm Warroad Pool	Roseau Van Leaves @ 3:30pm
Sept. 6	4 pm – 6 pm Warroad Pool	Roseau Van Leaves @ 3:30pm

HOME POOL MEANS STUDENT/ATHLETES FROM THE WARROAD SCHOOL DISTRICT WILL PRACTICE IN WARROAD POOL AND STUDENT/ATHLETES FROM THE ROSEAU SCHOOL DISTRICT WILL PRACTICE IN ROSEAU POOL.

CAPTAINS PRACTICE MEANS YOU WILL BE MEETING YOUR CAPTAINS OUT FRONT OF THE POOL AND THEY WILL BE RUNNING A CAPTAINS PRACTICE WHICH INCLUDES - FIRST STRETCHING and SECOND EITHER RUNNING, JOGGING, WALKING, BIKING, OR DRYLAND (Dryland includes = Sit-ups, push-ups, running short distances and walking back) **CAPTAINS PRACTICES ARE REQUIRED AND IF YOU WILL NOT BE ATTENDING LET YOUR CAPTAINS KNOW IMMEDIATELY.**

Roseau Van will leave at 7:45 am to get athletes to their destination before practice begins at 8:15 am.

Practice Times

The first three weeks of practice until school starts are listed on this page. Once school starts practice will be held as following: Monday, Tuesday, Thursday, and Friday practice will be held in Warroad from 4 pm until 6 pm (Roseau Van leaves at 3:30 pm). Every Wednesday practice will be held at the HOME swimming pools from Warroad 2:15–4:15 pm & Roseau 3:30 pm – 5:30 pm. (NOTE - NO PRACTICE SEPT. 2nd MEA NO PRACTICE OCT. 17th NO PRACTICE OCT. 18th)