

Mounds View High School Boys Swim and Dive

Athlete Handbook



Note to Athletes& Parents

Welcome to the Mounds View High School Boys Swim & Dive Team!

Please use this handbook as a resource to understand how the program works in general. Specific information such as dates, times and schedules will be communicated to you by the captains, captains' parents, and coaches throughout the season.

*A special thank you to the many parents, athletes and coaches who contributed to this handbook; and most importantly to all who contributed to the rich history and traditions of the program. Mounds View High School Boys Swimming & Diving is and will remain a rich tradition of athletic excellence and spirited competition. It is a brotherhood that embodies many virtues but who's Motto is:
Strength & Honor.*

Contents

Chapter 1: Introduction to Mounds View Boys Swim and Dive	4
The Swimming Season	5
TEAM Concept.....	5
Registration Information.....	5
Roles and Responsibilities	6
Team Gear.....	7
Team Pictures.....	7
Team Practice Times.....	7
Fundraising	7
Team Social Events.....	8
Swimming & Diving Awards	11
Chapter 2: Rookie Guide to Swimming and Diving Meets	14
Minnesota High School Order of Events	15
Frequently Asked Questions	16
Chapter 3: General Meet Information, Maps, & Directions	17
Meets Overview	18
Scoring Conference Dual Meets	18
Types of Meets.....	18
Chapter 4: Team Policies	23
Attendance Policies	24
Practice Policies	24
Meet Policies	25
Lettering Policy	25
Eligibility Policies.....	25
Miscellaneous Policies	26
Mounds View Student Code of Responsibilities.....	26
Chapter 5: Coach’s Philosophy.....	27
Chapter 6: Training Methodology, Nutrition & Performance	30
Appendix: Sample Receipts	34
Glossary of Swimming Terms	38
Contact Sheet	40

Chapter 1: Introduction to Mounds View Boys Swim and Dive

The Swimming Season

The high school swim/dive season can prove to be an intense three months, beginning after the Thanksgiving break and ending in early March. The season is a huge commitment of time and energy, but will prove to be very rewarding in the end, not only athletically, but personally. Teamwork, sportsmanship, dedication, perseverance, and time management are just a few of the important skills the student-athlete will become acquainted with by the end of the season. Preparation for the season by swimming with one of the local swim clubs is strongly suggested as conference competition begins the second week of practice. A list of local clubs can be found on our website at "[Off Season Training](#)".

It is important to note that high school athletes are called student-athletes, because academics take priority over the sport. Meanwhile, the team expects each athlete to attend all practices, team events, meets and contribute to the team. This conflict can be resolved by achieving balance between the two and this becomes the foundation for learning important life skills leading to success (i.e. work ethic, responsibility, time management, multi-tasking, etc.) not only in high school, but on into college. To learn these skills so excellence can be achieved in the pool and in the classroom, each individual must make a commitment to themselves and the team.

TEAM Concept

Building a team involves more than just gathering people in a centralized location and hoping they all get along. It involves taking time to listen to one another, trust and understanding, learning about each other, establishing common goals, and above all, respect. The Mounds View Boys Swim and Dive Team is a team of student-athletes, coaches, supporters, and parents. It is to be expected that each group play a positive role in making the season successful.

T.E.A.M. – Together Everyone Achieves More.

Registration Information

Registration for the team occurs in two parts. The first is registering through the Activities Office at school during the Winter Sports Registration period. The Minnesota State High School League requires all high school student-athletes have a physical prior to participating in athletic activities. This physical is valid for three (3) years. More detailed information can be found on our website at "[Prospective Athletes](#)".

The second part of registration is completed through the captains' parents group by attending the Team Potluck. Each student-athlete, accompanied by at least one parent/guardian, is required to attend this preseason meeting at which the league's zero tolerance rule regarding drugs and alcohol is presented. Both parent and student-athlete must sign a form which states that the rules and consequences were explained and are clearly understood. This meeting also has important seasonal information presented like: schedules, events, volunteer opportunities, team clothing and others.

Roles and Responsibilities

The Coach's Role

A coach's first responsibility should be to the health and safety of the student-athletes. The coach should treat all student-athletes as equals, serve as a positive role model, and expect the same from parents, participants, coaches, fans, and other school personnel. They plan and direct training of student-athletes, and assess individuals' abilities and skill levels to determine appropriate team position. The coach is accountable to teach and motivate student-athletes in a positive sportsmanship-like manner setting them up for success. A coach should use his or her knowledge of sport-specific techniques and know how to correctly teach them. In addition, coaches should plan and direct conditioning programs to help student-athletes reach their peak performance. The end result should be an environment of accomplishment and gratification with some fun thrown in as well. Finally, a coach is expected to be available to speak privately with each student-athlete/parent.

The Student Athlete's Role

The student-athlete is expected to make a personal choice to commit to the program while maintaining their grades and classroom work. This includes, but is not limited to, maintaining a healthy lifestyle, being on time to all swimming related events, participating in all practices and meets, and participating in fundraising and similar activities that are positively associated with the team. The student-athlete is expected to participate as a member of the team, being constructive and supportive of other team members. The student-athlete is expected to be responsible and honest with the coaches and other officials; this includes letting a coach know when you won't be at practice or when you're not feeling well. The student-athlete should come to practice and meets prepared and ready to work hard with a positive attitude. The student-athlete is responsible to uphold any regulations set forth before the season.

The Parent's Role

Good sportsmanship begins with you! Parents are the most important support team and role-model for the student-athlete. Parent focus and energy should be about helping the student-athletes build confidence, improve and succeed. The following is a list of parent expectations integral to the program:

- ✓ A parent is expected to encourage each student-athlete to develop and maintain a healthy lifestyle. This includes nutrition, getting enough sleep and dressing appropriately when traveling to/from a winter sport.
- ✓ A parent is expected to nurture his/her student-athlete to develop to his fullest potential.
- ✓ A parent is expected to encourage the student-athlete to arrive at each practice/meet on time and ready to participate.
- ✓ A parent is expected to encourage each student-athlete to participate in the fundraising and social events associated with the team.
- ✓ And finally, parents can expect their sons to be a little cranky, due to their rigorous schedule. Bear with them, try to lighten their loads, and love them a lot. This, too, will pass – much too soon!

Mounds View swim meets, unlike most high school athletic events, are run and operated by parents. Each and every parent is encouraged to volunteer and contribute towards the smooth operation of the team. Team captains and their parents will explain the various volunteer opportunities at the Preseason Potluck. Positions such as Carbo-load Hosts, Team Breakfast Hosts, Section Potluck Host, Home Meet Timers (12 per meet), Meet Computer Operators (2-3 per meet), Publicity, Yearbook, and Photographers will be available for sign-up at the Potluck. Volunteer opportunities abound and your participation is essential and very much appreciated.

Finally, all parents are automatically members of the Mounds View Swimming & Diving Community which encompasses the Girls and Boys teams with support from the joint booster organization, the Mustang Aquatic Boosters, Inc.

Team Gear

The clothing selections for each swim season are unveiled at the team pre-season meetings held by the captains before the season. These clothing items may include team suit(s), team warmups, bags and parent shirts. Orders are taken via pre-season email communications for items to be ready at the Potluck for items to be ready by the first meet of the season.

One or two MV swim team caps are provided by the team. Each swimmer/diver will provide his own practice suit(s), towel(s) and goggles. Team suits are available for purchase. It is recommended to wear a team suite for dual meets. Competition suit(s) for championship finals is optional.

Team Pictures

Individual photos of athletes/coaches/parents for use on the website and throughout the season will be taken at the Potluck.

Formal team and individual photos may be taken by a photo studio. All information regarding the photo date and the various packages available will be announced after the start of the season. All orders and payments are due at the time of the photo shoot. Photos are usually delivered within four to six weeks.

Team Practice Times

All swim practices are held at Chippewa Middle School. Dive practices are held at Spring Lake Park High School. The head coaches determine practice times during the days/weeks. Please check the on line calendar for exact times and locations. Last minute practice cancellations will be communicated through e-mail followed by a website update. Student-athletes are expected to follow the team practice policies detailed in the "Team Policies" chapter of the handbook.

Communications for high school students taking school bus from Mounds View High School to Chippewa Middle School will be sent out before the season start.

Fundraising

The Mounds View Boys Swim and Dive Team relies on fundraising efforts to help defray many costs associated with running a high school swim and dive program. Each family is

expected to participate in a majority of the fundraising opportunities scheduled. Most of the fundraising projects occur during the pre-season and require shift work (manual labor) to be successful (i.e. grocery bagging, service-oriented projects). In addition, each family is expected to contribute a Booster Fee, the amount of which is specified at the beginning of the season by the Captains Group. Booster fees make up approximately one-third to one-half of the operating revenues needed to support the team and are the largest single source of revenue in the team budget. Combined, fundraising and booster fees cover all team expenditures throughout the season, including:

- Caps for Swimmers; Chamois for Divers
- Website annual registration
- Need based scholarships
- Team Potluck supplies
- The end of the season Yearbook
- After meet social supplies, food, gifts
- Snack for our visiting teams
- Away meet treats
- Team banquet invitations, programs, decorations, cake, flowers & thank you notes
- Some coach expenses
- End of the season coaches & managers gifts
- Many more

Fundraising is an important part of team participation and can be a lot of fun. The best fundraisers bring the team together working toward a common goal while bringing in outside money, or utilize household money that would be spent anyway on purchases that bring a percentage back to the team. The unique fundraising opportunities the team organizes are a great way for the team to spend time getting to know each other, while learning life skills in the process. Monies raised above and beyond the season's budgetary needs may offset Banquet tickets or equipment purchases at the end of the season.

Team Social Events

One of the most enjoyable aspects of high school swimming (at least for parents) is the social atmosphere! There are many social events throughout the season. These officially begin with the fundraising events in the summer and end with the End-of-Season Banquet. In between we have the Potluck, Carbo-loads, Team Breakfasts, Team Dinners, Special Nights at home meets, True Team, Sections and State.

The boys form bonds working hard together in the pool and through the many social opportunities. Friendships created throughout the swim team experience are incredible and valuable.

Team Potluck

The Team Potluck is usually held at Chippewa the first day of practice, following practice. Not only is it a fun social event signifying the start of another swim season, but it's also an extremely important team business event. This is the opportunity where everything you have wanted to know about high school swimming, but were afraid to ask, is presented. Captains deliver the season plan including forms to be filled out, photo ops for athletes, team communication and carpooling. Coaches lay out their expectations to the

swimmers/divers and parents/guardians. The Minnesota State High School League Drug/Alcohol requirements are presented. Parent reps speak on behalf of the Booster Club and about the financial needs of the team. The rest of the team clothing/gear options are presented and may be ordered at this time if it has not happened already. This is also a great opportunity for the captains' parents to seek volunteers to sign up for the various needs that must be met during the upcoming season (see The Parent's Role above).

Team Breakfasts

We typically schedule a team breakfast on every Saturday morning after practice when other events do not interfere. The exact schedule can be found on the volunteer list and team calendar on our website. These are fun team bonding events for the swimmers and divers. We ask one team family to host the breakfast at their home, and a second team family to co-host. Both families together decide upon the menu and which items each family will provide. The co-host family brings their contributions to the host family's home the morning of the breakfast and helps set-up, serve the food, and clean up afterwards. Because each of our sons receives many "free meals" at these breakfasts throughout the season, *we ask each team family to take a turn hosting or co-hosting at least one team breakfast.* It works best if an "experienced" family hosts the breakfast at their home and a "rookie" family co-hosts so that experience can be passed on.

It may sound intimidating to have hungry teenage boys descend on your home, but it is really much easier than you might think. Yes, they will eat a lot but generally, you won't find a better-behaved, more polite group of teenage boys anywhere! Remember, they are exhausted having just come from a 2 ½ hour swim practice. Second, they are truly grateful for your efforts and you will receive many unsolicited thanks for what you have done. Saturday swim practice ends at 10:00 am and the boys shower afterwards (some take longer showers than others). Diving practice may end earlier than this so some boys may start arriving around 10:00 am but most will be there by 10:30 am. This means that the co-host family should arrive by about 10:00 am to help with the setup, so that everything is ready to go by 10:30. The boys will eat as soon as they arrive.

Traditionally, the host swimmer/diver provides a movie for them to watch (remember, we have some middle-school kids on the team, so no R-rated movies!) or games to play. Some may stay, but most leave earlier because they have other things to do (like clean their rooms at home!). Coaches typically don't attend all of the breakfasts, but will show up occasionally.

Here are two sample menus for a typical breakfast (see Appendix); however, feel free to be creative and deviate from this menu! As long as the menu isn't too fancy, the athletes will love it!

The host family swimmer/diver is asked to bring copies of map/directions to their home to swim practice so the boys and their parents know where the host home is. The captains' parents will also post the team breakfast schedule, with addresses and maps, on the team website.

Carbo-loads

Carbo-load social dinners typically occur during the week the night before a major swim/dive meet. It is important to note that Carbo-loads were once thought to play a large role in an athlete's performance the next day. While they have some role in performance, good nutrition throughout the season during training is more important. However, Carbo-loads are FUN and provide team bonding experiences for the swimmers, divers and host families which allows another opportunity for the athletes to really get to know their teammates!

Carbo-loads may be scheduled if there are families volunteer to host a carbo-load at their home by signing up on the volunteer list provided by the Captains' Parents at the Potluck. In addition, at least one or two more families may sign up to co-host, or help the host family with the carbo-load by providing additional entrees, salads, fruit, beverages, etc. For parents, this is a great opportunity to put on a feast with your friends but including parents you don't know or "Rookie" parents is strongly encouraged. The host family is responsible for "coordinating" their Carbo-load and together with their co-hosts, a menu is decided upon including what each family will provide. Co-host families bring their contributions to the host family's home the night of the Carbo-load and help set-up, serve and clean-up afterwards. Occasionally, a Carbo-load may be scheduled at the Chippewa cafeteria.

Swim practice ends at 5:30 pm and the boys shower afterwards (some take longer showers than others). Sometimes, diving practice ends earlier than this. So, some boys may start arriving around 5:30 pm and most will be there by 6:00 pm. This means that the co-host family should arrive by about 5:00 pm to help with the setup, so that everything is ready to go by 5:30. The boys will eat as soon as they arrive. Traditionally, the host swimmer/diver provides a movie for them to watch (remember, we have some middle-school kids on the team, so no R-rated movies!). Some may stay until the end of the movie, but most leave earlier because they have homework to do. Coaches typically don't attend all of the carbo-loads, but will show up occasionally. Several sample menus for a typical carbo-load can be found in the Appendix. However, feel free to be creative and deviate from these menus. As long as the menu includes pasta and bread (and nothing too fancy), they will love it!

Due to possible peanut/nut allergies, please avoid serving foods containing peanut oil, peanut flour, or any nut products.

The host family swimmer/diver is asked to bring copies of map/directions to their home to swim practice so the boys and their parents know where the host home is. The captains' parents will also post the carbo-load schedule, with addresses and maps, on the team website.

Remember, the purpose of the carbo-load is to allow the athletes to store up some "good carbs" for the next day's competition and to facilitate team bonding. However, it is also a great way for team parents to meet all the swimmers and divers on the team and get to know other team parents. You won't meet a nicer group of people anywhere. It's unique to the sport of swimming and diving and it's a fun evening for everyone.

Team Dinners

A group reservation is made for our team at a restaurant locally, or near the special event the Team Dinner follows. Typically, these occur on Saturday nights after special meets, True Team, Sections and State. Student athletes and their family members are all invited to these dinner events. There is a sign-up process coordinated by the captains' parents so accurate reservations can be made and the astute captains' parents will patronize restaurants offering to give a percentage of the bill back to the team so this fun gathering will also be a small fundraiser. Many restaurants offer to do this for groups like ours. *Please note: each family pays for their own meals.* Team Dinners are fun post-event gatherings where athletes, parents and coaches can recap the excitement of the day!

Team Gag Gift Night

Team gag gift night typical is scheduled after the swimming competition season is over and before the end of season award banquet. This event is for the athletes and coaches only. It is a gathering arranged by the captains to meet, "roast" one another, and "pass the baton" on to the underclassmen. The graduating seniors present Senior Gag Gifts to the underclassmen. Interesting gifts may be brought home from this event!

End of Season Awards Banquet

The season officially comes to a close at the Year-End Banquet generally scheduled to be held a couple weeks after the High School State Meet. This is a formal affair and a major production capping off the entire Swim & Dive Season (suit & tie is very appropriate). All swimmers/divers and their families are invited to come together and share memories of the season, honor our student-athletes, and thank our coaches and volunteers. Awards and Varsity letters are presented, and the end-of-season Yearbooks that highlight the season are distributed. A video showcasing the highlights of the season is shown amid many oohs, aahs, laughter and at least one or two tears. Senior parents should bring a box of Kleenex!

Swimming & Diving Awards

Each athlete has the opportunity to achieve awards for both athletic and academic excellence. The following is a list of some of these awards.

All Conference

The Suburban East Conference uses a power point system to determine those swimmers who qualify for All-Conference honors. With the power point system, each event has a specified numerical value given to applicable times. The slowest times would get the least points, while the fastest times would get more points. The Suburban East Conference cutoff is 110 power points in an event. The higher the number of power points, the better the chance a student-athlete has of being named All Conference. A total of forty swimmers and divers are named All Conference. All Conference Honorable Mention designation is determined by the swim coach.

All State

Any swimmer or diver who participates in a finals heat of an event at the state meet, without being disqualified, is considered to be recognized as All-State. This can be as a member of a relay team or as a participant in an individual event.

Mounds View All Time Honor Roll

A swimmer who has one of the top ten fastest times in Mounds View High School history in each individual event or relay makes the [Mounds View Honor Roll](#). The top ten overall divers with the highest point totals for six or eleven dives also make the Honor Roll.

Mounds View All Time Record Holders

The record holders for each event in all of Mounds View High School Swim & Dive history can be found on our [website](#) and on the Record Board at Chippewa.

All –America Awards

The All-American Awards recognized by our team are governed by the [National Interscholastic Swimming Coaches Association](#) (NISCA) and are designed to recognize the top 100 high school athletes in each event in the country. To be eligible, athletes must be in 9th through 12th grade. Any Mustang athlete who achieves an

All America Automatic or Consideration status individually or as part of a relay team will be recognized on the All American Board at Chippewa maintained by the Mustang Aquatic Boosters. Time standards for swimmers and point totals for divers are set each year by NISCA to earn this award. Applications for NISCA recognition which includes an official certificate and a listing on their website must be submitted through the Head Coach or School Principal. The application deadline for winter sports is 3/31 after which a late fee applies. Fees, if any, associated with the NISCA certificate and website listing are to be discussed with the Athletic Director's office and the Head Coach but ultimately are the responsibility of the athlete(s) involved.

ALL-AMERICA CONSIDERATION TIME

A given time, that if met at any time during the high school season, qualifies a swimmer for consideration for All-America status. This time is set by swimming officials (National Interscholastic Swimming Coaches Association) and varies from year to year (see "swimmers" link above).

ALL-AMERICA AUTOMATIC TIME

A given time, that if met at any time during the high school season, automatically gives that swimmer All-America status. This time is set by swimming officials (National Interscholastic Swimming Coaches Association) and varies from year to year.

ACADEMIC ALL-AMERICA

Only the most outstanding student-athletes are honored each year as Academic All-Americans. The criteria for this award is being a senior in high school, lettering in your senior year, and having a cumulative GPA of 3.75 over seven semesters (weighted or unweighted). There is no cap on the number of Academic All-Americans awarded. This award is also recognized on the All American Board at Chippewa maintained by the Mustang Aquatic Boosters. To have your athlete recognized, you must apply for the award through the [NISCA Academic All American website](#). Fees for application are the responsibility of the athlete involved. Deadline for application is 3/31 after which late fees apply. Once the certificate is obtained from NISCA, please forward a copy to the current

MAB Secretary for processing. Proof of certification is required in order to be recognized on the All American Board for this award.

OTHER SIMILAR AWARDS NOT RECOGNIZED BY OUR TEAM

SCHOLAR TEAM AWARD

This award is given out by NISCA and supported by a private organization, Kiefer Associates, but is not recognized by our team or by MAB for publication to the All American Board at Chippewa. The Scholar Team award recognizes academic excellence of an entire varsity team (must be 12 athletes or more) if their cumulative GPA is at least 3.2 during the first semester of the competition year. There is no cap on the number awarded.

USA SWIMMING SCHOLASTIC ALL AMERICA

This is an award sponsored by USA Swimming for its high school members who have completed 10th, 11th, or 12th grade with a GPA of 3.5 or higher, and have swum and eligible time by June 30th. This award is generally for club swimmers and is not recognized by our team or MAB for publication to the All American Board at Chippewa. There is no cap on the number awarded.

Chapter 2: Rookie Guide to Swimming and Diving Meets

Minnesota High School Order of Events

200-Yard Medley Relay: Four swimmers compete in this relay. The first swimmer swims a 50 yard backstroke (two lengths of the pool). The second swimmer swims a 50 yard breaststroke. The third swims a 50 yard butterfly. The final swimmer swims a 50-yard freestyle.

200-Yard Freestyle: Swimmers must swim eight lengths of the pool using any stroke they wish. Speed and smart racing are the keys to success in this event.

200-Yard Individual Medley: An individual swimmer will swim a total of eight lengths of the pool. The swimmer will swim 50 yards of each of the 4 competitive strokes in this order: butterfly, backstroke, breaststroke, and freestyle. This is one of the more difficult events as a swimmer must be proficient in all four strokes.

50-Yard Freestyle: Don't blink or you will miss this event! An individual swimmer will swim only two lengths of the pool using the freestyle. This event is sometimes called "a start, a turn, and a finish" because it is over so fast.

Diving: In a dual meet, all divers will rotate through six dives. Each week there is one required dive and the other five dives are optional, but they must cover at least four groups of dives. There are a total of five different groups of dives: forward, back, reverse, inward, and twist. Each dive has a difficulty rating from 1.0 to 3.0 depending on how difficult the dive is to perform. The judge's score is multiplied by the difficulty to get the total award. The judge will award points from one to ten depending on how well the dive was executed. The most common scores you will see will range from two to six. Judges assess the diver on the approach, the takeoff (height and body position), the rotation, distance from the board, and the entry into the water.

100-Yard Butterfly: A swimmer will swim four lengths of the pool using the butterfly stroke. This is a very difficult stroke to master and a beautiful stroke for spectators to watch - physically demanding!

100-Yard Freestyle: Four lengths of the pool are swum by an individual swimmer. The swimmer may choose to swim any stroke, but the Freestyle is the most common choice.

500-Yard Freestyle: The endurance and pacing event in high school swimming is the 500 free. One swimmer must swim 20 lengths of the pool, slightly less than a third of a mile. Competing in this event will ensure a good night's sleep.

200-Yard Freestyle Relay: Four swimmers each swim 50 yards (2 lengths) using the freestyle stroke.

100-Yard Backstroke: Four lengths of the pool, using backstroke, are swum by an individual swimmer.

100-Yard Breaststroke: Four lengths of the pool, using breaststroke, are swum by an individual swimmer.

400- Yard (4 X 100) Freestyle Relay: Four swimmers each swim 100 yards (4 lengths of the pool) using the freestyle stroke. This event can make or break a meet. Many times meet scores will be so close after the 100-yard breaststroke that this relay will decide the meet winner.

Frequently Asked Questions

Will I swim every event during the season?

The coach will decide what events your son will swim. He may end up swimming only 3 or possibly 4 specific events during the entire season, concentrating on a few events. The idea is for the coach to build the strongest team possible by developing individual athlete's potential and balancing the strengths of each athlete in the team. There will be meets where the coach knows in advance that the opposing team is weak. For a meet like this, the boys may swim "off" events, events they would not usually swim.

Will I swim in every meet?

Most likely not. There are several types of meets the team competes in each year other than the standard dual meet between two high school teams. Each meet has its own strategy and entry criteria. The coach structures our event entries to match the competitive event and level of competition.

Will I drop time in every meet?

Most likely not. With daily practices, meets, dryland, and weights, the boys' bodies have very little time to recover. It is very difficult to drop time at each meet when the body has been worked hard every day. They work incredibly hard at practice and are tired – which is good! At the end of the season the boys will taper (have an easier practice week or rest) before the big meet. With a good taper, your son might drop from 5 to 15% off his best time of the season.

Chapter 3: General Meet Information, Maps, & Directions

Meets Overview

Most high school meets follow the same order of specific events (see Chapter 2). During the high school season, swims will be held in yard pools, resulting in yard times. The following explains a little about how meets are conducted:

In dual meets there are usually two heats of each event. The first is a Junior Varsity heat, and the second is the Varsity heat. Depending on the size of the teams competing and the need for coaches to see how their other swimmers are doing with their training, an Exhibition heat(s) may be added to an event(s) prior to the JV & V heats. Each swimmer can participate in up to four events per meet to include a maximum of two individual events or three relays.

Varsity and JV points are calculated separately.

Scoring Conference Dual Meets

Scores in a high school swim meet are determined by the number of competitive lanes in the pool. In a six or eight lane pool, each team can score no more than three swimmers in individual events and no more than two relay teams. Scoring in a pool with less than six lanes uses four lane scoring where each team can score up to two individuals or relay teams in each event.

Scoring for a 6 or 8 lane pool

Relays

First place	8 points
Second Place	4 points
Third Place	2 points

Individual Events

First Place	6 points
Second Place	4 points
Third Place	3 points
Fourth place	2 points
Fifth Place	1 point

Types of Meets

There are various types of meets that are conducted throughout the high school season. They include: Conference, Non-Conference, Invitational, True Team, Sections, and the State Championship. It gets a little confusing because different organizations oversee the different meets within our competition year. For instance, the two primary divisions of competition are Conference and Sections. The high school coaches determine conference divisions. Each conference has its own meet schedule that leads up to a Conference Championship for

whichever team has the best conference record at the end of the season. Sections are determined by the Minnesota State High School League and the section we are assigned to doesn't have all the same schools as those in our conference. Section competition occurs at the end of the conference meet schedule with section qualifiers moving on to the State Championship.

- **Conference Meets**

Mounds View High School participates in the [Suburban East Conference](#) that includes the following Schools:

- Cretin-Derham Hall
- East Ridge High School
- Forest Lake High School
- Mounds View High School
- Park High School
- Roseville Area High School
- Stillwater High School
- White Bear Lake Area High School
- Woodbury High School

All conference meets are swum against these teams. Dual meets are held on Tuesday or Thursday evenings. The first conference meet of the season is the Conference Relays. During this meet, all teams from the conference swim against one another in a special mixture of relay events only. This meet is a preview of the competition in the conference and does not count as part of the team's conference record. The Conference Relays Meet is an exciting meet. Don't miss it! And come early if want a place to sit!

- **Non-Conference Meets**

Non-conference meets are swum against teams outside our conference. Scoring takes place to determine the meet winner, but this win or loss does not count toward a conference title.

- **True Team Competition**

This is a special meet series set up by the Minnesota State High School Swimming Coaches Association that puts a twist on Section competition. Competition (True Team Sections) is among those schools in our Section as defined by the Minnesota State High School League and culminates the following weekend in True Team State where all Sections are represented. However, the format for this meet is based on team competition where the whole team advances to True Team State if they win True Team Sections, unlike regular Section competition where individual qualifiers or relay teams advance to the State Championship independent of how their whole team does at the traditional Section meet.

- **JV Conference Finals**

The final meet of the season for junior varsity swimmers is JV Conference Finals. All teams in the conference participate. The order of events does not change from the high school meets that took place during the core of the season. The conclusion of the meet signals the end of the junior varsity season.

- **Section Meet**

Mounds View High School currently is assigned to [Section 4AA](#) by the [Minnesota State High School League](#) (MSHSL). This includes the following Schools:

- Mounds View High School
- North High School
- Roseville Area High School
- St. Paul Central High School
- St. Paul Harding High School
- Stillwater Area High School
- Tartan High School
- White Bear Lake Area High School

The Sections Meet (and True Team) is swum against these teams and occurs near the end of February. Our Section Meet determines the Section 4AA Champion, and is a qualifying meet for the Minnesota State High School Championship Meet. The teams in our section are not the same as those in our conference as discussed above. The Section Meet differs from other meets in that there are two parts involved: prelims and finals. Prelims for swimmers are on Thursday evening; divers have their prelims on Friday evening. Each participating team can enter up to four individuals or relay teams in each prelim event. Only the top sixteen finish times from prelims proceed to the second part of the meet on Saturday, Section Finals. Prelims use what is called 'circle-seeding'. The fastest swimmers are seeded alternately in the heats such that each heat has top seeds in it. The fastest seed time is in lane 4 of the final heat. The second fastest seed time swims in lane 4 of the second to the last heat. The third to the fastest seed time is in lane 4 of the third to the last heat, and so forth.

Section Finals for both swimmers and divers are held on Saturday following prelims. During Section Finals, the second fastest eight times (places 9 – 16) from prelims will participate in the consolation heat. The top eight finishers (places 1 – 8) will compete in the finals heat. The highest place a swimmer competing in the consolation heat can finish is ninth, no matter how fast his time. Points are scored for all sixteen places to determine the overall Section Team Champion

The two fastest times from each Section Finals event (relays and individual events) automatically qualify for the State Meet. A swimmer or relay team not finishing in the top two places may still qualify for State if the swimmer or the relay team achieves a ***State qualifying time*** DURING the Section Finals. State qualifying times are determined each year prior to the start of the high school season. Unfortunately state cuts that are achieved during prelims do not count. The swimmer MUST achieve a state cut in their event(s) on the day of Section Finals.

The qualifying standards for each swimming event is established by taking the three (3) year average of the 16th fastest time of the state meet preliminaries at the U of M Aquatic Center. The standard may not deviate more than 1% up or down in any given year. The qualifying

standard can be found at Minnesota State High School League Website
<http://www.mshsl.org/mshsl/activitypage.asp?actnum=417>.

- **State Championship Meet**

The State Meet takes place in early March the week after Sections. The format for the State Meet is the same as Sections except prelims for swimming and diving may be on different nights. All individuals or relay teams who qualify for the State Meet are seeded into preliminaries. The top sixteen finishers from prelims go on to the State Championships. Relay teams are interesting in that four alternates can be listed for each relay team. The swimmers who qualified for finals may not be the same who swim. Once in finals, there are two heats: consolation and championship heats. State medals are awarded to the top eight places in each event. A swimmer in the consolation heat can only finish as high as ninth place. Points are scored for all sixteen places in each event to determine the overall State Team Champion

Shave & Taper

Throughout the entire swim season, swimmers do not shave their legs. The reason behind this concept is to create drag. Just as a baggy suit or wearing 2 suits in practice increases drag, so does leg and body hair. At the conclusion of practice the night before JV Conference Finals, JV swimmers should gather in the showers with their shaving supplies and have a mini shaving party. The reason the boys do this together is mostly instructional and for safety as some boys may not know how to shave their legs and arms. The last Carbo-load of the season is the night before Sections where the Varsity athletes have a shaving/hair-dying party. This is a special event held at a location conducive for this activity. All athletes, JV & V, are welcome to attend and participate.

Taper begins one to two weeks before the championship meet. During taper, the yardage decreases so that the swimmers' bodies have a chance to recover and store more energy. Practices will not last the full 2 1/2 hours and will include more specific work with starts, relay starts, and turns.

Transportation to Away Meets

The swimmers will be bussed from Mounds View or Chippewa to all away meets. Swimmers are expected to ride the bus both ways. If your son cannot ride the bus, *you must inform the coach at least one day prior to the day of the meet*. Divers usually car pool themselves because most of their meets are at different times and/or locations than the swim meet. There are a few dive meets that occur together with the swim meet and then divers should ride the bus.

Swimmers/divers are not allowed to drive their own cars, nor ride with parents/guardians without permission. At the conclusion of an away meet, the bus will always return the boys to the same location from which they departed. Swimmers/divers are responsible for their own transportation home from school that night. **Supervision is not provided after practice ends nor after a swim meet. Parent should be prompt when picking up your son!**

Directions to Meets

Most, but not all, diving meets begin at 4p. Please consult the calendar on our website or coach to be sure. Admission is usually charged at each swim meet according the MSHSL standards.

The following page lists addresses to almost all away meet pools where our team will compete. Meets listed on our website calendar will have addresses entered. Google maps and directions will be provided automatically through the website. For most pools, the Google maps or driving directions obtained through an internet/GPS service are correct.

Chippewa Middle School Pool (Home Pool for Swimming)

5000 Hodgson Road North Oaks, MN 55126 Telephone: 651-483-6635

Spring Lake Park High School Pool (Home Pool for Diving)

8001 Able Street Northeast Spring Lake Park, Minnesota 55432 Telephone: 763-786-5571

Cottage Grove Junior High

9775 Indian Blvd. Cottage Grove, MN 55016 Phone: 651-768-6800

Forest Lake Southwest Junior High School

943 9th Ave SW Forest Lake, MN 55025 Phone: 651-982-8700

Maple Grove Junior High School

7000 Hemlock Lane Maple Grove, MN 55369 Phone: 763-315-7600

Roseville-Parkview Middle School Pool

701 West County Road B Roseville, Minnesota 55113 Phone: 651-351-6905

Stillwater Junior High School

523 Marsh St W Stillwater, MN 55082 Phone: 651-351-6905

Note: the pool is really on Orleans Street while the junior high school is on Marsh Street. From 4th Street, go west on Orleans Street and you will find the pool.

University of MN Aquatic Center

1910 University Avenue SE Minneapolis, MN 55455 Phone: 612-624-7050

Woodbury High School

2665 Woodlane Drive Woodbury, MN 55125 Phone: 651-768-4400

Woodbury Junior High School

1425 School Drive Woodbury, MN 55125 Phone: 763-768-4500

White Bear Lake YMCA

2100 Orchard Ln, White Bear Lake, MN 55110 Phone: 651-777-8103

Chapter 4: Team Policies

Attendance Policies

Excused absence from practice: in the case of a non-emergency all swimmers or parents must contact the coach prior to practice with a legitimate reason. This may include school work, family commitments, and medical reasons. All emergencies are excused.

- There is no limit to the number of *excused* absences, but too many may disqualify swimmer from lettering
- It is both the individual and team's responsibility to make one another accountable for attending regular practice.

Part of sport participation is learning how to balance the many facets of your life. This involves making choices and being well aware of the consequence of these choices. Consequences to missing practice may include poor individual and team performance, not enjoying fully the athletic experience, team disunity, and not lettering.

Unexcused absences: accountability to your coach and team is essential. Therefore, there will be little tolerance for unexcused absences. We will employ a three strike rule:

- The first unexcused absence will result in the swimmer having to approach the coach and explain why they were absent from practice. If this falls on the day before an in- season meet *the athlete will not be allowed to compete, without exception.*
- If another unexcused absence occurs, the swimmer must have a meeting with the coaches. During this time, the athlete and coaches will develop a written plan of commitments the swimmer will agree to. The coaches and swimmer will agree on an appropriate consequence if this is violated.
- On the third unexcused absence, without exception, the agreed upon consequence will be enforced. Additional unexcused absences after this point will be handled on an individual basis and may result in suspension for part of or the remainder of the season.

Remember: missing practices not only hurts your performance, but also negatively affects the team!

Practice Policies

It is extremely important that you strive for excellence, be supportive and HAVE FUN! Be on time and ready to start practice. Excessive tardiness may result in sitting out of meets. Water bottles are required at every practice session. Please label yours and don't share. Please pack a small snack for longer practices; these will be communicated to you ahead of time. There is an "in the water or off the deck policy" during all swimming sets. If for some reason you cannot continue in practice, you must not remain on deck.

Meet Policies

All team members must engage in sportsmanlike conduct at all times. This includes, without exception, shaking hands of opponents after every meet, proper language and behavior on the pool deck, and warm regard for each competitor.

Part of being a team is having fun with and supporting your team members. It is extremely important that every swimmer is cheered for in every event!

All swimmers must ride the bus to and from swim meet unless one parent contacts the athletic director prior to. Written permission slips will not be acceptable. Coaches cannot authorize this.

Lettering Policy

Requirements: Attendance - Swimmers must meet a high attendance rate. Participants are allowed 6 days of excused absence. An excused absence requires a parents/teachers note. In addition to the attendance requirements one of the following criteria is also required:

- Make the section swimming team. Every member of the section squad selected to represent Mounds View at the section championship meet earns a varsity letter. There are 8 individual swimming events and we enter the 4 fastest swimmers in each event. Athletes can compete in a maximum of 2 individual events. The Diving Coach will determine divers participating in the meet.
- Swim a time that is as fast as the automatic lettering standard for this season. The standard is determined from a 4-year average of the 16th (last scoring) place athlete at the Section Prelims meet. Lettering standards are capped at a 1% maximum change per year like the state qualifying standards set by the Minnesota state high school league. [Current Lettering Standards](#)
- Three years of complete participation on the team. Attendance, Attitude, and dedication included.
- Seniors with less than 3 years may letter if the numbered criteria above are not met, but demonstrate excellent leadership, dedication, team participation and present a determined work ethic and positive attitude in daily practice and during meets. Requires captain recommendations.

The diving coach will determine diving letters beyond the divers sent to the section championships. This may arise in the event there are more divers than positions in the section championship meet.

Eligibility Policies

All swimmers and divers must meet the following requirements

1. All eligibility cards, physical forms, and athletic fees must be turned into athletic office by start of the season.

Athletes are reminded to have all forms on file in the Activities Office prior to participating in any sport. Physical's [current within the last three (3) years] are required by the Minnesota State High School League as part of the process to be eligible to participate. (Students may check on their physicals in the nurse's office or the athletic office.)

2. Athletes must be making satisfactory progress toward graduation (these will be checked). Please refer to the Mounds View Activities Handbook, found at <http://www.moundsviewschools.org/moundsview/> for more detailed information

Miscellaneous Policies

- Respect yourself! The practices with your team will only take you so far. It is important to make good choices that lead to a balanced and healthy lifestyle. This includes balancing good nutrition, healthy sleeping patterns, excellent academic work, positive relationships, and all the other decisions you will make in your daily lives (See Nutrition Section Below)
- Respect your team! There is no room for exclusion in a team sport. You each are unique and have different interests and personalities – but you all have one thing in common! Be nice to each other, and avoid making choices that will hurt others and the team. Remember, everyone is equally important in a team sport – so recognize and celebrate each other's success both in and out of the water!
- Don't be afraid to communicate. Your coaches and team are here for your support and commit to your success. If something isn't going well for you, tell us, and we will do everything possible to get you back on track. We would like to read minds, but unfortunately cannot, so always feel invited to speak up before you become frustrated.

Mounds View Student Code of Responsibilities

As a student participating in my school's interscholastic activities, I understand and accept the following responsibilities:

- I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
- I will be fully responsible for my own actions and the consequences of my actions.
- I will respect the property of others.
- I will respect and obey the rules of my school and the laws of my community, state and country.
- I will show respect to those who are responsible for enforcing the rules of my school and the laws of my community, state and country.

A student whose character or conduct violates the Student Code of Responsibilities is not in good standing and is ineligible for a period of time as determined by the principal.

Chapter 5: Coach's Philosophy

The true objective of a coach is to extract, promote, and support excellence. We believe that foundational to *how* we coach, is *why* we coach. We coach for our belief in team. We coach to challenge. We coach to have fun. We coach to rally success from each individual's unique gifts. These four pillars of team, fun, challenge, and success inspire us to create meaningful and rich athletic experiences.

Team

A strong sense of team is the most important variable in creating a meaningful athletic experience. While coaching high school swimming, we believe in opportunity and inclusion. Our role as coaches is to always consider our athletes equally, weaving together individual and team goals. To foster team, we believe in creating an environment of respect, sportsmanship, and camaraderie that can only exist when everyone participates and is given the opportunity to succeed. We also feel that developing and supporting leadership within the team is paramount to its success.

Also, we believe that as coaches we are role models for the team. Therefore, we must work well together, be consistent in approach, and make ethical choices that always put the interests of the team and individual athletes first. We must respect diversity of ideas and background, and work within the parameters set both by the Mounds View School District, and by families of the athletes.

Challenge

We believe that only through challenge one can grow. It is our responsibility to help establish reasonable but challenging goals to stretch our athletes mentally, physically, and technically. We believe that in a team sport, challenge can exist on many levels both in and out of the pool: obtaining best times, mastering a skill, trying something new, being a team leader, being a role model, effectively managing academics, or overcoming obstacles and defeats etc. We believe in empowering our athletes to make challenging decisions, and supporting good choices.

Fun

We believe that a strong team environment and growth promoting challenges will create a richness of fun. We believe in being positive supporters of our athletes by creating dynamic and customized practices and team events which encourage enjoyable experiences. We also believe that our methods should preserve a team's culture and traditions. We believe in being open to new ideas and perspectives and valuing the voices of our team. Fun and fulfillment are central to success!

Success

We believe that it is our job to extract, promote, and support excellence. In a team sport success can be found in many places and our goal is to focus on a broad set of victories. We believe in seeking out and celebrating both team and individual successes wherever they may occur.

It is also our role to protect success by setting clear expectations of appropriate behavior. We believe that violation of rules threatens the success of the team and appropriate consequences should ensue. As coaches, we must also expect a high standard of ourselves, be accountable to our team, and put our best efforts in creating success through our coaching methods.

The interaction of these four pillars will guide our decisions. As coaches, we believe that our role is to promote excellence from within the team and help create an experience that will serve the athletes throughout their lives.

“Teamwork is the ability to work together toward a common vision, the ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results.”

Chapter 6: Training Methodology, Nutrition & Performance

Within the parameters of our coaching philosophy we have developed a corresponding methodology. The coach's goal is to provide challenging and fun swimming practices that are appropriate for the time in the season and accessible to all skill levels. We believe our role is to continue to refine the physical, technical, mental, and tactical elements of swimming to create a high level of individual and team performance.

Pool Practices

It is the coach's job to encourage and inspire each athlete to achieve the most out of each practice session. This is accomplished through challenging physical and mental exercise and refinement of technical skills to increase swimming efficiency and performance.

Practices will be written weekly, and follow a general practice routine, within school time parameters.

Dryland Training

Although 80% of conditioning occurs in the pool, an important part of the program will be various exercises outside of the pool. The focuses of dryland exercises are physical and mental in nature, and meant to aid in stretching, balance and body awareness, muscle building, mental focusing, and to add variety.

Depending on Coach's Preference, core strength and/or weight training programs may be used.

Nutrition Needs for Swimmers

Swimming performance depends upon a number of factors including genetics, training, diet and motivation. Many of these factors are difficult to control; however, nutrition and diet can be controlled. Like all athletes, swimmers require a nutritionally balanced diet that contains nutrients to sustain normal daily activities as well as those associated with training and racing. Making wise food choices can provide the muscles with the proper fuel and allow swimmers to train longer and harder.

- **Carbohydrate**

Carbohydrate foods are used first and most efficiently by the body as fuel to perform exercise activity. A general guideline is to have the greatest amount (55-60%) of daily calories coming from carbohydrate rich foods, which include, rice, dairy products.

- **Protein**

Protein is needed for the building and maintenance of muscle tissue, enzymes, hormones, antibodies and other important bodily functions. Recommended daily protein intake is 15-20% of total calories. Consuming more protein than what the body can use does not build more muscle, but is converted to fat. Protein sources include meat, fish, poultry, dried beans and peas, and low-fat dairy products.

- **Fat**

Fat is important in every cell in the body and acts as a carrier for vitamins throughout the body. However, the typical swimmer consumes too much fat. It is widely accepted that swimmers should consume no more than 30% of total calories should come from fat. Limiting high fat foods, such as salad dressings, chips, doughnuts butter and margarine will help keep fat consumption within a desirable range.

The key to meeting the nutritional needs of swimmers is to apply variety, moderation and balance when choosing a high carbohydrate, moderate protein, lower fat diet. The Food Guide Pyramid System provides an easy tool for meeting such needs.

- **Snacking**

Snacking is a way of life for most swimmers. Choose healthy snacks to keep fit and provide energy for training.

TRY:

Low-fat yogurt

Fresh or dried fruit

Cereal and low-fat milk

Fruit or vegetable juices

Bagels

Crackers

Pretzels

Fig bars

Oatmeal and raisin cookies

Low-fat granola bars

Nutria-grain bars

Sleep

The extra work your body is performing to compensate for the heat means it (and you) needs to get adequate sleep. Everyone seems to need differing amounts, but athletes should try and get at least 8 to 10 hours of sleep a day. This can be difficult to fit in a busy schedule. While it doesn't always have to be sleep - even relaxing is good for recovery - sleep seems to be better. Some ways to make it easier are to take naps and set your goals to include a daily schedule of going to bed and getting up. Look at it as being just as important as getting to practice on time, staying hydrated, and keeping up your food intake. The rest will help your muscles rebuild by using the

fluid and fuels you have remembered to take in during the day. When you have enough sleep, you will find your mind and body can perform much better.

Hydration

All swimmers should bring a water bottle with them to practice (DO NOT SHARE). It is vital to your performance, whether in a practice or a meet, to be fully hydrated. Practice causes increased sweating, resulting in more water loss. To compensate, you should increase your fluid intake daily, keep a water bottle by your lane during workouts, and sip water or a sports drink continuously during a meet.

Fun Fact

The average human produces 25,000 quarts of spit in a lifetime, enough to fill two swimming pools.

Appendix: Sample Receipts

Here are several sample menus for a typical carbo-load or breakfast. However, feel free to be creative and deviate from these menus. As long as the menu includes pasta and bread (and nothing too fancy), they will love it!

Example 1 - Carbo-load Menu

2 pans of lasagna Crock pot of chicken fettuccini (4-5 boxes)
4 lbs of spaghetti
4 large jars spaghetti sauce
Meatballs for the spaghetti sauce
6 bags of Caesar salad – family size
6 large loaves of frozen buttered garlic bread
24 pack of bottled water
1 gallon white milk
1 gallon chocolate milk
4 bottles of assorted juice (white grape and apple are especially popular)
2 pans bars/cookies

Example 2 - Carbo-load Menu

2- 9 X 13 Pans of Lasagna or Other Baked Italian Casseroles (e.g. Ziti)
2-Large Bowls (4 quart bowls) of 2lbs. of Spaghetti and/or Fettuccini (Total=4 lbs. of pasta)
2-Large Jars (2lbs. each) of Spaghetti or Alfredo Sauce
1-Large Bag of Frozen Meatballs, Cooked Italian Sausage or Chicken
4-Family Size Bags of Pre-chopped/Washed Romaine Lettuce
2-4 Large Bottles (depending on size) of Caesar Salad Dressing
6-8 Loaves of French Style Bread (Fresh or Frozen)
Softened Butter Available for the Bread
12-Pack of Bottled Water
3-Gallons of Chocolate Milk
2-Large Assorted Fresh Fruit Trays (Oranges, Sliced Apples, Halved Bananas, Grapes and Any Other Personal Preferences Desired)

Example 3 - Carbo-load Menu

1 large pot (2 gallons) spaghetti sauce with ground beef and Italian sausage
4 lbs spaghetti cooked and draining in a couple of large colanders
3 pans of old fashioned macaroni and cheese with bread crumb topping
2 pans of Costco Lasagna
Big salad
2 large bowls of fruit (berries, pineapple, grapes, kiwi)
Lots of bread and butter
3 gallons chocolate milk (3 gallons skim to use if needed or keep for later)
Water
Leftover spaghetti sauce is money in the bank!

Example 4 – Carbo-load Menu held at Chippewa

Family 1

1 pan lasagna
1 pan/crock pot buttered/olive oiled noodles (2 large bags medium egg noodles)
Meatballs in spaghetti sauce, parmesan cheese
2 loaves garlic bread
Bottled water (1 case of 36)
1 gallon chocolate milk
Caesar salad (6 bags romaine lettuce, 2 boxes Cub Caesar croutons, 1 bottle Caesar dressing, 2 pkg deli shredded parmesan)
Plasticware for 50
Hotpads/mits and serving utensils, knives and cutting board
Dish soap/towels/scrub pads
Garbage bags

Family 2

1 pan lasagna
1 pan/crock pot macaroni and cheese
2 loaves garlic bread
Apple juice
1 gallon chocolate milk
4 dozen bars/cookies
50 paper plates and napkins
Hotpads/mits and serving utensils

Family 3

1 pan lasagna
1 pan/crock pot chicken fettucini
2 loaves garlic bread
White grape juice
1 gallon 2% white milk
4 dozen bars/cookies
50 paper drinking cups
Hotpads/mits and serving utensils

Example 5 - Breakfast

2-Large Platters of Assorted Fresh Fruit (Oranges, Sliced Apples, Halved Bananas, Grapes and Any Other Personal Preferences Desired)
2-Gallons of Chocolate Milk
Fruit juice (4 bottles of assorted flavors)
Assortment of bagels, muffins, donuts, toast, and/or cinnamon rolls (approx 50)
Bacon and/or sausage (3-4 pieces per athlete)
Egg bake (three 9x13 pans)
Pancakes or Waffles (2-3 per athlete)

Example 6 - Breakfast (30 Swimmers)

Pancakes (12 cups of mix) with toppings (syrup, whipped cream, chocolate chips)

8 pounds of bacon (Could have fried up twice that much and it would have been eaten. No such thing as too much bacon)

84 sausage links

4 - 9x13 pans of egg bake

100 small caramel rolls

24 large cinnamon rolls

2 big bowls of cut-up fruit

3 gallons chocolate milk

2 gallons of orange juice (could have used more)

1/2 gallon apple juice (could have used more)

Glossary of Swimming Terms

Block – The starting platform.

Circle Swimming – Performed by staying to the right of the black line when swimming in a lane to enable maximum use of pool space.

Cut – Slang term for qualifying time. A time standard necessary to attend a particular meet or event.

DQ or Disqualification – Occurs when an official observes a rule violation by the swimmer. A disqualified swimmer cannot receive awards or use the result as an official time.

Drill – An exercise involving isolation of a portion or part of a stroke, used to improve technique.

Dry Land Training – Training done out of the water. Aids and enhances swimming performance. Usually includes stretching, weight training, and/or calisthenics.

False Start – Occurs when a swimmer is moving at the starting signal.

Final – The championship heat of an event in which the top swimmers from the preliminaries compete.

Flags – Pennants strung across the pool five yards or meters from the end of the pool. They enable backstrokers to execute a turn more efficiently by counting their strokes from the flags to the wall.

Gutter – The area along the edge of the pool in which water overflows during a race and re-circulates through the filtration system. Deep gutters catch surface waves and don't allow them to wash back into the pool and affect the race.

I.M. – Short for individual medley, an event in which one swimmer swims equal distances of each stroke in the following order: butterfly, backstroke, breaststroke and freestyle.

Lane Lines – The dividers used to delineate the individual lanes. These are made of individual finned disks strung on a cable which rotate on the cable when hit by a wave. The rotating disks dissipate surface tension waves in a competitive pool.

Lap Counter – 1) A set of plastic display numbers used to keep track of laps during a race 500 yards or longer; 2) The person who stands at the opposite end from the start and counts for the swimmer.

Medley Relay - An event in which four swimmers swim equal distances of one stroke each in the following order: backstroke, breaststroke, butterfly and freestyle.

Negative Split – Swimming the second half of the race faster than the first half.

Preliminaries (Prelims) – Races in which swimmers qualify for the championship and consolation finals in the events.

Relay – An event in which four swimmers compete together as a team to achieve one time.

Relay Exchange – The exchange between the swimmer in the water and the next swimmer on the relay team. A perfect exchange will simultaneously have the finishing swimmer's hand on the touch pad and the starting swimmer's feet just touching the starting block with the rest of the starting swimmer's body extended over the water

Shave – Prior to a major competition a swimmer might shave his entire body. The removal of the hair provides less resistance between skin and water and heightens a swimmer's sensations in the water.

Split – 1) A swimmer's intermediate time within a race. 2) In a relay, the time for one of the four individuals.

Streamline – The position used to gain maximum distance during a start and/or push-off from the wall in which the swimmer's body is as tight as it can be.

Taper – The final preparation phase of a season. As a major competition draws near, the swimmer will 'taper' off the distances swum each day, allowing her body to recover. A perfectly designed taper will enable the swimmer to compete at her peak capability and is one of the most difficult aspects of swim coaching.

Time – A swimmer's time is shown on the clock. However, the final, official time is determined by the referee by comparing the clock time and the human timers who back up the clock with a push button stop watch.

Touch – The finish of the race.

Touch Pad – A large sensitive board at the end of each lane where a swimmer's touch is registered and automatically sent to the timing system.

Warm Up – Low intensity swimming used by a swimmer prior to a main practice set or race to get muscles loose and warm.

Contact Sheet

Head Swimming Coach: Stephen Brauer

Cell: (763) 232-7982

MVHS_swim@yahoo.com

Coach: Chris Yauch

Cell: (651) 442-4093

chrisyauch@gmail.com

Head Diving Coach: John Karpe

Cell: (952) 220-0062

johnkarpe@yahoo.com

Athletic Director: Bob Madison

Work: (651) 633-4031

Robert.Madison@moundsviewschools.org

Team Email: mustang.swimdive@gmail.com