

2018 Minnetonka High School Girls' Swim and Dive

Head Coach

Dan Berve

Daniel.Berve@minnetonkaschools.org

952-401-5225

Activities Director

Ted Schultz

Ted.Schultz@minnetonkaschools.org

952-401-5901

Assistant Coaches

Stephenie Varichak, Diving

sfvarichak@gmail.com

TBD, Assistant Coach

Captains

Izzy H

Molly J

Bella L

Erin R

Faith R

Ellie S

Season

August 13-November 17

REGISTRATION FEES AND FORMS :

2018- 2019 Sports Registration is online. The link to registration is:

www.tonkaactivitiesregistration.com

IMPORTANT: If you are a new Transfer (10th-12th) or Foreign Exchange Student, you cannot register online until you contact the Activities Office to begin your registration process – please email: gwynn.pletsch@minnetonkaschools.org.

Registration requirements **must be completed by Mon., August 6**, one week prior to the start date of August 13, and include the following steps:

Step 1: Fill out the eligibility form, including health questionnaire and emergency card.

Step 2: Pay the sport activity fee of \$109.00 and the annual (one time only) participation fee of \$75.00.

Step 3: Have a current Sports Qualifying Physical* on file with the Activities Office (details below and on the next page)

(If you do not have access to a computer, we have laptops in our office for you to use)

Sports Qualifying Physical: All students participating in MSHSL sanctioned sports are required to have a Sports Qualifying Physical on file with Minnetonka High School. **This form is good for up to THREE YEARS of participation from the date of the exam and must stay current through the end of your sport participation season.**

If you need to check on your student(s) physical date, or have any questions about registration, please first check under your student's health information section in their Student Skyward first. If you have any questions or concerns, please send an **email to both Activities Office staff** below due to summer vacation:

Gwynn Pletsch: gwynn.pletsch@minnetonkaschools.org - during summer break
Jane McGowan: jane.mcgowan@minnetonkaschools.org - after August 13

Activity Fee and Participation Fee Waiver requests. In order to participate on the first day of practice, all registration fees and items must be paid and completed. **SCHOLARSHIPS** are available, although we ask that each family help as much as possible. If you need financial assistance you must fill out a scholarship request application form located online on the registration homepage in the Resources section. Once completed, please contact via email the Activities Office Staff above for further assistance and registration instructions.

**In order to participate on the first day of practice, all registration fees and items must be paid and completed.*

Other Team Fees

- Fundraising Fee – TBD; used to help pay for our coaches, secret outing, team banquet, hosted meet hospitality, and other items.
- Team suit
- Swim caps - \$5/each
- Eau Claire/Border Battle Invites – athletes attending the meet are required to pay a fee to cover transportation and lodging. Fee varies each year but is typically less than \$100.
- Apparel – optional and available to the team members at the start of the season. Only required item is team shirt.

PAC Meeting – August 20, 5:00 PM

The mandatory Parent Athlete Coach Meeting will be held in the Arts Center of the high school on August 20, 2018. Following this 30-minute meeting of all fall sports, the girls swim & dive team parents, athletes, and coaches will meet separately in the Arts Center. Parents should plan on having checkbook with them to pay for team fees that day.

Practice Schedule - tentative

- All practices at MME unless notified. Athletes must arrange a ride from MHS, MMW, or home each day.
- Athletes will participate in practice until after their final competition.
- Varsity and JV practice squads will be announced following tryouts.
- All athletes should be prepared for dryland and swimming/diving workouts on day one.

August 13-August 18

Monday-Friday 7:00-9:00 AM; 3:00-5:00 PM

Saturday 7:00-9:00 AM

**We will have a brief meeting at 9:00 AM on Monday, August 13 for all athletes.*

**Varsity and JV rosters will be posted online by Sunday, August 19.*

August 20-September 1

Varsity

Monday-Saturday 7:00-9:00 AM

Monday/Wednesday/Friday 2:00-4:00 PM

Tuesday/Thursday 3:00-5:00 PM

JV

Monday/Wednesday/Friday/Saturday 7:00-9:00 AM

Tuesday/Thursday 8:30-10:30 AM; 3:00-5:00 PM

Monday/Wednesday/Friday 3:30-5:30 PM

**Afternoon practice for Monday, August 20 will run from 2:30-4:30 PM and will precede the PAC Meeting at 5:00 PM.*

**There is no practice on Saturday, August 25 due to the Eau Claire Invite.*

**There is no practice on Monday, September 3.*

September 4-October 6

Varsity

Monday-Friday 3:15-5:15 PM Swim

Monday/Wednesday 6:00-7:15 AM Dryland/Swim

Tuesday/Thursday 5:15-5:45 PM Yoga

Saturday 7:00-9:00 AM Swim

JV

Monday-Thursday 5:15-7:00 PM Swim

Monday/Wednesday 4:30-5:15 PM Dryland

Tuesday/Thursday 4:30-5:15 PM Yoga

Friday 3:15-5:15 PM Swim

Saturday 7:00-9:00 AM Swim

October 8-27

Varsity

Monday-Friday	3:15-5:15 PM	Swim
Monday/Wednesday	5:15-5:45 PM	Dryland
Tuesday/Thursday	5:15-5:45 PM	Yoga
Saturday	7:00-9:00 AM	Swim

JV

Monday-Thursday	5:15-7:00 PM	Swim
Monday/Wednesday	4:30-5:15 PM	Dryland
Tuesday/Thursday	4:30-5:15 PM	Yoga
Friday	3:15-5:15 PM	Swim
Saturday	7:00-9:00 AM	Swim

**Athletes will attend practice through MEA. Juniors and Seniors who are making college visits are expected to train during their absence and will receive workouts from Coach Dan.*

October 29-November 17

TBD as we prepare for Sections and State.

Dive Practice Schedule

August 13-September 1

Monday-Thursday	4:30-6:30 PM
Friday	3:00-5:00 PM
Monday/WednesdayFriday	7:00-8:00 AM (dryland)

September 4-November 17

Monday-Thursday	4:30-6:30 PM
Friday	3:30-5:30 PM

**Any changes to the dive practice schedule will be communicated by Coach Stephenie.*

Required Equipment

- One-piece practice suit
- Cap and goggles (swimmers)
- Zoomers (swimmers)
- Snorkel (swimmers)
- Water bottle
- T-shirt, athletic shorts, athletic shoes, and socks

Our program will be defined by the following:

- Perseverance
- Self-discipline
- Ethical behavior
- Ability to work with others
- Leadership qualities
- An understanding of the importance of physical health and fitness
- Goal-setting and follow-through skills
- Positive self-image
- The experience of competition
- Good sportsmanship

Athlete Expectations

Our athletes will be committed to upholding themselves to these standards and must sign a contract stating their intention of doing so at the beginning of the season.

1. Athletes will attend and be on time to all practices required of them.
2. Athletes will maintain a high level of commitment to themselves, their team, and their school. They will make positive decisions that will help them to achieve their goals.
3. Athletes will treat their teammates, coaches, opponents, officials, and themselves with respect.
4. Athletes will respect our facilities.
5. Athletes will maintain a positive attitude and a growth mindset; always striving to reach new heights with each day.
6. Athletes will understand the importance of the TEAM.

Parent Expectations

- Provide timers for home meets.
- Provide support for pot lucks following home meets.
- Provide support for breakfasts before school and following Varsity practice.
- Provide support for the team, the coaching staff, and their athlete.

Tryouts

Swimming

Tryouts will be used to determine the Varsity and Junior Varsity teams. All swimmers will be required to tryout in order to earn a place on the team. The coaching staff will use the results of the tryouts along with an analysis of one's attitude, effort, and character to determine team placement. Athletes will earn their place based on our expectations for an athlete on the Varsity or Junior Varsity teams. Tryouts will occur at the end of the first week. The four tryout sessions will involve:

1. 1000 for time
2. 4 x 50 FAST; one of each stroke
3. 8 x 100 kick
4. Mock Meet

(tryouts information cont'd on the next page)

**Middle school (7th and 8th grade) swimmers must have achieved a time equal to or faster than the previous year's Varsity Section top 16 scoring time to tryout for the team. LCM times may also be converted and used to achieve this standard. Swimming this time is not a guarantee that an athlete will make the team. Varsity and JV rosters will be determined through tryouts.*

Diving

Divers need to be able to perform a forward, back, reverse, inward, twisting voluntary, optional, and front 1 and 1/2 dive by the end of the first three weeks of the season.

**If an athlete is unable to attend tryouts, they will complete the tryout process during their first four workouts following their absence. All swimming tryouts must be completed by the end of the second week.*

Attendance Policy

Being a member of the team demonstrates that you have made a commitment to the success of the program. This success requires each member to be reliable and work towards our goals. Attending all practices, meets, and team functions is mandatory and the first part of this commitment. The head coach has the final say on all absences and any repercussions.

- All team members must arrive on time for all practices, meets, and team functions.
- The coaching staff must be notified by noon the day of an absence.
 - If you know in advance of an absence, communicate it to the coaching staff as soon as you are able.
- Excused absences are defined as the following:
 - Illness requiring the athlete to miss school or leave school early
 - Injuries requiring the athlete to miss practice
 - Athletes may still be required to be present at practice
 - Other academic or swimming and diving reasons communicated and approved in advance with the head coach.
- Unexcused absences can result in the athlete not being able to compete and eventual removal from the team.
 - Following the 1st unexcused absence, the athlete and head coach will meet to determine the consequences.
 - Following the 2nd unexcused absence, the athlete and head coach will meet to determine the consequences. Team removal is possible following the 2nd unexcused absence.

Competition Policy

This competition policy applies for all meets except JV Champs, Sections, and State. The head coach has the final say in all items.

- Illness, injury, and school-related absences
 - You must attend and complete practice prior to competition in order to compete.
- Serious injury or illness
 - If practice isn't completed for three or more consecutive days, you must attend and complete multiple practices after the absences in order to compete.
- Recruiting visits or other swim/dive competitions approved by coach
 - Athletes are required to practice during the time away. If expectations of the head coach are met, no competitions will be missed.

Lettering Requirements

Letters stand for commitment, performance, and leadership. Coach has final say on the earning of a letter. The coaching staff will use the following requirements:

- Be a Senior in good standing and with the program for at least two years.
- Have zero drug, alcohol, and tobacco violations as according to MSHSL.
- Demonstrate proper behavior and sportsmanship throughout the season.

Swimmers must score 72 points to earn a letter. Divers must score 30 points to earn a letter. Points are awarded as follows:

- Dual meet varsity points (individual): 1st-6 pts, 2nd-4 pts, 3rd-3 pts, 4th-2 pts, 5th-1 pt
- Dual meet varsity points (relay): divided by two for dual meets
- Varsity Invitational points (individual and relay): individual points divided by two; relay points divided by three
- True Team: individual points divided by three; relay points divided by five
- Lifetime best time or score equals one point regardless of level
- Three points for perfect practice attendance
- One point for each varsity event completed successfully in competition
- One-half point for each new dive performed successfully in competition

**Athletes who swim/dive a Varsity Section Top 16 time/score at Varsity Sections or JV Conference will earn a letter pending the above requirements.*

Meet Transportation

All athletes are expected to ride with the team to and from away meets. The team bus will leave from and return to Pagel at MHS for all away meets.

Additional Dates to Keep in Mind

Saturday, May 26:	Cub Foods Bagging (101 and 7)
After July 4:	Fall Registration Opens
Week of August 6:	Captains' Practices – TBD at MME
Sunday, August 19:	Summer Party
Monday, August 20:	PAC Meeting at MHS Arts Center
TBD:	Secret outing
TBD:	Chipotle Team Fundraiser
TBD:	Parent Party

Season Schedule – Subject to change

Home meets in **Bold**

Monday, August 13:	First day of practice
Saturday, August 25:	@Eau Claire Invite (Varsity plus seniors)
Saturday, September 8:	Minnetonka Invite (Varsity)
Saturday, September 15:	Border Battle Invite (Varsity)
Monday, September 17:	@Wayzata
Saturday, September 22:	Maroon and Gold Invite (Varsity)
Thursday, September 27:	@Edina
Thursday, October 4:	Hopkins
Saturday, October 6:	True Team Sections
Tuesday, October 9:	Eden Prairie
Saturday, October 13:	True Team State @ U of M
Thursday, October 25:	JV Conference (diving) @ Edina
Saturday, October 27:	JV Conference (swimming) @ Edina
Wednesday-Friday, November 7-9:	Varsity Sections (tentative dates)
Thursday-Saturday, November 14-16:	State @ U of M
Tuesday, December 4:	Team Banquet at Lafayette

Questions

Athletes please feel welcome to communicate with Coach Dan on any issues important to you or anything else that effects your commitment to the team. His contact info is located at the top of this document.