

2018-19 Minnetonka High School Boys' Swim and Dive

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Captains: Jacob K., Nate L., George T.

Season

November 26 - March 2

Online Registration:

MHS winter sports registration is online only. To register go to: www.tonkaactivitiesregistration.com . Note the following *required procedures with this new online registration:

1. If you have not registered for fall sports or activities yet this school year, you will need to create a **NEW family login and password**. Once you have created this, the online registration will connect you to your middle and high school students for you to choose which student you wish to register.
2. **SPORTS PHYSICALS**. All MSHSL sanctioned sports athletes are required to have a sports physical on file dated within 3 years that **must remain current throughout the sports season** they are participating in. ***NEW THIS YEAR:** If your student does not have a current sports physical on file with the MHS Activities Office, or it will expire during the season, **you will not be able to register them for winter sports until a current one is on file**. To see what date is currently on file, go to your student's SSO|Student Skyward and under their Health Information choose "Physical" to see what date is on file.
3. You will be asked to provide your student's 6-digit school ID# (noted as "Other ID" in Student Skyward).

***IMPORTANT:** If you are a **transfer student, foreign exchange student** or **requesting a scholarship**: **Prior to registering, you must first complete the respective form located under High School Files and Links located on the right hand side of the online registration homepage.**

The MHS Activities Office is open Monday through Friday from 7:30 a.m. - 4:00 p.m. We are accepting online registrations only. If you are not able to register online at home, we have laptops available for your use in the MHS Activities Office.

Questions regarding registration? If you have difficulty creating your family log-in or registering, please click on the "Need Help?" option at the top of the registration homepage. There is also a "Contact Us" option if you have any registration questions for the Activities Office Staff.

STUDENTS CANNOT TRYOUT IF THEY ARE NOT CLEARED BY THE ACTIVITIES DEPARTMENT PRIOR TO THE FIRST PRACTICE /TRYOUT!

Additional Team Fees

- Fundraising Fee - We have a team fee of \$75 that goes directly to the team to help pay for miscellaneous expenses throughout the year.
- Team Suit – team suits must be purchased by the families online through Elsmore Aquatics, see the flyer in the folder for ordering instructions. These suits are worn throughout the year at our meets.
- Swim Caps– Swimmers must purchase a swim cap to be worn at meets. Swim caps are \$5 and will be available for purchase throughout the year.
- Team Apparel – Apparel for the team will be available through Innovative Graphics, see the flyer in the folder for descriptions and ordering instructions. All team apparel is optional, but Coach Dan encourages all team members to purchase a team t-shirt. Please contact a Captain’s parent if you need a scholarship.
- Parent Apparel – Apparel for parents will be available through Elsmore Aquatics, see the flyer in the folder for descriptions and ordering instructions. All parent apparel is optional.

Swim Practice Schedule

- All in-the-pool practices are at MME unless notified.
- Athletes will participate in practice until after their final competition.

November 19 – weights orientation

Monday 6:45-7:30 AM @ Pagel

November 26 - March 2

Monday-Friday 4:00-6:00 PM @ MME

Monday/Wednesday 6:45-7:30 AM @ Pagel

Saturday 7:00-9:00 AM @ MME

** We will have a brief meeting at 4:00 PM on Monday, November 26 for all athletes.*

** Morning workouts on Monday and Wednesday will discontinue in February at the start of taper. This will vary for each athlete.*

** The last day of the season for each athlete will be the day of their final competition.*

December 21 – January 1 – Winter break – tentative

Friday, December 21 Alumni Meet @ MME

Saturday, December 22 7:00-9:30 AM @ MME

Sunday, December 23 No Practice

Monday, December 24 No Practice

Tuesday, December 25 No Practice

Wednesday, December 26 10:00-11:00 AM @ Pagel, 11:30 AM-1:30 PM @ MME

Thursday, December 27 Up North Invite @ Grand Rapids, MN

Friday, December 28 8:00-10:00 AM @ MME, 10:30-11:30 AM @ Pagel

Saturday, December 29 7:00-9:30 AM @ MME

Sunday, December 30 No Practice

Monday, December 31 TBD

Tuesday, January 1 TBD

Dive Practice Schedule

November 19 – weights orientation

Monday 6:45-7:30 AM @ Pagel

November 26 -March 2

Monday-Thursday 4:30-6:30 PM @ MME

Friday 4:00-5:30 PM @ MME

Monday/Wednesday 6:45-7:30 AM @ Pagel

** We will have a brief meeting at 4:00 PM on Monday, November 26 for all athletes.*

** Morning workouts on Monday and Wednesday will discontinue in February at the start of taper. This will vary for each athlete.*

** The last day of the season for each athlete will be the day of their final competition.*

December 21 – January 1 – Winter break – tentative

TBD

Required Equipment

- One-piece practice suit
- Cap and goggles (swimmers)
- Zoomers (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 volunteers for home meets.
- Provide support for pot lucks following home meets.
- Provide support for team breakfasts following weights.
- Provide support for the team, the coaching staff, and their athlete.

Tryouts

Swimming

Tryouts will be used to determine the team. 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 at Minnetonka High School. Tryouts will occur Monday-Wednesday throughout the first week of practice. The four tryout sessions will involve:

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

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 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 and earlier if known prior.
- Excused absences are defined as the following:
 - Illness/injury requiring the athlete to miss school or leave school early or not physically be able to complete the workout.
 - Other school 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 removal from the team.
 - Following the 1st and 2nd unexcused absences, the athlete and head coach will meet. The athlete will not be able to compete in the next meet.
 - Following the 3rd unexcused absence, the athlete and head coach will meet to determine the consequences. Team removal is possible following the 3rd unexcused absence.

Competition Policy

This competition policy applies for all meets except JV Sections, Sections, and State:

- Illness, injury, and school-related absences
 - You must attend and complete practice prior to competition in order to compete. The head coach has the final say in this decision.
- Serious injury or illness
 - If practice isn't completed for more than three days consecutively, you must attend and complete three days of practices after the absences in order to compete. The head coach has the final say in this decision.
- 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; divided by four for invitationals
- True Team and Invites: individual points divided by three; relay points divided by five
- Best time or score equals one point regardless of level
- Three points for perfect practice attendance
- One point for each varsity event completed successfully
- One-half point for each new dive performed successfully

*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.

Season Schedule – *Subject to change*

Home meets in **Bold**

Monday, November 19:	Weight room orientation
Monday, November 26:	First day of practice
Thursday, December 6:	Lake Conference Relays
Saturday, December 8:	Tonka Invite
Friday, December 21:	Alumni Meet
Friday, December 28:	Grand Rapids Invite
Friday, January 4:	Wayzata
Saturday, January 5:	Maroon and Gold Invite
Friday, January 11:	Edina
Friday, January 18:	Hopkins
Saturday, January 19:	True Team Sections
Saturday, January 26:	True Team State (@ U of MN)
Friday, February 1:	Eden Prairie
Saturday, February 16:	JV Champs
Wednesday-Friday, Feb 20-22:	Varsity Sections
Thursday-Saturday, Feb 28-March 2:	State

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