



**2023-2024 High School
Swimming & Diving Season**

Swim & Dive Coaches

Jimmy Parmenter Head Coach: Jimmy.Parmenter@Brownell.Edu

Jeff Nelson Associate Head Coach: Jeff.Nelson@Brownell.Edu

Michael Retelsdorf Head Dive Coach: MikeRetelsdorf@Cox.Net

Jennifer Banister Assistant Coach: Jennifer.M.Banister@Gmail.com

Jeff Rohrig Brownell Talbot AD: Jeff.Rohrig@Brownell.Edu

Team Communication

Will be ***primarily be through email and to student-athletes directly and copied to parents***. Student-athletes should learn to be responsible for their schedule and planning of their season.

1. Remind App. Enter this number 81010 & Text this message @btcmr
2. Website www.swimbt.com in the News Section and under High School Swimming & Diving.
3. Twitter & Instagram **@BTAquatics_Ne**

Important Dates

1. Parents & Athletes first team meeting. Saturday, November 4, 2023
10:00 am at Brownell Talbot, Worthington Dinning Hall.
2. First Practice: Monday, November 13, 2023.
3. Moratorium Holiday Break: December 23-27, 2023
4. Conference Championships: Friday & Saturday, February 10-11, 2024
5. State Championships: Thursday through Saturday February 22-24, 2024

Physical, Permission Consent Forms

All students in grades 9-12 grade must turn in a copy of their medical physical and consent forms before they can participate in a swim practice. Forms can be submitted to your school's athletic director.

Practice Times

Please arrive 15 minutes ahead of schedule practice time and be ready to swim at 5:30 pm.

Swimming

Monday through Friday – 5:30 pm to 7:00 pm **Mandatory**

Tuesday & Thursday Mornings 5:45 am to 7:00 am **Optional**

Saturday 8:00 am to 10:00 am **Optional**

Diving

Monday, Wednesday, Thursday, and Friday 7:15 pm to 8:30 pm

Saturday 10:15 am to 11:30 am

Meet Schedule

Saturday, December 2, 2023 ● Benson Invite at Monroe Middle School

Tuesday, December 5, 2023 ● Tri-Meet Westview & Omaha So. at Omaha So.

Friday, December 15, 2023 ● Elkhorn Dive Invite at Common Ground

Saturday, December 16, 2023 ● Elkhorn Swim Invite at Common Ground

Elkhorn Meet: Please note that Girls usually swim in the morning session, and the boys swim in the afternoon.

Tuesday, December 19, 2023 ● Tri-Meet at Brownell Talbot

Saturday, January 6, 2024 ● BT Invite at Brownell Talbot

Thursday, January 11, 2024 ● Skutt Invite Girls at Ralston

Friday, January 12, 2024 ● Skutt Invite Boys at Ralston

Tuesday, January 16, 2024 ● South Sioux City / Ralston at Ralston

Tuesday, January 23, 2024 ● Bellevue at Brownell Talbot **(SENIOR NIGHT)**

Friday & Saturday, Jan. 26-27, 2024 ● BT P/F Invite at Brownell Talbot

Friday, February 2, 2024 ● Elkhorn Diving Invite at Common Ground

Saturday, February 3, 2024 ● Elkhorn Swim Invite at Common Ground

Elkhorn Meet: Please note that Girls usually swim in the morning session, and the boys swim in the afternoon.

Friday & Saturday, Feb. 9-10, ● Conference Championships at Ralston

Brownell Talbot is Hosting this Meet

Thur.-Sat., Feb. 22-24, 2024 ● NE State Swimming & Diving Championships

Home Meets

At all home meets. We will need parent help and support with timing and awards for the invitational meets.

Must find own transportation to all meets except States. We will drive back and forth each day for this meet and leave from Brownell Talbot.

TEAM GUIDELINES & RULES

- Varsity description – All athletes should understand that it is an honor to represent Brownell Talbot School in varsity competition. Along with that honor comes responsibility. All athletes will be expected to accept their responsibilities as outlined below.

- Physical and consent forms. Before November 13, 2023.

All students in grades 9-12 must turn in a copy of their medical physical and consent forms before they can participate in a swim practice. Forms can be submitted to your school's athletic director.

- Monetary Commitment – \$150.00 to cover the cost of swimsuit, team cap, team shirts, and team hoodie. PLEASE MAKE CHECKS PAYABLE TO: Brownell Talbot - All Checks are due by Thursday, November 16, 2023.

Parents

Extra Shirts \$20.00

Extra Hoodie \$50.00

- **Sports Awards** – Varsity lettering will be awarded for earning 31 points during the season. All varsity athletes who complete the season in good standings, maintain good attendance and earn points scored during meets will receive a varsity award for their contribution to our team's effort.

Sample points: *Attendance Points*

93% - 100% = 10 Points

85%-92% = 7 Points

Meet Attendance 11 Meets

Plus States

1 point per meet. ***(Must stay through entire meet)***

Meet Points

Individual Events = 6,4,3,2,1

Relay Events = 8,4,2

Invitationals, Conference, and State Championships

Point systems vary depending on meet.

- Varsity training is 5 & 6 days per week through the highest meet level that an athlete attains. In addition, attendance at all meets is expected.
- Training Attendance Policy – 100% attendance is expected, we do practice and compete over school breaks. Attendance of all meets is mandatory including break. Doctor's appointments, recruiting trips, family vacations should be arranged around the Varsity Swimming & Diving schedule.

Please Note: Athletes that drop under the 85% attendance level. Maybe be asked to leave the team.

- Academic Conflicts – In the event that academic responsibilities conflict with training you should email any of the coaches prior to the workout session.
- School Attendance – Student athletes must be present for a full day of academic classes to be eligible to participate in athletic events. Students arriving to school late due to illness or unexcused absence will not be allowed to participate in athletic practices/games on that day.
- Health Concerns – If you are sick and out of school, you are required to contact any of the coaches. If you sign out due to sickness, let us know.
- Team Meets – All athletes will attend meets in their entirety. No early dismissals will be allowed. We expect all athletes to gather in team area immediately following the meet's last event for a debrief of the competition. Athletes are also expected to assist with set-up and break down of meet timing equipment as assigned at home meets. Parents should be especially aware of these post-meet responsibilities. ***Subject to Change***
- Shaving – In the sport of swimming all athletes – male and female – are expected to shave down for their top level of competition. Girls should go a minimum of 4 weeks without shaving prior to their top-level meet and boys must plan to shave for their highest level meets as agreed upon with the Head Coach.
- Locker room policy – The locker rooms are shared by many different groups. Please act like ladies and gentlemen when in the locker rooms. Please see locker room policy in this packet.

- Possession or use of an item that might inflict personal injury or property damage is prohibited. This includes, but is not limited to knives, fireworks, gun, martial arts paraphernalia, and tools. The item will be confiscated and given to the appropriate administrator. This is considered a very serious offense and may result in further discipline.
- Consequences for not following any of these responsibilities could result in any of the following: not dressing out for a meet, suspension from the team, or being dismissed from the team (coach's discretion).

Nebraska State Qualifying Times 2023-2024

GIRLS

BOYS

Automatic	Secondary	Event	Automatic	Secondary
1:58.02	2:03.92	200 Medley Relay	1:46.84	1:52.19
2:00.70	2:10.36	200 Freestyle	1:49.00	1:57.72
2:18.32	2:29.39	200 IM	2:04.76	2:14.74
25.42	27.45	50 Freestyle	22.54	24.34
300		Diving		300
1:01.75	1:06.69	100 Butterfly	54.77	59.16
55.09	59.50	100 Freestyle	49.54	53.51
5:32.17	5:58.74	500 Freestyle	5:02.29	5:27.13
1:45.21	1:50.47	200 Freestyle Relay	1:34.86	1:38.9.61
1:02.33	1:07.31	100 Backstroke	56.14	1:00.63
1:10.63	1:16.28	100 Breaststroke	1:02.44	1:07.44
3:52.28	4:03.89	400 Freestyle Relay	3:32.71	3:43.34

Brownell Talbot School Records

Name	Time	Year	Event	Name	Time	Year
Ingrid Nelson, Grace Swoboda Grace Farrington, Emery Secrest	1:53.05	2023	200 Medley Relay	Tim Borsn, Lance Culjat Ryan Gunder, Alex Plambeck	1:44.93	2013
Carolyn Nairn	1:58.30	2004	200 Freestyle	Lance Culjat	1:44.13	2016
Grace Farrington	2:16.87	2022	200 IM	Lance Culjat	1:52.44	2016
Betsy HasseBroek	23.75	1998	50 Freestyle	Lance Culjat	22.27	2016
Sally Mclellan	418.05	2022	Diving	Kris Ericson	358.30	1996
Grace Swoboda	59.45	2022	100 Butterfly	Lance Culjat	53.11	2016
Carolyn Nairn	54.52	2007	100 Freestyle	Lance Culjat	47.95	2016
Carolyn Nairn	5:20.70	2004	500 Freestyle	Lance Culjat	4:55.97	2016
Ingrid Nelson, Grace Farrington Emery Secrest, Grace Swoboda	1:43.96	2023	200 Freestyle Relay	Brian Bosn, Tim Bosn Lance Culjat, Ryan Gunder	1:33.77	2013
Betsy HasseBroek	56.70	1998	100 Backstroke	Lance Culjat	54.53	2016
Grace Swoboda	1:05.07	2023	100 Breaststroke	Lance Culjat	56.64	2016
Grace Farrington, Laura Recker Ingrid Nelson, Grace Swoboda	3:52.07	2022	400 Freestyle Relay	Brian Bosn, Kyle Stevens Ryan Gunder, Lance Culjat	3:22.66	2014

BT Aquatics Locker Room Facilities & Use

Purpose

The statements below are designed to inform patrons about our facilities, policies, and preferences in an effort to maintain a safe environment and guard personal privacy as well as to reduce the risk of misconduct in locker rooms and hallway changing booths.

Facilities

The following is a description of our practice and competition facilities to allow athletes and their families to plan their use of the Brownell Talbot School Theisen Pool. This location has two individual hallway changing booths as well as separated male and female locker rooms dedicated to our athletes and families using the pool. The locker rooms contain group - not individual or private - shower and changing areas, and lockers. Locks are not provided. There are no family changing/shower/toilet rooms. We have no restrooms separate from the locker rooms. BT Raiders and BTCMR swimmers are provided storage lockers during their seasons. All other lockers are day-use only.

Locker Room & Hallway Changing Booth Etiquette

We prefer that children over the age of four use the appropriate male or female locker room or our hallway changing booths. Parents, please be considerate of other users when escorting your young child into an opposite-sex locker room to use the restroom or shower. The locker rooms are often crowded and at no time are appropriate places for horseplay. Our locker rooms are designed as group changing and shower areas. Sometimes patrons prefer to change in the toilet stalls. However, priority for the use of these stalls must always be given to those needing to use the toilets.

Lost & Found

Check your bags before you leave. Toiletries, hair grooming items, accessories, socks and underwear are treated as trash at the end of the day, not as Lost & Found items. Lost & Found items are disposed of regularly.

Monitoring

Teachers, coaches, and staff make every effort to recognize when a swimmer goes to the locker room during practice or lessons, and if they do not return in a timely fashion, will check on the swimmer's whereabouts.

Brownell Talbot hosts staggered practices, recreational swims, lap swim sessions, and lessons, with different groups arriving and departing throughout the day. All pool areas are open to the public and we do not monitor locker room usage at all times. Staff does make occasional sweeps of the locker rooms and spectator areas.

Electronic Devices

Brownell Talbot School prohibits the use of devices with recording capabilities, including voice recording, still cameras, and video cameras in the locker rooms and hallway changing booths.

Physical Education Class Security

The exterior doors to the pool areas are locked during all PE classes. Anyone entering the pool area during PE classes must enter through the interior doors leading from either the gym or the upper school hallway. Parents observing PE swimming must check in at the school main office.

Athletes

Brownell Talbot Swimming & Diving Daily Habits

- Bring a positive attitude to the pool every day.
- Know your teammates by name.
- Greet your teammates & coaches daily! Use the rest room before practice. There is not a Break planned on most training days.
- Begin warm-up as a team promptly upon coach's command.
- Always do your best to complete each assignment. If equipment fails, complete the set without.
- No food or gum in the pool area at any time.
- Show respect for all.
- Communication – A must for success.
- Team Caps are required at practices and competitions.

I understand and agree to abide by all the 2022-23 Brownell Talbot BTCMR Swimming & Diving Rules and Guidelines.

Print Swimmer/Diver Name _____

Signature _____ Date _____

Please Print Clearly

Name _____ Female/Male

School _____ Grade _____

Student Email _____

Suit Size **Speedo** Girls 24, 26, 28, 30, 32, 34, 36, 28

Suit Size **Speedo** Boys Jammer or Brief 24, 26, 28, 30, 32, 34, 36, 38

Hoodie S _____, M _____, L _____, XL _____, XXL _____

T-Shirt S _____, M _____, L _____, XL _____, XXL _____

Total \$150.00 Check Made Payable To: **Brownell Talbot**

Extra Shirts \$20.00 /Extra Hoodie \$50.00

Last day to turn in checks. Thursday, November 16, 2023

Additional Parent Guidelines and Understandings

- Parents are aware and support the Responsibilities for a varsity athlete as described above.
- Parents will leave the pool deck prior to the start of practice and return once practice has ended. This will allow for the coaches to attend to the athletes without interruptions or distraction, enabling us to build an effective coach/athlete relationship.
- Parents promise to support their children’s swimming and diving experience by following the schedule provided.
- Parents will show support to their children with praise for their swimming and diving efforts and accomplishments.
- Parents will not criticize their children’s swimming or diving.
- Parents will let the coaches’ coach.
- Parents will agree to same code of sportsmanship and honor that is expected of all Brownell Talbot BTCMR student athletes.

I understand and agree to abide by all the 2023-24 Brownell Talbot Swimming & Diving Rules and Guidelines.

Print Parent Name _____

Parents Email _____

Parents Email _____

Parent Signature _____ Date _____