



STRONGSVILLE HIGH SCHOOL

SWIMMING & DIVING

2025 – 2026



Team Policies

Start Date: Friday October 24th, 2025 (Swimming)...Monday November 3rd, 2025 (Diving)

Coaching Staff:

Head Coach -	Tom Stacy	tstacy@scsmustangs.org
Diving Coach -	Julia Oppedisano	oppedisa@msu.edu
Assistant Coach -	Melissa Coughlin	machish09@gmail.com
Assistant Coach -	Cayla Locigno	
Assistant Coach -	Brad Wolters	bwolters244@yahoo.com

Practice Schedule:

- Practice times for groups may vary, a season practice schedule is posted online on <https://www.gomotionapp.com/team/ohss/page/helpful-links/strongsville-hs>

Practice Attendance:

- Attendance is mandatory for all practices scheduled for a particular swimmer, from the beginning until the end. This includes practices held during Thanksgiving and Winter Break.
- Athletes must be on time for practice
 - This means being ready to enter the pool at the designated start time
- The coach must be notified of any absence or late arrival due to illness or other emergencies
 - A note from a doctor, teacher, or parent is required to excuse any absence or tardy
 - Athletes absent or tardy without an excuse may;
 - Be held out of a meet
 - Repeated unexcused absences or tardiness may result in forfeiture of a varsity letter
- Athletes missing practice or competitions for any reason other than illness (note from doctor/trainer) or an emergency (medical, academic, or family) will be subject to the following
 - Unexcused absence for practice;
 - First unexcused absence - Warning issued to athlete or parent
 - Any further unexcused absence – May be held out of a meet
 - Repeated unexcused absences may result in removal from team and forfeiture of a varsity letter
 - Unexcused absence for competition/meet;
 - First unexcused absence – May be held out of the next scheduled meet
 - Any further unexcused absence – may result in removal from team and forfeiture of a varsity letter
- Athletes dismissed from practice for behavior problems may lose the opportunity to compete in the next scheduled meet
- Weight training is an integral part of a swimmer's overall conditioning. Appropriate attire must be worn for all weight training practice sessions
- It is a privilege to practice at the Ehrnfelt Recreation Center.
 - Please clean up after yourself. Do not leave water bottles or other trash laying around
 - Check in at the Front Desk
 - Please respect all employees and patrons
 - Any damage to the facility property may result in financial responsibility of the athlete's parents
 - Any damage may also result in the athlete being asked to leave the team permanently
 - NO EATING ON DECK OR IN THE LOCKER ROOMS!

Swim Meets:

- Home Dual Meets:
 - Everyone will participate (minimum 1 event)
 - Swimmers should arrive at the pool no later than 10 minutes prior to Warm-up time
- Away Dual Meets:
 - A roster of the swimmers/divers attending each away dual meet will be posted at the pool and/or online at least one (1) day prior to the meet
 - Bus departure times will be available on the practice schedule
- Invitational/Relay/Championship Meets
 - A roster of the swimmers/divers attending will be posted at the pool or online at least two (2) days prior to the meet
 - Attendance is based upon qualifications or selection by the coaching staff
 - Bus departure times will be available on the practice schedule
- Final decisions on Meet line-ups/entries, including relays and individual events, are determined by the coaching staff
- All Swimmers and Divers should wear only Strongsville High School warm-ups and/or apparel on deck at meets
- Athletes should remain on deck at all times at all meets

Injuries/Illnesses:

- The coach should be informed as soon as possible of an illness or injury
- If a swimmer/diver misses time because of an injury they should have a note from a doctor giving them permission to compete again

Fees:

- Required:
 - Participation Fee - \$200.00 (per sport)
 - Trainer/Activity Fee - \$20.00 (once per school year)
 - Make checks payable to **STRONGSVILLE CITY SCHOOLS**

Lettering Guidelines:

- The Varsity Letter represents commitment and contribution to a high school athletic team
- Accordingly, the following guidelines will determine whether or not a swimmer/diver receives a varsity letter:
 - A swimmer/diver may earn a varsity letter if they finish in the top 16 at the sectional meet or achieve one of the following qualifying times/scores;

Event	Qualifying Time/Score Girls	Qualifying Time/Score Boys
200 Freestyle	2:10.00	2:00.00
200 Individual Medley	2:33.00	2:20.00
50 Freestyle	27.00	24.50
Diving (6/11 dive)	Any completed 11 Dive Score	Any Completed 11 Dive Score
100 Butterfly	1:10.00	1:01.00
100 Freestyle	1:00.00	54.50
500 Freestyle	6:00.00	5:40.00
100 Backstroke	1:09.00	1:03.00
100 Breaststroke	1:20.00	1:11.00

- Divers may earn a letter once they have completed an entire 11 dive program with an official score
- To earn a letter, Athletes must remain in good standing with the team for the entire season. Athletes must uphold team policies.
- Letters may be awarded to senior athletes if they have demonstrated dedication to the team.
- Letters may be awarded to a swimmer/diver who has participated in the Sectional Tournament for at least two separate seasons
- All final determinations of letter awards are under the auspices of the Strongsville High School Athletic Director