

2025-26 Season

Policy and Procedure Manual



It is our purpose to mold young men into Honest, Committed, and Responsible Individuals who believe in themselves and each other changing the world for good.

Head Coach: Pete Crawford – 763-227-9947 (cell)

Assistant Coach: Bob McMullan

Assistant Coach: Zac Roberts

Diving Coach: Lee Raihle – 612-991-9240 (cell)

Team website:



CentennialBoysswimanddive.com

OFFICIAL 2025-2026 State Swimming Standards				
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. This is indicated with an asterick (**).				
<u>Class A</u>		<u>Event</u>	<u>Class AA</u>	
<u>Girls</u>	<u>Boys</u>		<u>Girls</u>	<u>Boys</u>
1:53.99	1:42.83	200 Medley Relay	1:52.45	1:39.08
2:00.55	1:50.90	200 Freestyle	1:56.91	1:45.93
2:15.65	2:06.39	200 Individual Medley	2:10.76	1:57.20
:24.91	:22.47	50 Freestyle	:24.37	:21.81
1:00.87	:55.24	100 Butterfly	:58.94	:52.29
:55.02	:49.88	100 Freestyle	:53.28	:48.03
5:26.68	5:07.12	500 Freestyle	5:12.66	4:51.80
1:42.65	1:33.57	200 Freestyle Relay	1:40.43	1:29.54
**1:01.47	**57.57	100 Backstroke	:59.71	**54.52
1:09.25	1:02.48	100 Breaststroke	1:08.36	1:00.78
3:45.30	3:24.90	400 Freestyle Relay	3:41.32	3:16.48

Why Be a Part of Centennial Swimming?

Swimming is considered the ideal activity for developing muscular and skeletal growth by many physicians and pediatricians. Why do doctors like it so much?

- Swimming develops high quality **aerobic endurance**, the most important key to physical fitness. In other sports an hour of practice may yield as little as 10 minutes of meaningful exercise. High School swimming teams use every precious minute of practice time developing fitness and teaching skills.
- Swimming does a better job in **proportional muscular development** by using all the body's major muscle groups. No other sport does this as well.
- Swimming enhances children's **natural flexibility** (at a time when they ordinarily begin to lose it) by exercising all of their major joints through a full range of motion.
- Swimming helps develop superior **coordination** because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace, and fluidity of movement.
- Swimming is the most **injury-free** of all children's sports.
- Swimming is a sport that will bring kids **fitness and enjoyment for life**. Participants in Master's Swimming programs are still training and racing well into their 80's.
- **Best of all, you get to meet new people while getting a great workout!**

TEAM PHILOSOPHY

The Centennial Swimming and Diving team is a competitive swimming and diving program. Athletes are taught the basics of competitive swimming or diving. At the same time, the coaches strive to make the swimming and diving fun. The student athletes are given the opportunity to grow as individuals and members of a team, by setting and achieving personal goals. The coaches work with the athletes to help develop well-rounded individuals who enjoy the water and the activities associated with competitive swimming and diving. As the athletes develop, the coaching staff helps each athlete compete at their highest possible level.

The key to success in any endeavor is to practice the skills and to practice the skills consistently. All students are expected to attend all practices scheduled for their group. Once all of the paperwork is completed and on file with the school the athlete will bring the slip showing their eligibility to practice to the coaching staff. From that point until the last meet of the season for that Individual the athlete is expected to participate in all practices. Athletes with five unexcused or any combination of excused and unexcused absences that total ten will be terminated from the team.

The divers all work together to improve their diving skills. They learn how to put together six-dive and eleven-dive lists. As their Skills develop, the athletes are given the opportunity to compete using their six or eleven-dive list. Divers who are still developing a six-dive list are given opportunities during meets to perform some of the dives they have learned in an exhibition capacity.

HOW TO BECOME A MEMBER OF OUR TEAM

Who can be a member of the Centennial Swimming and Diving Team?

Any male student in the Centennial School District who is in 7th to 12th grade

What do I need to do to be a member?

Pick up the Minnesota State High School League Athletic information packet from the Middle School Office, or the Athletic Office in the High School. Complete the information in the packet, get a physical (forms in the packet) once every three years, and turn in the completed forms along with the necessary Activity Fee to the Cashier's Office in the High School. For more information contact the Activities Office.

What other expenses may be encountered besides the activity fee?

The swimming and diving team captains select a team suit each season. This is a suit that is used only at swimming and diving meets. The team suit after being used for one season generally becomes a good practice suit for the following season. Team swim caps may also be purchased. Between the team suits and caps one can quickly identify the team members both on deck and in the water. There are some activities that may require some monetary input such as warm ups and apparel.

What can I do to prepare for the season?

Swim or dive on your own during open swim. Join a swimming or diving team. Possible swimming opportunities may be found at the Great Wolf Swim Club, North Suburban Aquatics Swim Club, or check with other USA Swimming clubs, Twin Cities Swim Club, or the YMCA Barracuda swim team. Diving opportunities may be found at the University of Minnesota (Minnesota Diving Club) or ABC Diving. There are other programs also available, you just have to look to find the program that fits your needs.

Where do we practice?

At the Centennial High School Pool

When is the Swim and Dive Season?

The 2023-24 Boys Swimming and Diving season starts on November 27 and the season concludes on March 2. Not all athletes will compete through the March 2nd date. Many athletes will complete their season at the JV Championships on Feb 10. The athletes who qualify for the Sectional Championships will compete through February 24. Any State qualifiers will compete until March 2.

Where can I get more information?

Call the Activities Office 763 792-5018

Go to our website: <https://www.CentennialBoysSwimandDive.com>

Contact the head coach, Pete Crawford, at pcrawford@isd12.org or 763-227-9947 (cell)

TECHNICAL SWIMMING TERMS

Freestyle - usually called Free - can be any stroke or group of strokes, to go fastest Front Crawl is usually swum

Backstroke - usually called Back - anything swim on your back, to go fastest Back Crawl is usually swum

Breaststroke - usually called Breast - a stroke where the legs move with a frog-type kick and the hands move together and the hand recovery is underwater or right at the surface

Butterfly - usually called Fly - a stroke where a dolphin kick is used and the hands move together and then must recover over the surface of the water

Individual Medley - usually called IM - a race using the 4 competitive strokes where each stroke is swum for 1/4th of the distance in the order: Fly, Back, Breast, and Free

Medley Relay - usually called Medley - a race with 4 swimmers swimming consecutively each swimmer swims 1 stroke. The first swimmer does Back, second Breast, third Fly, and 4th Free

Freestyle Relay - usually called Free Relay - 4 swimmers consecutively 1/4 the distance of the race Free

Dual Meet - a meet between 2 teams

Invitational meet - a meet with many teams

Championship meet - a culminating meet that is either a final meet for an athlete or a meet to advance to a higher level meet

Varsity events - The set of events during a dual meet where the best swimmers and divers from a team compete against each other scoring points for their respective teams to determine which team will win.

Junior Varsity (JV) events - The set of events during a dual meet where the swimmers and divers from each team who are not participating in Varsity events may participate. Note: some athletes may swim both Varsity and JV events in the same meet. The decision as to who does which events is determined by the relative abilities of the athletes on the team in the various events and the level of the competition posed by the opposing team.

Meet Event order: 200 Medley Relay, 200 Free, 200 IM, 50 Free, 1 Meter Diving (6 dives for dual meets or 11 dives for Championship Meets), 100 Fly, 100 Free, 500 Free, 200 Free Relay, 100 Back, 100 Breast, 400 Free Relay

Individual entries - Each athlete may participate in a maximum of 4 events (including both Varsity and JV), no more than 2 events may be individual events (includes diving), and may only participate once per event

HIGH SCHOOL SWIM MEET INFORMATION

There are four strokes involved in a swimming meet: Backstroke, Breaststroke, Butterfly, and Freestyle.

- A. Backstroke events - swimmer must remain on their back while swimming. On turns you do not need to touch the wall with your hand, but some part of your body must touch the wall before you push off.
- B. Breaststroke and butterfly events - strokes must be simultaneous and symmetrical (both arms and legs working together and on the same plane.) Two-hand touch on all turns and finish.
- C. Freestyle events - can use any stroke. Most swimmers use the "Front Crawl." On turns you do not need to touch the wall with your hand, but some part of your body must touch the wall before you push off.

Relays:

- A. Medley relay - Four swimmers, each swimming 50 yards of the pool. Each swimmer swims a different stroke and the strokes appear in the following order:
 - a. 1 – Backstroke
 - b. 2 – Breaststroke
 - c. 3 – Butterfly
 - d. 4 – Freestyle
- B. Freestyle relays - Four swimmers each swimming 1/4 of the distance of the relay.

Relay Starts:

The preceding swimmer's hands must touch the wall before the next swimmer's feet leave the starting blocks or the entire relay team is disqualified and no points are awarded.

Role of the Officials:

- 1. See that each event is fairly started. Any individual or relay gaining an unfair advantage at the start is disqualified.
- 2. Observe that all strokes are legally performed.
- 3. Ensure that all turns are legally executed.
- 4. Watch for proper exchanges by all relay participants.
- 5. Observe and record order of finish. If a dispute arises the official's judgment is final.

DIVING

There are five categories of dives: 1 - Forward, 2 - Back, 3 - Reverse, 4 - Inward, 5 - Twist. The diver must perform six different dives. The first dive is the voluntary dive. Each week one of the categories is selected as the voluntary dive category. The diver selects one dive from that group and performs it first. The degree of difficulty (DD) assigned to that dive will not exceed 1.8. The remaining five dives must come from four of the five groups. Each dive is assigned a DD from 1.2 to 3.2. The DD is a value which rates how difficult the dive is to perform in relation to the other legal dives in the dive table. The DD is multiplied by the sum of the diving judges scores to get the total award; therefore, the harder the dive that a diver can do **fairly well**, the higher the potential score she can receive. The judge will award points from 0 - 10 depending on how well the dive was performed.

The diving judge looks for the following items when scoring a dive:

1. The approach
2. The takeoff
3. The technique and grace of the dive during the passage through the air
4. The entry into the water

Dives may be performed in any of the following positions.

STRAIGHT - The body is not bent at the hips or knees, feet together, and toes pointed.

PIKE - The body shall be bent at the hips but the knees are kept straight, feet together and toes pointed.

TUCK - The body shall be bent at the hips and knees, with knees together and toes pointed.

FREE - A combination of positions, noted above, which are used on twisting dives.

SWIMMING AND DIVING LINE-UP POLICY

When creating a line-up for a meet there are several items the coaching staff keeps in mind.

- First, put the best line-up together that will allow us to win the meet.
- Second, when the opportunity presents itself, swim athletes in events where they may be able to help the team in future meets by covering a hole in our line-up or exploiting a hole in the other teams line-up.
- Finally, give as many of the athletes a chance to participate in the meet as possible.
- The team will swim and dive the best athletes in the varsity competition. This doesn't mean that the three fastest individuals in an individual swimming event will always swim that event. However, if one is one of the three fastest individuals in an event they have a better chance of swimming that particular event.
- Generally if an individual is one of the ten fastest swimmers on the team in an individual event, they may have a pretty good chance of swimming those particular events some time during the season. However, it must be recognized that to best compete, the team needs to be spread in the most advantageous manner across all the events.

According to the NWSC conference rules, the teams share meet information on conference dual meets. This allows the teams to hopefully have better matched meets. There are situations where there is a huge disparity between two teams. Without sharing information, the superior team may come into the meet and completely wipe out the other team. With shared information, the coaches may be able to make a competitive meet out of a meet which would normally be a blow-out.

Dual meets in a 6 lane pool permit the coaching staff to enter up to 3 individuals in each Varsity individual event and up to 3 relays in each Varsity relay event. The home team has the choice of what JV and exhibition events to stage. Generally the JV events will cover all the Varsity events. At the option of the home team, exhibition heats of some events may be added to the list of JV events. In the JV events the team may enter up to 3 individuals per heat in individual JV events and up to 3 relays in each heat of JV relays. In pools with less than 6 lanes the coaches are limited to 2 individuals or relays per event.

The process of trying to map the most advantageous line-up when we have information on the opposition, will take the coaching staff 2 to 3 hours to create the best Varsity line-up and then fill in the heats and lanes for the JV events. When the coaching staff doesn't have information on the opposition the creation of a line-up may take 4 or 5 hours. When a swimmer is unable to participate after a line-up has been written, there will be an impact on one or more events and one or more individuals as the coaching staff attempts to redistribute the athletes to keep the most competitive line-up.

Invitational meets have different entry procedures. The number of entrants per event will be deemed by the host school. The coaching staff submits a line-up to the meet director approximately 1 week before the meet. If an athlete is unable to participate after the line-up has been submitted, the team may only substitute athletes who are in the submitted line-up that have swims/diving still available.

JV Championships are for the athletes who are not participating in the Sectional Championships. Swimmers and divers who are not qualified for the Sectional team will use this as their final competition. All athletes will participate in individual events and the two fastest relays that can be created from the athletes participating in the meet will be entered in the relay events.

Championship meets allow a maximum of four athletes per event. The athletes who qualify for the Championship meets will participate in a preliminary round which will reduce the number of athletes to a maximum of two times the number of lanes in the facility for a finals round. We will only take the four highest scoring divers and the four fastest swimmers in each event of those athletes who have made the qualification standard. The best posted performances in meet competition will determine who will participate in the championships.

CHAMPIONSHIP MEET QUALIFICATION PROCEDURES

For athletes to qualify for the **Sectional Championships**, the athletes must achieve the Automatic Sectional Qualification Standard twice during dual or invitational meets. The team is permitted 4 entrants per each event as long as all 4 athletes have achieved the Automatic Qualification Standard. If the team doesn't have two Automatic Qualifiers then the team may have 2 athletes who achieved the Consideration Standard.

To qualify for the **State Championships** the first 4 places in the 1 meter Diving advance to the State Meet. For the swimming events the first two places automatically qualify and any other athlete who achieve the State Qualification in the Swimming Finals. Swimming performances performed in prelims will not qualify the athlete for State. However, if the athlete qualifies for the State Meet in Sectional Finals, they may use their time from Prelims if the performance is faster than their final time. Qualification times are posted on the team website.

TEAM RULES

GENERAL

1. NO DRUGS, TOBACCO, or ALCOHOL. Violation will result in your suspension/dismissal from the team. An appeal process through the Athletic Director may be pursued.
2. No harassment (sexual, cultural, religious, etc.) will be tolerated. Violations will result in your dismissal from the team. An appeal process through the Athletic Director may be pursued. Violations are also punishable by the High School League. Please reference the High School League Packet and the High School League web site for more specific details. The web site is at **www.MSHSL.org**.
3. School policy on class attendance governs whether you may practice or compete in a meet (no class attendance, no practice/meet).
4. From the first to the last day of the season the only items that may excuse you from practice are family, religion, and class work. Other activities (piano, basketball, work, etc.) will not preempt swimming/diving practice/meets, no exceptions.
5. You are representing yourself, your parents/guardians, coaches, and Centennial. Conduct yourself in a manner that will not cause you or those you represent embarrassment.
6. Have a positive attitude; respect yourself and all other members of our team, coaches and managers. Be supportive of each other at all times and have fun. NO SWEARING or excessive whining. Your attitude affects others...make it a positive one.
7. **Any individual accumulating 5 unexcused absences or any combination of unexcused and excused absences totaling 10 will be terminated from the team upon coaches' discretion.**
8. We have some Saturday meets. You should be home by 10:30 on Friday to be able to perform at your best at these special meets.
9. Arrive early or on time for all practices, warm-ups before home meets, and bus transportation for away meets. If you are late for the bus to an away meet it will leave without you and you will not participate in the meet.
10. Please keep track of your belongings. School books, clothing, and swimming equipment can be retrieved through contact with the other schools if you forget something, however it may take several days to several weeks before the belongings may be returned through the schools in the conference. Forgetting may result in a long drive for YOU to recover your stuff.
11. If you choose to terminate your participation with the swimming and diving team please speak directly with the coaching staff of your intention to cease your participation. Presenting a note would also be appreciated.

PRACTICE PROTOCOL

12. The coach must be informed in writing or by phone from the parent or guardian, beforehand or within 24 hours of the absence, that a swimming/diving team member will miss practice. Three times late for practice equals one unexcused absence. Unexcused early exit from practice equals an unexcused absence.
13. If you are a member of the first group to practice on a particular day get all the necessary equipment out and set-up. Put away all equipment that was brought out for your practice or warm-up when your time is up, unless informed otherwise by a coach. If you don't feel it is important to fulfill your set-up or tear-down duties you will not participate in coming meets.
14. Follow directions from coaches and captains. Not following directions, not swimming assigned workouts, or horseplay will result in consequences.
15. Practice habits are meet habits. Practicing doing things wrong will cost you in the end. **FINISH EVERYTHING YOU START.**
16. Complete all practices that you start. If you must leave early from practice, a note from your parents/guardians must be given to the coach to grant such a release. Incomplete or unexcused practices will result in disciplinary action. **All athletes must swim a minimum of 1/2 of practice the day before a meet to be eligible for the meet, regardless of the reason. The final decision is at the discretion of the head coach.**

MEET PROTOCOL

17. Missing practice the day before a meet, excused or unexcused, will result in the athlete not being eligible for participation in the meet. Three unexcused absences will result in the athlete not being eligible for participation in the next meet.
18. All athletes must remain on deck throughout the entire meet, unless you need to use the bathroom. This is a team sport and your teammates deserve the same support they gave you when you were doing your event. Athletes leaving early will face disciplinary action.
19. All athletes are expected to be on deck to participate in the meet. There will be NO homework on deck during the meet. If you are behind on your studies request to not be included in the current meet so you can get your studies current.
20. **Cell phones will be allowed.** You may have them in your possession, but their use is banned in the locker-room and the pool deck.
21. All athletes are responsible for knowing which events they are participating in and when their event is. Missing your event can jeopardize your team's chance for success and the results of the meet. Missing your event disqualifies you from your remaining scheduled events and impacts your teammates.
22. Be aware of all the rules regarding swimming and diving competition. In a close meet a disqualification can change the winner of the meet. No jewelry may be worn during the competition.
23. Cheer for your teammates. Congratulate them after their events, regardless of the result and what they may feel about their performance.
24. Show good sportsmanship. Congratulate your competition following your event. Sportsmanship is a key to success.
25. Prior to your swim, check in with the coaches to review your race plan for that event. At the conclusion of your swim check in with the coaches for any comments or observations they may have on your performance. Immediate feedback or comments regarding what may be expected of you in the next event can have a major impact on your performance and how the team may fare in the meet.
26. **If you are to leave with your parents following an away meet you must provide a written note signed by your parents following your cool down after the meet Any forged notes will result in meet suspension. The coaches are responsible for you and your safety. Don't put yourself in a compromising position.**

27. All swimmers and divers should be dressed to meet the dress code determined for that day's meet, usually either in team apparel or neatly in street clothes (**no jeans or tennis shoes - shirts must be tucked in**). Individuals who don't follow this recommendation may be dropped from an event in the next meet.

28. Dress-up the day of the meet.

29. Rowdy, disruptive behavior on the bus is not allowed. Concentrate on the meet or use your time wisely. Leave the pool area, locker-rooms and the bus cleaner than when you got there. You are responsible for yourself and the rest of the team, so make sure you pick up after each other.

30. All swimmers are expected to wear team suits and team caps at all meets. There should be no reason to race without a cap identifying members as Andover.

OVERNIGHT STAYS

31. If an athlete damages a room where we stay their parents will be responsible for paying for the damages to the room.

32. An athlete is responsible for damaging a room, their parents will be contacted and the parents will have to come and pick up the athlete. The athlete will be removed from the meet.

Consequences

At times disciplinary action may need to be taken with an athlete(s). A violation of team rules, conduct detrimental to the team, attitude, and behavior towards teammates, coaches, officials, spectators or opposing team may all be grounds for disciplinary action.

Discipline may include any of the following and may not follow a progression:

Meeting with athlete and coaches

Meeting with athlete / parent / coaches

Removal from practice / meet

Suspension from practice / meet

Termination from team

COMMUNICATION & ISSUES

The coaching staff does its best job in getting information into athlete and parents' hands, eyes, or ears. This pamphlet, the web site, pool board, meetings after home meets, and phone numbers are available to help get the word out about the team and the processes. The coaching staff also does its best to put line-ups out so the athletes may have more time to mentally prepare for their events in meets. The team has lists of performances within the team and within the conference so people may compare how they fare within the team and within the competition we face.

If the athletes or parents have issues or concerns, please contact the coaching staff so that we may address these situations. If the coaching staff is not contacted about issues or situations, then the coaching staff will have to operate under the belief that there are no problems or concerns. The coaching staff will not initiate communication unless there is a situation that they observe to get an understanding of what is happening.

FEEDBACK TO THE ATHLETES

In order to maximize the athlete's performances feedback is vital for the athletes. To do this the coaching staff will make comments on an as needed basis. The ratio of athletes to coaches on the deck will have an impact on how many things the coaching staff has the opportunity to observe and then give feedback. The divers will get feedback in the judge's awards on each dive along with comments from the coach or other divers during meets. The swimmers will get comments from the coaching staff, when the staff has the opportunity to get a specific look at an individual, along with the splits for each length or lap of the race along with the final time.

Divers need to be evaluated in the following areas: approach, hurdle, flight, position, and entry. Swimmers need to be evaluated in the following areas: start, entry, streamline out of start, start breakout, stroke mechanics, turns, streamline out of turn, breakout of turn, race pacing, and finish.

CAPTAINS

At the end of the year Juniors and/or Sophomores who are interested in being captain will write up why they wish to be captain of the team. Each individual will present their written answer to the coaches and communicate their desire to the entire team. The position of Captain is an honor and privilege and NOT a right.

The Captains are the student leaders of the team. They are expected to lead the team, be there to support the other team members and be a liaison between the athletes and the coaching staff. The captains pick the team suits, set the pace, lead by example, are responsible for team morale, are the last ones out of the locker room after an away meet, and may organize "fun" events for the team to participate in. The need for additional support individuals for the team such as managers and backup timers can be recruited by the captains.

The captains may be the first line of communication for the athletes. If issues come up the captains may be the first ones to be aware of the issues. They may choose to address the situation and attempt to resolve the issue. If they are not comfortable with dealing with the issue or feel input from the coaching staff is needed they will bring the issue to the coaching staff for addressing. One key area for the student athletes is to have someone to talk to about sensitive issues that on first blush may not be something that an athlete may wish to talk to the coaching staff about.

Being the individuals who are to set the pace and be the leaders they are expected to have exemplary behavior. If one or more of the captains exhibit behavior that the administration or coaching staff deems as inappropriate behavior for a captain the penalties can range from meet suspension to as high as removal from the team.

The captains are expected to know all the members of the team and are there for each and every member of the team. The coaches rely on the captains for information on morale, general issues with individuals or the team, who may be injured, and any other items of importance to the betterment of the team.

TEAM CAPTAIN EXPECTATIONS

Andover's Swim and Dive team captain plays an important role toward the team's management and success of a season. Captains should gain respect for their dependability and responsibility demonstrated consistently. They are most effective when exemplifying a take-charge attitude, exhibiting high-levels of commitment, and embodying the values of a True Husky.

- Consistently demonstrate leadership qualities
- Maintain a dedicated and positive attitude on a daily basis
- Always be in attendance for practices, meets and team functions
- Maintain order during all practices, meets and team functions
- Lead the team in dry land training preceding the team's workout
- Lead the team in stretching before and after practices and meets
- Lead the team cheer following practices and meets
- Maintain an open-line of communication with athletes and coaches
- Communicate

If you want to be a team captain, you will have to prove it through your actions and attitude, in and around the pool. To be a captain will require you taking the initiative of demonstrating your strengths as a leader, not only to your coaches, but to your team. The role of team captain is an honor and should always be treated as such. please note:

- **Team captain's may have their position revoked upon failing to adhere to team captain expectations**

PRACTICE GROUPS

Practice groups are dynamic and subject to the evaluation of the athletes by the coaching staff as to what work load the athletes are able to handle. Some more experienced athletes may be ready for the most challenging workouts the team has to offer, even if they are a first year athlete on the team. Other athletes due to physical abilities may, despite years of being members of the team may be challenged by the lower end workouts.

The judgment of the coaching staff is final. Athletes and parents may feel that they are not being placed in the proper training group, but in the interest of safety and making sure that the experience is a positive one, athletes may be moved up or back depending on how they handle the challenges that each practice group may put on the athlete.

Rookie - Swim practice group whose emphasis is on building basic competitive swimming techniques. This group will work on refining the basics of the strokes, turns, and starts. Basic skills like reading a pace clock, leaving with proper spacing interval, making sure the order in which athletes are swimming in the lane will allow athletes to perform the set without running over others or holding others up in the set. Once the basic skills are taught the athletes will start on working on aerobic, anaerobic, and speed training.

JV - Athletes have a good basic skill understanding and demonstration of the skills. These athletes work on improving their skills and swimming more challenging sets and workouts than the Rookie group. These athletes will have longer practices than the Rookie group to enhance their personal abilities.

Varsity - Athletes who are more likely to be swimming Varsity events in a meet. The workouts are more advanced and the athletes work on race strategy, and perfecting their stroke, turn, and start mechanics to allow them to advance toward the highest level in the High School meet schedule.

VARSITY LETTER REQUIREMENTS

1. Earn 55 points in Varsity competition during dual meets, invitational, or championship meets (Section and State True Team points do not count towards an athlete's point total – meet scoring on next page) or;
2. Participate as a member of the Varsity squad, swimming or diving in at least 1 individual event in 65% of the meets over a 2 year period or;
3. Achieve one of the following **lettering times** during the High School season. This will also be **automatic Section qualification** times.
 - **50 Freestyle: 25.29**
 - **100 Freestyle: 56.04**
 - **200 Freestyle: 2:05.07**
 - **500 Freestyle: 5:48.79**
 - **100 Backstroke: 1:06.49**
 - **100 Breaststroke: 1:12.59**
 - **100 Butterfly: 1:04.50**

- **200 Ind. Med: 2:23.99**
4. Place in an Individual Event in the top 16 at the MSHSL Section 7AA Meet or;
 5. A diver scoring 150 points or more three times during the season. The dive list must be a legal, competitive 6 dive list or;
 6. Have swum a time or dove a score which places you in the all-time top 5 times or scores in an individual event in Centennial Boys Swimming and Diving history or;
 7. Been a member of the Andover Swimming and Diving team for 4 years and;
 8. Return all equipment that has been checked out to the athlete or paid for lost equipment and;
 9. Have achieved one of the above standards and have the recommendation of the head coach.

AWARDS

The Minnesota State High School League issues Gold and Silver Academic Certificates.

An athlete must be a Freshman, Sophomore, Junior, or Senior to be eligible. Silver Certificates are awarded to athletes who have a cumulative 3.0-3.59 GPA and the appropriate number of Varsity meets. Gold Certificates are awarded to athletes who have a cumulative 3.6-4.0 GPA and the appropriate number of Varsity meets.

- **Athletic All-American** - swim a time that is under the Automatic All-American time in individual or relay event. Divers must achieve a specific score and then submit the score sheet and a video tape of their performance so that the athletes who have achieved the score may be compared to determine the All-America honorees. An athlete may also achieve All-America status by achieving a Consideration Standard, but the chances of earning the honor by making the Consideration Standard is extremely thin. The coach must be a member of NISCA for the athlete(s) to be eligible.
- **Academic All-American** - an athlete must be a Senior, have lettered twice with one of the lettering years being as a Senior. The athletes cumulative GPA must be 3.75 or higher. The coach must be a member of NISCA for the athlete to be eligible or pay a per application fee for each submission.
- **All-State** - An athlete placing in the top 8 individual or relay at State.
- **All-Conference** – Top 30 athletes based on NISCA Power point total.
- **All-Conference Honorable Mention** – Selected by coaches as athletes that were close to qualifying as All-Conference.

TEAM AWARDS

- **Most Valuable Athlete** - Award voted on by the members of the team.
- **Most Improved New Athlete** - Individual who is on the team for the first time who demonstrates the greatest improvement in their events. The award is voted on by the members of the team.
- **Most Improved Returning Athlete** - Individuals who were members of the team in previous years who demonstrate the greatest improvement in their abilities. The award is voted on by the members of the team.
- **Hardest Worker** - The individual on the team who others feel worked the hardest during the season. The award is voted on by the members of the team.

Parent Coach Swimmer/Diver Triangle

You have done a great deal to raise your child. You create the environment in which they are growing up. Your child is a product of your values, the structure you have provided, and the model you have been. Human nature, however, is such that a parent loses some of his/her ability to remain detached and objective in matters concerning his/hers children's athletics. The following guidelines will help you keep your child's development in the proper perspective and help your child reach her full potential as an athlete.

Not every time: Even the very best swimmer/diver will have meets where they do not do their best times or scores. These "plateaus" are a normal part of swimming and diving. Over the course of a season times or scores should improve. Please be supportive of these "poor" meets. The older swimmers/divers may have only two or three meets a year for which they will be rested and tapered.

Please make every effort to have your swimmer/diver at practice on time. Realize that your child is working hard and give all the support you can. Encourage good diet and sleeping habits. They will serve your children well. The greatest contribution you can make to your swimmer's progress is to be a loving, supportive parent.

One of the traditional swim/dive team communication gaps is that some parents seem to feel more comfortable in discussing their disagreements over coaching philosophy with other parents rather than taking them directly to the coach. Not only is the problem never resolved that way, but in fact this approach often results in new problems being created. Listed below are some guidelines for a parent raising some difficult issues with a coach:

- Try to keep foremost in your mind that you and the coach have the best interests of your child at heart. If you trust that the coach's goals match yours, even though his/her approach may be different, you are more likely to enjoy good rapport and a constructive dialogue.
- Keep in mind that the coach must balance your perspective of what is best for your child with the needs of the team or a training group that can range in size from 6-60 members. On occasion, an individual child's interest may need to be subordinate to the interests of the group, but in the long run the benefits of membership in the group compensate for occasional short term inconvenience. The coaches have the best interests of your child at heart. If you trust that the coach's goals match yours, even though his/her approach may be different, you are more likely to enjoy good rapport and a constructive dialogue.
- If your child swims for an assistant coach, always discuss the matter first with that coach, following the same guidelines and preconceptions noted above. If the assistant coach cannot satisfactorily resolve your concern, then ask that the head coach join the dialogue as a third party.

- If another parent uses you as a sounding board for complaints about the coach's performance or policies, listen empathetically, but encourage the other parent to speak directly to the coach. He/she is the only one who can resolve the problem.

Parent Expectations

Parents are expected to be positive in all aspects of the swimming and diving program. This is a competitive activity and we expect that all athletes are constantly doing their best to improve themselves and improve the team. Competition is a healthy thing and the athletes have the opportunity to make each other better as they work to improve their own personal skills.

Parents are expected to come and watch, cheer, and support their son and the other boys on the team at home and away meets. Negative or derogatory comments on the other athletes on the team or the opposing team(s) reflect badly on the individual making the comments and shows extremely bad sportsmanship. Those who can only find negative things to say are not welcome.

If parents have concerns about their son, the coaching staff welcomes your comments. The deck is open to only the coaching staff and athletes during practice times and meets. The coaches may be spoken with via phone or after practice. Due to the limited resources, coaching duties will take priority. If for any reason a parent needs to be on deck state health code regulations require that all individuals have bare feet or shoes which are only used in the pool environment.

Parents are expected to pick up their son's promptly after a swim meet, whether the meet is home or away. The coaching staff accepts the personal responsibility for the safety of your son. Please be considerate of your son and your coaches' time by picking them up immediately after the meet. If a parent desires to drive their son home from an away meet it is imperative that a handwritten note be given to the coaching staff so that we can appropriately account for all athletes before leaving a site. Athletes not notifying the coaching staff have resulted in delays of up to an hour as the coaching staff spent a great deal of time attempting to determine what the status of the missing athlete.

Parents who desire to promote additional activities for the swimming and diving team are encouraged to do so. These activities are the responsibilities of the parent and any expenses associated with the activities cannot be borne by the school. The school cannot accept any responsibility for injuries or illnesses resulting from parent sponsored activities.

If the athletes have a meet where there is an overnight stay in a hotel and there is damage done to a room the coaching staff will do its best to determine who was responsible for the damage. If no one individual can be isolated all the athletes in the room will be deemed responsible. The parent or parents of the responsible individuals will be responsible for paying for the repair of the damages made to the accommodations. If there is damage to overnight accommodations the athletes responsible will be removed from the meet and their parents will have to come and pick up the athlete and take them home.

PARENTAL SUPPORT GROUP

The key to have a successful season is assistance from the parents. Things that parents can assist with are coming to all meets to support your son(s), selling concessions, helping with timing, helping with meet result processing, setting up the pool, tearing down the pool, coordinating outside activities, hosting a party after a meet, carpooling athletes to share the load getting to and from practice, assisting in fund raising, be a contact as an experienced parent for parents new to the program, assist with end of year banquet, help with special meets, stay positive, and help with other special events.

The parents who wish to be involved in this group may meet on their own to plan and assist the team and coaches in day to day operations or special events. The group meets about once a month with the coaching staff to make sure everything is moving along and that we are meeting everyone's needs. If we aren't covering all the bases we will look at how we may better serve each other.

If you have questions about this group contact any of the coaching staff or any of the following parents:

SWIMMING AND DIVING HAZARDS

The coaching staff will do their best to minimize the possibilities of injury to the athletes. It is a rare instance that will result in a severe injury, but swimming and diving do have the possibility of serious injury or death. The staff will not push an athlete to perform an activity that they don't feel comfortable with. We will use a progression of steps when introducing a new skill to minimize the chance of injury. The rules associated with swimming and diving are designed to minimize possible injuries to the athletes. Contact sports such as hockey and football are viewed as being more likely to result in serious injury. However, swimming and diving have some aspects that pose a potential hazard if not taken seriously and proper techniques are not taught to avoid such incidents. The places of greatest concern for swimming are on starts, turns, and finishes. Head and neck injuries are possible on starts. When executing turns possible injuries are foot, ankle, knee, hand, wrist, elbow, shoulder, head, or neck. At the finish, hand, wrist, elbow, shoulder, head, or neck injuries are possible. The places of greatest concern for diving are related to contacting the board or the landing in the water. If a diver contacts the board, they are most likely to hit their hands or feet on the board, but contact with the head is also possible. Generally, hitting the water will not result in a major injury, but one possible injury from hitting the water could be a ruptured ear drum from hitting the water on a twisting dive.

SHAVING

The purpose of doing this is to maximize performance at the end of the season. When the athlete is at the end of the season, they will go through a resting phase known as taper. When the athlete gets to the meet they are targeting they will "shave down." Shaving down consists of shaving the hair off the legs, arms, and other exposed surfaces where there would be drag caused by the hair. Swimmers in the backstroke and Individual Medley events usually shave their backs to eliminate any drag that may be caused by any little hair on their backs. A secondary effect of shaving is the removal of the top layer of skin which gives the athlete a better "feel" for the water.

Shaving should be done at home the night before the meet. Shaving isn't a race, do it well so you don't add extra resistance of scabs due to big cuts.

SPORTSMANSHIP

A critical part of competitive programs is understanding and demonstrating fair competition. It is important that the athletes show good sportsmanship in all aspects of the program. One needs to be supportive of all athletes in the program regardless of their physical capabilities and abilities. We all have to remember that we all were at a beginning or intermediate level at some point in time. If we can't remember where we came from, then we will never be able to move forward and improve as an individual and a team.

At meets we have to accept our performance in an event. If you have a poor performance and can't handle it, move it off deck. We are on public display whether we like it or not in all cases. Regardless of whether you are first or last make sure you congratulate the other competitors in your event. Everyone, hopefully, has given their best effort and there is nothing to be gained by snubbing someone who you are beaten by or have defeated. Every event has a winner and many non-winners. Every meet has a winning team and one or more non-winning teams.

When you are winning, enjoy it. When you are not winning see what you can learn by not winning, rather than blaming this, that, or the third thing for not winning. Look for what was good in your performance and use that again in your future competition. Look for what needed to be improved. What can you do to make those things better?
Make changes and do better next time. You will make yourself and your competition better if you can have a positive outlook regardless of the actual outcome of your event or the meet. We want all Andover athletes to win with class and lose with dignity.

It is expected that all Centennial Swimmers remain in the water after their Individual race until all swimmers in the heat have finished. Please congratulate your competition after the race.

**All Centennial Divers will congratulate their competition after the diving portion of a meet has concluded.
Relay members are expected to stay at the block until all relay members have finished and exited the water.**

EQUIPMENT

For the swimming and diving season the athletes require various pieces of equipment. Some of the equipment is supplied by the school and other is supplied by either the school or the athlete.

SCHOOL OR INDIVIDUAL SUPPLIED EQUIPMENT

Fins - Pull Buoys - Kick Boards - Paddles

EQUIPMENT ORDERED BY TEAM AND PURCHASED BY ATHLETES

Team Suits - Team Caps

INDIVIDUAL SUPPLIED EQUIPMENT

Practice swim suits – **Snorkel** - Goggles – swimmers - Swim Cap

Shammy - recommended for divers, Water Bottles - Equipment Bag -Towel - Lock

Centennial Cougars Top 22 Laws

1. Three of the most important components of swimming are: technique, technique, technique.
2. Strive for optimum, not maximum, performance.
3. Learn to balance, align and stabilize your body first. Everything else will become easier.
4. Seek the path of least resistance.
5. Find the path of most resistance.
6. To become effortless requires great effort.
7. Listen to the water, feel the water, be one with the water. Swim quietly.
8. The mind leads the body. Attitude is everything.
9. The harder you work, the harder you can play.
10. Practice does not make perfect. Perfect practice makes perfect. What you do in practice will determine what you do in meets.
11. The fastest swimmers are the ones who slow down the least.
12. The fastest you ever travel is when you dive off the blocks and push off the wall.
13. Slice through the water, don't plow. Make your middle name "Streamline".
14. Don't think of pulling the water. Learn to anchor your hands, wrists and forearms, and hold onto the water. Move your body past your hands. Learn to use your legs for balance and body stabilization.
15. Power is generated from your hips and torso. Use your shoulders for your recovery and to generate additional arm speed.
16. Relax from the inside out.
17. Never look back.
18. Attack your race. Attack your opponent.
19. Embrace your opponents. They make you a faster, better swimmer.
20. Use visual and mental imagery of yourself achieving and surpassing your goals.

21. Swim smart. Use your head and keep your head still.

22. Streamline is “Free time”.

Name:

Centennial Swim & Dive Goal Attainment Form



Part 1.

What is your first outcome/performance goal? (this is a time or something that is measured – not “Beat X Team” because we cannot control them)

In what ways will you commit yourself to this goal every single day starting yesterday?

Part 2

What is your second outcome/performance goal? (this is a time or something that is measured – not “Beat X Team” because we cannot control them)

In what ways will you commit yourself to this goal every single day starting yesterday?

Part 3

What are two things that you know that historically you do (or do not do) that potentially prevent you from surpassing your goals? What will you do to change each of these?

Part 4

What is your WHY? This is the biggest driving factor that makes you get into the water every day? Is it a time or a score? Is it something else? There is no wrong answer here, but it is important for us to know what it is so I can help you achieve whatever “it” is. If you would like me to keep it secret, please let me know that

Part 5

Outside of swimming/diving, what is your biggest goal for the 2020-21 school year? What will you do this year to make sure you surpass this goal? What can your coaches do to help you surpass this goal?

Part 6

Fill in the blank – “I wish Coach knew _____”

Fill in the blank – “I wish my teammates knew _____”

Part 7 – Which teammate are you most excited to reach the goal they put down? What can YOU do every day to help them reach that goal?