



# Bishop Gorman High School

## Swim & Dive

### Team Guidelines 2023



1. ALL Swimmers must fully complete **Register My Athlete**. Instructions can be found on the Bishop Gorman website. If you participated in other sports in 2022-23, please add SWIMMING to your sports list for the school year
2. Team members are expected to attend all practices. Club swimmers may continue to practice with their team. Club swimmers may be asked to participate in one High School practice per week. Club swimmers will be asked to provide attendance records from their team (Club team must be a USA Swimming Club). Private Coaches or Private training sessions may not be substituted for team practices sessions. Private lessons, Private Coaching is not recommended unless approved by the Head Coach.
3. First day of regular season practice and tryouts will be Tuesday, February 21<sup>st</sup> at Desert Breeze.
4. Tryouts will take place at the first two (2) scheduled practice sessions. After the 2nd schedule practice session team rosters will be completed. Swimmers and Divers ability to perform skills for example diving safely from starting blocks or diving board and also the time it takes to swim a competitive stroke discipline will determine roster placement and a spot on the team.
5. The practice schedule is as follows:  
**Swimming:** Monday-Friday 3-4:30pm at Desert Breeze  
**Diving:** Tues/Thur 6-9pm & Sat 2:30-4pm at UNLV
6. Always wear your team suits, shirts, warm-ups and colors at all competitions.
7. All practices sessions are required, missed practice sessions may result in removal from competitions for upcoming meets and even removal from the team.
8. Any athletes who are on academic probation are allowed to practice and compete. If an athlete is academically ineligible, they are still allowed to practice with approval of the Head Coach and Athletic Director, but may not compete. **Ineligible athletes will not receive post-season awards.**
9. Athletes arriving late to school unexcused and reported as a tardy or missing school **will not be allowed to practice or participate in meets**, unless excused by Athletic Department.
10. Any Athlete receiving numerous detentions will be ineligible for the next competition.
11. Any inappropriate language or other violation of rules pertaining to Bishop Gorman Student Athlete Code of Conduct will be reported to the Director of Athletics
12. Social Media: Present yourself in a way that is appropriate and that your school would approve of. Any posting that is unbecoming of a Bishop Gorman student will be turned over to the school.



**Bishop Gorman High School**  
**Swim & Dive**  
Team Guidelines 2023  
**Practice & Contact Information**



**Swim Practice:**

Monday-Friday 3-4:30pm

**Dive Practice:**

Tues/Thur 6-7:30 or 7:30-9pm  
Sat 2:30-4pm

Held at Desert Breeze Aquatics Facility:  
8275 Spring Mountain Rd  
Las Vegas, NV 89117

Held at UNLV's Buchanan Natatorium  
4505 S Maryland Pkwy  
Las Vegas, NV 89154

**Head Coach Michael Kinross**

Cell Phone: 815-715-4933  
Email: [coachmichael28@gmail.com](mailto:coachmichael28@gmail.com)

**Assistant Coach Catie Miller**

[cmillerlux@gmail.com](mailto:cmillerlux@gmail.com)

**Assistant Coach Katelyn Faulk**

[coachkatelyn16@gmail.com](mailto:coachkatelyn16@gmail.com)

**Assistant Coach Chris Barber**

**Admin Assistant Coach Ron Aitken**

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### **How do I earn my Varsity Letter?**

Achieving one or more of the following will earn you a varsity letter:

1. Attending 60% or more of all available practice sessions
2. Competing in 3 or more regular season meets
3. Competing AND finishing the Championship Season (Last Chance Meet, Regionals or State)

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### **Daily Practice Necessities**

- Competitive swimming suit
- Competitive goggles
- Swim cap (optional for boys but recommended)
- Kickboard & pull buoy will be provided
- Fins encouraged – Not supplied by school

All of these items are sold at [Bodyline Swim Shop](#), 5 minutes from Desert Breeze!

4460 S. Durango Drive  
STE A  
Las Vegas, NV 89147



**Bishop Gorman High School**  
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Team Guidelines 2023  
***Pre-Season Checklist***



All team members must have this checklist completed by the first day of practice (February 21, 2023) in order to participate. Please review the list carefully with a parent or guardian, and make sure to complete everything.

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**Complete Register My Athlete.** If you participated in other sports in the 2022-23 school year, please add SWIMMING to your sports.

**\*\*THIS IS WHERE YOU UPLOAD YOUR REQUIRED PHYSICAL\*\***

LINK to complete RMA: <https://www.registermyathlete.com/login/>

RMA Instructions: [https://bbk12e1-cdn.myschoolcdn.com/ftpimages/1144/misc/misc\\_186198.pdf](https://bbk12e1-cdn.myschoolcdn.com/ftpimages/1144/misc/misc_186198.pdf)

--See [Mr.Rivera](#) in Athletic Office for questions or issues

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**Completely fill out this information form:** <https://forms.gle/qFe85CnQtEQt8EJH7>

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**Sign up or reactivate TeamUnify Account.**

<https://www.teamunify.com/Home.jsp?team=rechtsbghs>

*Returning Members* – Login and register for the 2023 Season. Make sure your information is up to date!

*New Members* – Go to the website and click the “TEAM SIGN UP” button in the middle of the page. Follow all of the prompts to make your account on our official team Website. This is how you will register for swim meets and communicate with coaches. We must have a parent or guardian email. You may add your own as an additional contact.



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**Team Guidelines 2023**  
**Meet Schedule**



Swimming				
Week	Date	Opponents	Location	Arrive by
	Mon-Sat, May 8-13	NIAA Regionals	TBA	TBA
	Sat, May 20	NIAA State	Carson City Aquatics Center	TBA
Diving				
Week	Date	Opponent	Location	Arrive by
	Mon-Sat, May 8-13	NIAA Regionals	TBA	TBA
	Sat, May 20	NIAA State	Carson City Aquatics Center	TBA

***\*\*Schedule is subject to change\*\****

**Other Important Dates**

- First day of practice – Tuesday, February 21<sup>st</sup>
- Parent Meeting – Week of February 27 (final date/time to be emailed)
  - Picture day – TBA (wear school grey pants + 2023 team shirt)
  - Spring Break – March 13-17 – NO PRACTICES
    - Team Banquet – TBD