

# Welcome to the 2023-2024 Swimming & Diving Season!



# Coaching Staff

- **Mark Sullivan** – Head Coach 513-403-3727  
[sullivanma@masonohioschools.com](mailto:sullivanma@masonohioschools.com)
- **Feliz Hall** - Assistant Coach  
[felizhall@gmail.com](mailto:felizhall@gmail.com)
- **Heather Shooner** – Assistant Coach  
[hdshooner@gmail.com](mailto:hdshooner@gmail.com)
- **Sabrina Manning** - Assistant Coach  
[skmanning1966@gmail.com](mailto:skmanning1966@gmail.com)
- **Paige Fischer** – Diving Coach  
[paigeparris7@gmail.com](mailto:paigeparris7@gmail.com)
- **Mike Tomes** - Volunteer Coach

# Team Outlook - Last Year

- Continue to build on the success
  - Boys (6-6) & Girls (15-15) league champs
  - Boys & Girls Sectional Champs! Boys District Runner-ups
  - 20 state qualifiers – 18 swimmers & 2 diver
  - State – Girls – 7<sup>th</sup>
  - Boys – 6th (5th year in a row - Top 6)
  - Team records – 2 broken last season.
  - 18 swimmer + 1 diver named academic all-americans (3.75)

# Team Outlook - This Year

- Numbers –  
Swimmers 82 (6 groups) = TEAM  
Divers 10
- Varsity lettering – time standards \*\*Send out in an a weekly
- Team Building
  - Added Kickoff
  - Intrasquad meet on Saturday November 18<sup>th</sup>
  - ALL team practice + FOOD + White Elephant (Winter Break-TBD)
- Supporting Swimmers/Divers in 8 practice groups
  - Diving, Lifetime, Countryside, Lakota YMCA, MMR (3), High School

# Communication - Coach/Athlete/Parent

- GroupMe - Coach/Athlete communication/questions
  - Each Practice Group Has One
- Emails from Myself (Weekly's) - Coach/Parents
  - sent to Susan Houpt and then sent to parents via TeamUnify  
[houptso@gmail.com](mailto:houptso@gmail.com)
  - [masonswimmingdiving@gmail.com](mailto:masonswimmingdiving@gmail.com)

# Communication - Social Media

- Twitter/X - @CometsSwimDive
- FB – Mason Comets Swimming
- Instagram – Mason Swim and Dive

# Communication - Team Unify

- Website
  - [www.masonaquatics.com](http://www.masonaquatics.com)
- REGISTRATION (annually)
- Practice and Meet Schedules
- Volunteer Signups
- Fundraising
- Meet Pictures (Flickr)
- Top Times Report

# Parent Boosters – Swim & Dive

**WHO:** Board - 10 Members

Leads – 10 Positions

Members - ALL Swim & Dive Families

**WHY:** Meet Execution (VOLUNTEERS)

and FUNDRAISING

**NEED:** Concessions Training + Hospitality (1/2 positions)

(email [houptso@gmail.com](mailto:houptso@gmail.com) if interested)

# Volunteers Needed

## **Swimmers - 25 hours volunteer time (REQUIRED)**

- at least 10 hours need to come from concessions
- at least 2 shifts at any February Meet

## **Divers - 4 dive shifts + at least 1 concession shift in Feb.**

**\*FEBRUARY** - half of our volunteer needs come in the month of February when we host GMC's Swimming; GMC Diving; Boy Sectional Meet;

Girls Sectional meet;

→ ALL LARGE MEETS ←

**\*\*** Swimmers/Divers **SHOULD** volunteer when not entered in a meet  
(eg Club swimmers time at Mason Invite before crossing over\*\*

# Volunteer Positions

- Timers (no experience needed)
- Concessions (no experience needed)
- Admissions/Heat Sheet Sales (no experience, adults only)
- Announcer – NEED – (experienced + trainee, BEST view, easy!)
- Hospitality (Mason Invitational + post-season meets)
- Food/Water Donations
- Computer Table (second BEST view, work as team)
  - email Maria Eshman [ria10eshman@gmail.com](mailto:ria10eshman@gmail.com) if interested

# Volunteer Lead Positions - NEEDED

- **Concessions Trainer** - trains concessions volunteers/leads on how to prepare/serve food at 4 larger meets. Works closely with concessions shopper.
- **Hospitality Co-Lead** - hosts meal/snack for visiting coaches/officials for Invite, Classic, GMCs, Sectionals. Minor shopping required.  
Positions can be shared : )

Please email me at [masonswimmingdiving@gmail.com](mailto:masonswimmingdiving@gmail.com)

# Fundraising - Expenses

- Team Shirts (Senior designed/Comet Zone)
- Social Activities
- Meet Support
- Coach Needs (training, certifications, gear)
- Training Equipment (power towers)
- Team Trips (Akron/Canton)
- End of Year Banquet

# Fundraising - Income

- CONCESSIONS – 50% of our budget
- Football Playoff Volunteering
  - Nov 10, 17, 24
  - Look for SignUp Genius, Spots go FAST

THANK YOU to the Tu, Rossetti (x2) and Privet (x2) families....we will earn 10% of Football Playoff proceeds (parking, concessions, split the pot) this Friday night!

# Fundraising - Income

- Butter Braids – (Lan Ding - Freshman rep.)
  - Nov 13-Dec 4
  - Pickup Dec 11 4-5:30pm @HS LG Commons
  - Sell 8 products/family
  - 15 products sold = LARGE bag of GUMMY BEARS
  - Top seller/group has option to create/run a practice

OR

- \$100 Donation (buyout/Pass the Hat) in lieu of Butter Braid sales
  - Venmo (Mason Swim Dive Boosters@MasonSwimDive),  
cash or check (Mason Swim & Dive Boosters)

\*If you have a MS and a HS athlete, only asked to meet HS fundraising goal\*



# Fundraising - Income

- **Spirit Wear** – Fran Gregory - Spirit Wear Lead  
(Store opens Nov 9 via EMAIL- Link on Team Unify)
- **Kroger Community Rewards**  
(PLEASE link Mason High School Swimming & Diving # EU513)
- **Heat Sheets/Staffing Admissions** (hourly rate paid by AD)
- **Jolyn Swimsuit Sales**
- **Buddy Cards \$10**

# Fundraising - Income

## Dine & Donate Restaurant Sales - 20-33% Earned

- October 25 - **Chipotle** - \$171 earned!
- November 15 - **Rusty Bucket**-all day  
(in store & carryout)
- December 17 - **City BBQ**-11am-8pm  
(in store & carryout)
- January TBD - **Bibibop (Mason-Montgomery)**
- February TBD

# Fundraising - Income

## Spirit Wear – Fran Gregory - Lead

(Store opens Nov 8, check your email, + link on team website )

## Mason Swim & Dive Yard Signs

Standard: \$20  
Personalized: \$25  
(one or more names)

PAYMENT: Cash,  
Check (Mason Swim & Dive Boosters)  
or Venmo



Email Fran Gregory @  
[teamgregorymail@icloud.com](mailto:teamgregorymail@icloud.com) with  
your order. Orders processed  
once payment is received.

# Swim Meet Schedule

- Dual Meet season
  - All Meets are Mandatory – stay the entire time!
  - 2 to 2.5 hour meet length
  - Away meets travel by bus
  - Pick-up after away meets
  - Swim meet etiquette
  - USA/Y swimmers crossover
- Invitationals – entry limitation or cut-off times

# Swim Meet Schedule

- What determines the events swimmers swim?
  - 4 total events, no more than 2 events can be individual events
  - Depends on competition
  - Try to avoid boredom
  - Expectations of improvement in meets
  - Preparation for the end of the season

Line-ups typically done a week prior!!

# Swim Meet Schedule

- When does the season end??
- Championship season (3 pathways)
  - West Clermont – Friday 2/2
  - Fred Cooper Invitational – 2/11
  - GMC - 2/3
    - Sectionals @ X Host Sites (MHS hosts)
    - Districts (4) - Miami University
    - State @ CT Branin

# Dive Meet Schedule

- All divers will compete at all dual meets as long as they have 6 eligible dives
- West Clermont Meets: everyone can dive
- Top 3 divers can score points
- Dives sheets will be completed during practice the monday before a meet

Meets with no busing - Need transportation waiver

# Dive Meet Schedule

- When does the season end??
- Championship season
  - GMC – Friday 2/2
  - Sectionals @ West Clermont Feb. 7-8
  - Districts @ Miami University Feb. 13-14
  - State @ CT Branin

# Top Times Sheet

Licensed To: Mason High School - OH

HY-TEK's TEAM MANAGER 8.0 1/15/2017 Page 1

## Mason High School

### Individual Top Times

Times since: 01-Nov-16

Mason [MAS] Coach: Mark Sullivan

Number of Top Times: All Show Yards Only

Time	P/F/S	Name	Age/Yr	Meet
<b>Women 50 Free</b>				
1 23.81	Y	Ashley Volpenhein	SR	12/17/2016 2016 CCS Christmas HS Invitational
2 24.96	Y	Harna Minezawa	SO	1/14/2017 2017 Mason Classic
3 24.99	Y	Mckenzie Grau	SO	1/14/2017 2017 Mason Classic
4 25.11	Y	Lauren Thomas	JR	12/17/2016 2016 CCS Christmas HS Invitational
5 25.17	Y L	Allison Bloebaum	JR	12/16/2016 FHS vs Mason
6 25.73	Y	McKenna Killion	SR	12/17/2016 2016 CCS Christmas HS Invitational
7 26.15	Y L	Grace Zhang	FR	12/22/2016 2016 Braves Invitational
8 26.17	Y	Aubrey Whitaker	SO	1/14/2017 2017 Mason Classic
9 26.32	Y	Emily Yu	FR	12/17/2016 2016 CCS Christmas HS Invitational
10 x26.32	Y	Stephanie Schoenlein	JR	12/16/2016 FHS vs Mason
11 x26.49	Y	Meredith Wolf	SO	12/16/2016 FHS vs Mason
12 26.54	Y	Camille Nguyen	SR	12/10/2016 2016 Lebanon Loveland Princeton @ Ma
13 26.66	Y	Alise Cheeseman	JR	12/17/2016 2016 CCS Christmas HS Invitational
14 26.86	Y L	Caroline Wolf	SR	1/14/2017 2017 Mason Classic
15 26.91	Y	Lauren Fries	FR	1/14/2017 2017 Mason Classic
16 27.01	Y	Nadia Steinbicker	SO	1/14/2017 2017 Mason Classic
17 27.15	Y	Alyssa Goss	SO	1/14/2017 2017 Mason Classic

# Team Clothing & Team Pictures

- Team T-Shirt & Caps
- Swim Suit Date – Nov. 9<sup>th</sup> @2:30 pm in large commons
  - Swimville \*\*you can order in person or online
  - free (team) shipping in-person or online through Nov 10th
- All swimmers/divers must wear their team suit at all meets
- Team Pictures are Monday, November 27<sup>th</sup> @2:45 pm (in the pool)
  - wearing team t-shirt and black shorts or leggings
  - no more picture packet forms, completely online!

# **Team Gear (Jackets, Parkas)**

- Provisioned and OWNED by the Mason Athletic Department
- Parkas (older) available
  - After School Date TBD, before the Mason Invite
- Proper cleaning and care essential
- We keep track of swimmers jacket/parka number
- Notify Maddie Fox if you swap jackets with a teammate

**Lost or stolen you owe \$150.00 PER ITEM!!**

# **EXPECTATIONS OF US AS YOUR COACHES**

- Keep it fun!
- Keep it interesting – something new
- Emphasize teaching & performance will follow
- Put swimmers needs first
- Be a great role model
- Importance of winning?

# What do we expect out of our Athletes?

- Committed - Sacrifice
- High work ethic
- Communicate
- Honest
- Show the ability to improve
- Show up on time
- Show respect, support, and encouragement to their teammates
- Maintain a high balance of academics & athletics.
- No drugs or alcohol

# Athlete Responsibilities

- School work - FIRST PRIORITY
  - Conflict – won't compete
- Proper nutrition
  - “You are what you eat!”
- Appropriate conduct
  - Includes practice, meets, and bus rides. You represent me, your school, your family before yourself!
- Social Life, Working
  - Should not affect swimming
- Drugs, Alcohol, and Vaping

# Parent Goals/Roles

- Volunteer - benefits you + athlete
- Enjoy watching/be patient/have fun!
- Stay positive with your swimmer at all times
- Monitor and control their “weekend” activities
- Always remember there are 2 sides to every story
- Encourage swimmer/diver to discuss any problems they are having with their coach

# FINAL FORMS

- **FINAL FORMS** – in order for students to participate in school sports / activities you must complete and sign FINAL FORMS online. Your swimmer/diver must have a valid physical on file. (when you log into final forms it will tell you how many days you have until your students physical expires).
- Remember, Final Forms require a **PARENT** to log in and complete forms **AND** your **STUDENT** must log in to their account and also sign off on several forms. **(BOTH MUST BE DONE TO BE ELIGIBLE)**
- **PHYSICALS!** (One calendar year)

# Athletic Handbook

- Academic Eligibility Requirements
- Drug, Alcohol, & Tobacco Policy
- Travel
- Attendance at school
- Must be in school all day to participate in practice & meets.
- Friday's attendance does not affect Saturday's competition.
- Pay to play – EZPay \$180 Nov 27-Dec 1

# Practice Schedule

- CAN CHANGE, check GroupMe
  - M-W-F 2:45 – 4:45 pm
  - T-Th 2:45 – 5:30 pm \*\*This includes weights
  - Saturday 7:00 – 9:00 am.
  - \*Morning practices 5:40 am.(M-W)
- Club Swimmers – Practice commitment
  - Expecting you to attend all your club practices!
- Holiday Practice Schedules
  - Train with your club team during this time.

# Dive Practice Schedule

Monday & Thursday 7-8 pm  
Saturday & Sunday 1-3 pm

Optional lift with swim team:

Tuesday & Thursday 4:40-5:30 pm

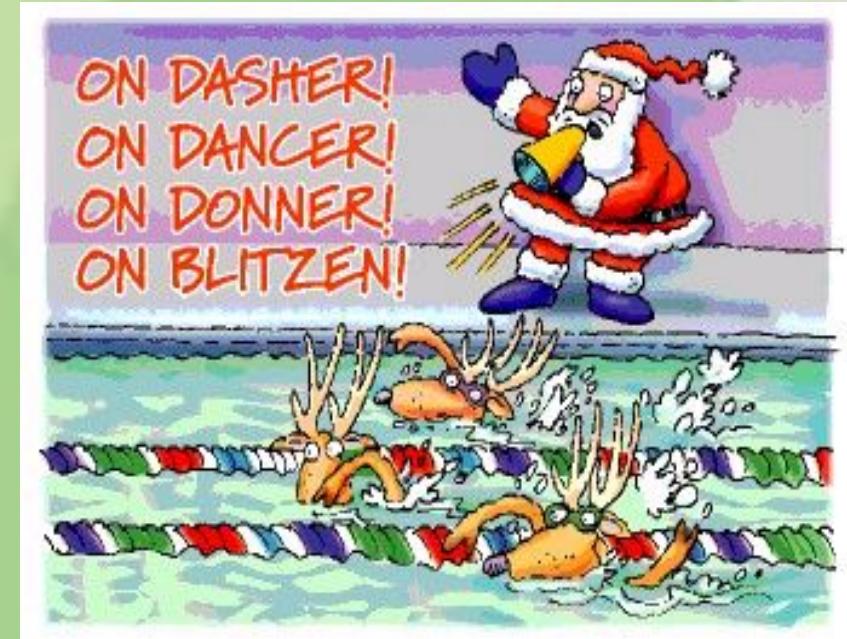
*\*If you plan to lift, you need to consistently go to lift practice*

**\*\*All practices are required the week before a meet if you want to compete**

# Holiday Vacation Policy

Vacations during the sports season are discouraged.

Thanksgiving and Christmas breaks are a very important to a swimmers season and end of season performance.



Depending on the amount of practice missed will determine how many competitions the swimmer may miss.

Please notify me immediately of any conflicts over those 2 breaks.

# Snow Days

- If there is a snow day & if the Community Center is open, we will have practice @2 pm.
- Check GroupMe
- AM's – Use your own judgment in driving
- Delays – No mornings

# ILLNESSES

- No benefit – Stay home.
- Neck check – below or above.
- Notify your coach immediately of any illness that affects practice or meets.
- They may not swim in meets if they have been sick through the week.

# Team & Individual Goals

- To provide the pursuit of excellence through competitive swimming & diving
- To develop team spirit, pride, and unity in our swim & dive program
- Readiness and improvement in GMC, Sectionals, Districts, & State
- We have a high regard for fast swimming, good training and thorough preparation. We encourage ourselves and others.

# Team & Individual Goals

- We do not tolerate goal-distracting behavior. Our team purpose is too important and our time is too valuable.
- Develop pride in the program and in the school & who you represent.
- Learn and work at being positive.
- Deal with temporary setbacks as only that.
- To us it is the development of the student athlete – life skills.

# Are we striking the right balance in training?

*Are we doing too much?*

*Are we sprinting enough?*

*How far is too far?*

*How hard is too hard?*

*Are we doing enough?*

