

Swim Team Orientation
Olympus High School
2015-2016

1. Coaches
 - i. Head Coach: Tom Thorum
 - ii. Assistant Coach: Shawn Stringham
 - iii. Assistant Coach: Kelcey Smeding
 - iv. Volunteer Coach: Doug Mortensen
2. Captains
 - i. Emma Collins, Katheryn Loden, Adam Gaia, Christian Clinger
3. Booster Club
 - i. Janell Chamberlain
 - a. ljchamberlain@gmail.com
 - b. 801-205-1824
 - ii. Marylin Ference
 - iii. Michelle Marsh
 - iv. Allison Vagen
4. Coaching Philosophy
 - i. Provide an environment for athletic and academic success.
 - ii. Work with student athlete to achieve their individual goals.
 - iii. Teach the importance of team work.
 - iv. Promote a love of swimming and fitness.
 - v. Train the Five / USRPT by Dr. Brent S Rushall, 2014
 - a. Aerobic Endurance
 - b. Muscular Endurance
 - c. Speed and Power
 - d. Frequency and Rest
 - e. Technique
5. Swim Team Dues
 - i. \$10 Transporation
 - ii. \$40 Participation
 - iii. \$160 Equipment / Events / Meets
6. Required Forms
 - i. Physical Exam
 - ii. Completed Registration on "RegisterMyAthlete.com"
7. Schedule - See Attached
8. Information / Links
 - i. www.olympustitanswimming.com
 - ii. www.registermyathlete.com
 - iii. www.uhsaa.org
 - iv. www.nfhs.org
 - v. www.utswimcoach.com
9. Questions and Answers

10. Training Schedule (October 5 - February 15)

Swimming

Monday – Friday	1A and 1B Morning, 7:30 AM - 8:30 AM
Monday – Friday	2:30 PM - 4:00 PM
Saturdays (Mandatory)	8:00 AM - 10:00 AM
XTraining (Optional)	Monday, Wednesday, Friday 4:05 PM - 4:55 PM

11. Requirements and Expectations

- i. Academic All State
 - a. Pay school participation fee
 - b. Meet Participation
 - c. Minimum 3.75 GPA
 - d. Senior
 - e. Requires Application
- ii. All American
 - a. Make one or more the NISCA All American time standards
 - b. Requires Application
- iii. State Qualification
 - a. Top 24 swimmers in each event in 4A State
 - b. Have a time fast enough to secure a spot on a relay.
- iv. Olympus Letter Award
 - a. Pay school participation fee
 - b. Attend all mandatory practices
 - c. Score points at either Region or State
- v. Compete in Meets
 - a. Attend weekly mandatory practices.
- vi. Participation Certificate
 - a. Pay school participation fee
 - b. Attend all Mandatory practices
- vii. Event Preference
 - a. Swim meet event preference will be given to swimmers with the highest attendance when necessary.
- viii. Team Captain
 - a. Maintain 90% OHS competition and training attendance during the season.
 - b. Minimum 2.5 GPA
 - c. Demonstrate sound judgement in and out of the pool.
 - d. Demonstrate a commitment to Olympus High School Swimming
 - e. Demonstrate leadership skills and a willingness to serve the team.
 - f. Must have attended one or more State or Region events as either participant or spectator.
 - g. Receive confirmation from the Head Coach
 - h. Receive a nomination from another team member.

12. Required Gear and Equipment

- i. Team Suit*
- ii. Team Cap x 2 *
- iii. Team Warm Ups*
- iv. Team T-shirt*
- v. Goggles

*Items provided by Olympus High School Team

13. Recommended Gear and Equipment

- i. Finis Hand Paddles
- ii. Pool Buoy
- iii. Training Fins
- iv. Training Snorkel
- v. Racing Suit
- vi. Mesh Bag
- vii. Swimming Back Pack
- viii. Deck Jacket
- ix. Nose Plug
- x. Deck Shoes
- xi. Xtraining Deck Shoes
- xii. Xtraining Shorts
- xiii. Xtraining Shirt
- xiv. Water Bottle