

Coaches

Head Coach

Keeler Callahan

Assistant Coaches

Katie Socozzo, Tom Richner, Olivia Miranda, Maddie Holub, Grant Simeone

Brittany McKnight- Head dive coach

Jeff Besozzi- Assistant dive coach

Team Website- Teamunify.com/recwhs **Twitter-** TWKswim&dive **Instagram-** TWKswimdive

General Team Guidelines

Being a Member of this Team

It is a privilege to be a member of the swim program in Worthington. You will represent yourself, your team, your school, your community, and your family at all times. When you are not at a team event, or not wearing team apparel, and even when you are not in season you are still representing everything mentioned above. As a student-athlete of this program you will be held to a higher standard than most of your classmates. As a member of this program you have the privilege to represent everything above to the best of your ability, making all those around you and yourself better because of it. Any behavior unbecoming of the team will be dealt with immediately and harshly, including punishment by expulsion from the team if necessary.

Practice Schedule

Varsity

Monday- 6:00am-7:15am swim, 3:45pm-5:45pm swim, 5:45-6:30 dryland/lift

Tuesday- 3:45pm-5:45pm swim, 6:00-7:00 dryland/lift

Wednesday- 6:00am-7:15am swim, 3:45pm-5:45pm swim, 5:45-6:30 dryland/lift

Thursday- 3:45pm-5:45pm swim, 6:00-7:00 dryland/lift

Friday- 6:00am-7:15am swim, 3:45pm-5:45pm swim

Saturday- 7:00am-9:00am swim, 9:00-9:45am dryland/lift

Junior Varsity

Monday- 6:00am-7:15am swim, 3:45pm-5:15pm swim, 5:30-6:30 dryland/lift

Tuesday- 3:45pm-5:15pm swim, 5:15-6:30 dryland/lift

Wednesday- 6:00am-7:15am swim, 3:45pm-5:15pm swim, 5:30-6:30 dryland/lift

Thursday- 3:45pm-5:15pm swim, 5:15-6:30 dryland/lift

Friday- 3:45pm-5:45pm swim

Saturday- 9:00-9:45am dryland/lift

Dive

Monday- 5:15pm-6:30pm, dryland before or after

Tuesday- 5:15pm-6:30pm, dryland before or after

Wednesday- 5:15pm-6:30pm, dryland before or after

Thursday- 5:15pm-6:30pm, dryland before or after

Friday- 5:15pm-6:30pm, dryland before or after

Cuts to make Varsity training group and the team

Team- Complete a continuous 200 without stopping

Varsity- Girls: 6x100 @1:30 or a returning District qualifier

Boys: 6x100 @1:20 or a returning District qualifier

Practice Expectations

- Athletes are expected to attend all practices. This requirement is no different from any other practice requirement for any other sports activity at our school. By joining this team, you have made a commitment for four months. You are expected to honor this commitment.
- Athletes are expected to be on time for all practices. Athletes are expected to get in the water at the start of practice. All needs such as goggles, caps, and other equipment needs to be ready before we get in the water.
- Athletes are expected to notify the coaching staff immediately in the case of injury and adhere to the assigned rehabilitation protocol.
- Any missed practice needs to be communicated beforehand to the coaches, unless it's an emergency situation where you could not notify the coach, in this case communicate it at your earliest convenience.
- Any missed practice regardless of reason counts as a missed practice.
- Athletes are expected to participate fully in practice, meaning no skipped yardage.
- Physical needs are taken care of before practice (soreness or tightness needs to be dealt with before we get in the water for practice).
- Athletes are expected to have appropriate clothing for dryland/lifting (tennis shoes, athletic shorts, t-shirt)

Meet Expectations

- Athletes will warm up together.
- After warmups and in between events athletes will wear clothes including shoes to keep your body warm.
- Only team apparel is to be worn during a meet.
- Phones are allowed on deck during meets. They are not to be used for any purposes besides swim times and music. You are expected to be an active participant in all aspects of the meet.
- Team suit and team cap to be worn when racing.
- Athletes are expected to be standing and cheering when other teammates are swimming.
- Athletes are expected to talk to their coaches before and after their races.
- Athletes will be in the pool and swimming during breaks of the meet.
- The team will warm down after the meet together.
- We will clean the team area after the meet as a team.

Missing practice missing meet rules

- Athletes must maintain a practice attendance record of at least eighty-five percent (85%) to be eligible to compete fully in meets. This applies to absences of any kind, including academic conflicts, illness, vacation and doctor's appointments. Understand that the 15% buffer zone was created specifically to account for such unavoidable absences. An athlete that maintains a practice attendance under the 85% standard will miss events at the next meet; 1 event for each practice under 85%. The athlete will start fresh once the penalty has been served.

Training out with a club team

- Guidelines for club swimmers: If an athlete desires to train with a USA Swimming club during the high school season that athlete must consult the coaching staff in advance to make appropriate arrangements. In essence, our expectation is the swimmer is required to attend all Worthington practices that do not directly conflict with club practice.
- Athletes are encouraged to train year-round by participation in USA Swimming, YMCA, and/or summer league swimming, or by participation as a member of other Worthington sports teams.

ATOD Policy

-Violations of the Thomas Worthington/Worthington Kilbourne ATOD Policy will not be tolerated under any circumstance. Consequences for any players in violation of this policy will be administered according to the ATOD Policy.

-There will be additional consequences for violating the ATOD Policy, and these will be left to the discretion of the coaching staff. Expulsion from the team is a possible outcome for violation of this policy.

Anti-Hazing Policy

-As coaches, it is our number one priority to ensure the emotional and physical safety and well-being of all student-athletes within our program. We will be extremely intolerant regarding any form of hazing or bullying toward any member of our swim program as well as any other person. Consequences for these actions will be severe and could result in expulsion from the team.

Social Media

-Student-athletes, coaches and parents are asked to proceed on social media with the understanding that everything done on social media (Facebook, Twitter, Instagram, etc) is done on a public forum.

-Under no circumstances will players and/or parents post sensitive material regarding our program.

-Student-athletes interested in attending college, swimming at the collegiate level, or plan on obtaining a professional job need to be especially aware that colleges, college coaches, and potential future employers will look for you on social media. Do not let one (or repeated) insensitive and/or inappropriate post(s) be the reason that a college, coach, or employer chooses to pass on you as a prospective student, student-athlete, or employee.

Shaving and hair expectations

-For championship meets (sectionals, districts, states) it is highly recommended to shave everything below your neck that is not covered by your suit. ***Please understand you will be at a major competitive disadvantage if you choose not to shave.

-Talk with the coaches to see if you should shave for the meet. A number of athletes will need to shave for the sectional or district meet. There will be a handful who may not need to shave for one of the meets because they should easily qualify for the next. For example: an athlete who is likely to make it to the district meet, may not be required to shave for sectionals.

-No one is required to bleach, dye, or shave their head

Varsity Letter Requirements

-85% of practices attended

-One varsity letter time cut or one event qualified at Districts

-Coach's discretion (positive team member, exceptionally hard worker, team leader, etc.)

An athlete needs two of the three above requirements to receive a varsity letter

Letter cut times based on NISCA Power Point Table- 70th point

<u>Boys</u>	<u>Girls</u>
200 Fr- 1:59.26	200 Fr- 2:09.31
200 IM- 2:12.84	200 IM- 2:25.15
50 Fr- 25.21	50 Fr- 27.88
100 Fly- 1:00.76	100 Fly- 1:07.46
100 Fr- 54.9	100 Fr- 1:00.05
500 Fr- 5:23.52	500 Fr- 5:45.72
100 Bk- 1:03.04	100 Bk- 1:06.79
100 Br- 1:09.37	100 Br- 1:16.79

3 Levels of Swim Team Awards

1. Varsity Letter Winner

2. Varsity Participant- someone who reaches the minimum practice requirement, is a positive team member, but does not have a letter cut time. Or meets a letter cut time, but falls below the minimum practice requirement.

3. JV Certificate- someone who falls below the minimum practice requirement and does not have a letter cut time.