



## High School Swimming

The high school swim season will officially begin on Mon, Feb 9. All swimmers should check with their high school coaches about team meetings, practices expectations and other info for their teams.

Each high school is in a league as well as a CIF Section. We currently have swimmers competing for the following schools.

American Canyon	VINE	North Coast
Benicia	DAL	North Coast
Justin Sienna	VINE	North Coast
Rodriguez	MELS	San Joaquin
St Patricks/St Vincent	Tri County	North Coast
Vacaville	MELS	San Joaquin
Vanden	MELS	San Joaquin

[North Coast Section](#)

[San Joaquin Section](#)

All sections are part of the California Interscholastic Federation (CIF).

[CIF](#)

### Practices

Swimmers with DART have three options during the high school season:

1-Practice mainly with DART. These swimmers will attend high school practices on Tuesdays as well as high school meets. Swimmers should also meet with their HS coaches on how to best support any high school team events. Any adjustments to this schedule should be communicated to DART and HS coaches for planning.

2-High School Associate. These swimmers will mainly attend high school practices. They can attend DART practices once a week (based on their individual schedules.) HS Associate swimmers should communicate with DART/HS Coaches.

3-Full Time High School. These swimmers will practice full time with their high school swimmer teams.

All swimmers are welcome to attend DART practices during school breaks (ie spring break, etc.)

## **DART Swim Meets**

We will offer a limited amount of club meets for High school swimmers during the high school season. These are intended to take advantage of training cycles.

### ***DART Last Chance Meet***

***Feb 21-22***

Swimmers should plan to attend (Sectional swimmers one event.) This meet will allow swimmers to take advantage of their winter training base (we will rest for a couple of days leading into the meet for most swimmers attending.)

### ***USA Sectionals***

***Feb 26-Mar 1***

This is a performance meet for swimmers with qualifying times. Swimmers can swim ATTACHED at this meet as per CIF Rules (allows for relays.)

### ***Far Western Championships***

***April 9-12***

This is an optional meet for swimmers. Please communicate with your high school coaches if you plan to attend. Swimmers MUST swim UNATTACHED at this meet. The intent is to swim events not necessarily offered at high school meets or for swimmers who have minimal high school invitationals.

## **High School Swim Meets**

Swimmers should plan to attend their high school meets. This will include:

- Season Meets (dual, tri, etc.)
- Invitationals
- End of season meets (League champs, CIF Sections, CIF State Champs)

Some swimmers who are attending USA Sectionals may have a modified invitational schedule. Please communicate with Coach Ricky as well as your High School Coach at the start of the season.

## **Season Ending Meets-High School**

All swimmers will have the following season ending meets for their high schools:

League Champs-Typically a two day prelims and finals meet.

CIF Sections-Typically a two-three day prelims and finals meet with qualifying times

CIF States-Two day prelims and finals meet with qualifying times/procedures.

High school coaches will communicate info for these meets as well as any qualifying times.

## **Attire**

Swimmers should refer to their high school info for team attire and suits for practices and meets. Swimmers ARE NOT allowed to wear club swim caps at high school meets. Swimmers should check with their high school coaches about swim caps at high school practices-DO NOT assume it is ok to wear a club cap. High school caps are fine at DART practices.

## **Expectations**

Swimmers are expected to attend daily practices during the high school season (just like any other high school sport.) Swimmers must communicate with the coach if they are not able to attend.

Club and high school swimming are unique experiences for swimmers. Participation is key to success-be present. Swimmers can do this in a variety of ways-including:

1-Be a positive influence on the team and teammates at practices at meets. This also includes off the pool deck interactions (chat rooms, etc.)

2-Maintain your academics. This may take some sacrifice of social events outside the pool on weekends during the season.

3-Support your high school coaches and team captains.

4-Participate in high school warmups (if you feel like you need more-communicate with your high school coach on what you can do AFTER you have participated in your team warmup.)

5-Check in and out with your high school coach at meets. Club coaches may attend meets throughout the season-however they are there in a support role and can compliment the high school coaching.

6-Support setup and take down of hosted and away meets as communicated by your high school coaches.

7-Get to know your high school teammates-especially if you are an upperclassman. You never know how much influence you have on the other teammates and the impact you have on your team and school.

8-Communicate with your coaches. This includes events for meets, attendance as well as any concerns. DO NOT let issues fester and grow into larger problems later in the season. Keep in mind that high school and college coaches will enter swimmers in events that are their strengths AND are best for the team.

9-Give 100% effort at meets. Weekly meets are a great way to get racing experience as well as work on a variety of racing skills, including race strategy, stroke count, kick count and tempo.

10-HAVE FUN!!! Bring snacks for your teammates, cheer and hang out at meets (put the phones away.) Get the most that you can from your season.