

A.I. duPont Tigers



**Swimming and Diving
2016-2017
Team Manual
A Little Bit of Everything**

Practice Times

These are “in-water” times...arrive early to be ready!
Being on time means be there 10-15 minutes early!
(At Charter unless otherwise instructed)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
7:00-9:00 PM EVERYONE	3:00-5:00 PM EVERYONE	5:30-7:00 AM ALL GOLD	3:00-5:00 PM EVERYONE	5:30-7:00 AM ALL BLUE	9:30-11:30 AM EVERYONE
		7:00-9:00 PM ALL BLUE		5:00-7:00 PM ALL GOLD	



Contact A Coach



Should any questions, problems, concerns arise,
please contact one of your coaches immediately.
Don't let little issues become insurmountable problems!

Kathy Drysdale
379-2641 (cell)

Brian Drysdale
379-2287 (cell)

drysdamk@hotmail.com

brian.g.drysdale@gmail.com

Make this a “safe” address

Diving Coach: Tucker Smith

218-3171 (cell)

redclaydiving@gmail.com

Diving Practices are at McKean High School
Contact Tucker for the practice schedule

Charter Pool Phone: 651-2635

(Let it ring for a long time- it takes a while for us to notice it ringing and then we have to get to it!!)

**E-mail is a common method of team communication/confirmation...
Please check it frequently!!**

Our team website: <http://aiswimminganddiving.weebly.com>

Practice Attendance

1. All team members are expected to attend every practice unless a coach has been contacted prior to the start of practice.
2. All swimmers should arrive at the pool in ample time to be ready at the start of practice... in the water promptly! Being on time, means being there 10-15 minutes early!
3. Swimmers should always come prepared with suits, caps, goggles, and water bottles...add sneakers, shorts, sweats, and t-shirts to that list!
4. Divers should bring suits, sneakers, shorts and t-shirts and water bottles to every practice.
5. Conflicting band commitments are always worked out by Mr. Weaver & your swim coaches!
6. Any swimmer or diver coming to practice or a meet under the influence of alcohol or drugs will be suspended from the team and will be referred to the school administration.
7. When poor weather conditions prevail (icy roads or snow), BE SAFE & DON'T TAKE UNNECESSARY CHANCES...**but**...you should still attempt to make practice if possible. You will be notified via e-mail when practices have been cancelled or changed.
8. If the Charter School facility is not operational, be prepared to attend practice at another swimming facility. Even if a pool is not available, a dryland practice will usually be scheduled.
9. All team members are expected to attend the Delaware High School State Championships, even if they do not qualify for an individual event.

Dual Meets

1. Every swimmer is expected to attend ALL swim meets. If extreme circumstances arise prohibiting a swimmer from attending a meet, coaches need to be notified immediately. NEVER FAIL TO SHOW UP FOR A MEET WITHOUT PROPERLY NOTIFYING A COACH!
2. Don't ever assume a meet is cancelled due to poor weather. Make sure you have "official notification" – school announcement, team e-mail, or phone call.
3. Everyone is expected to have a team suit for meets...Metro Swim Shop 443-891-0800...ask for Pam. In case of financial hardship, please contact Mrs. D.
4. Everyone will remain on deck or in our team area during the meet, separate from spectators.
5. We encourage parents to sit together to offer support and a "cheering section!"

6. All team members will conduct him/herself in a sportsmanlike and courteous manner at all times to all coaches, opposing team members, officials, and parents. Other teams will sometimes not return the courtesy. Do not lower yourself to their level. Any deviation from this rule will result in disciplinary action.
7. Divers are to fill out their diving sheets in pencil the night before a meet. If possible, have the diving coach sign the dive sheet before turning it in.
8. All team members ride the bus to away meets. Parents may bring their own swimmer/diver home from the meets, after they have been signed out. They may not drive another swimmer home unless we have a note from that parent. See the team manager for sign out sheets.
9. No team member will leave a meet early unless they have advance permission from a coach.
10. ALL swimmers are expected to be on pool deck during 400 free relay to cheer and shake hands immediately following the meet.
11. No one is to change until after the meet has concluded.

Varsity Letters

1. We expect a high level of commitment from our team members and reward them with varsity letters. Swimmers are expected to attend 6 practices a week, and should plan their schedules accordingly. The coaches must be notified in advance if you can not attend practice. (Must attend an average of 5 out of 6 practices, display good sportsmanship, participate fully in meets as rostered, etc. to receive a Varsity Letter)
2. Swimmers and divers must contribute to TEAM.
 - Support teammates during practice and meets.
 - Have a positive attitude both at practice and during meets.
3. Swimmers practicing with another team (USA, YMCA, etc) are expected to maintain the same commitment level of at least 5 practices a week. A.I. practice requirements will be addressed on an individual basis.
4. Varsity letters are rewarded at the discretion of the coaches and are based upon commitment and effort.



The Ten Commandments of Practice



1. THOU SHALT ALWAYS BE ON TIME.
2. THOU SHALT ALWAYS LEAVE FROM THE WALL.
3. THOU SHALT ALWAYS LEAVE AT LEAST FIVE SECONDS APART.
4. THOU SHALT ALWAYS DO FLIP TURNS WHEN APPROPRIATE.
5. THOU SHALT NEVER CHEAT IN PRACTICE OR PULL ON LANE LINES.
6. THOU SHALT SET GOALS IN PRACTICE.
7. THOU SHALT ENCOURAGE THY TEAMMATES.
8. THOU SHALT TRY TO PUSH THY LIMITS.
9. THOU SHALT HAVE A POSITIVE ATTITUDE.
10. THOU SHALT RESPECT THY COACHES.

Thoughts to motivate you on the toughest of days:

- The swimmer who says, "It can't be done" is passed by the swimmer who is doing it.
- The will to win is not nearly as important as the will to prepare to win.
- Take the best team and the worst team. Line them up and you would find very little physical difference. You would find an emotional difference. The winning team has a dedication--they won't accept defeat.
- The dictionary is the only place where success comes before work.
- You can motivate by fear and reward, but these are temporary. The only lasting thing is self-motivation.
- Winning can be defined as the science of being totally prepared
- Swimming is more than a sport of the individual. It is the challenge of character, the strength of spirit, and the hope of the future.
- Support your teammates. Without their help and competition, you could never reach your own best level.
- It is not the hours of practice that matter...it's what you put into the hours that counts.
- Some people dream of success, swimmers stay awake to achieve it!
- Success happens when no one is watching, when it is just you and the workout

H2O

2 parts heart

1 part obsession

General

1. All swimmers/divers must have a physical examination, on file in the nurse's office, and release/permission forms on file with the Athletic Director (Mr. Alley) before they will be allowed to practice.
2. Anyone who uses an inhaler should bring it on deck before practice...there are containers on the bleachers with your name clearly marked on it.
3. All swimmers/divers (and their parents) must sign a Student – Athlete Contract
4. Any swimmer having academic problems at school should notify one of the coaches immediately. We can help! All report cards will be checked by one of the coaches or the Athletic Director to confirm your eligibility to continue swimming.
5. The coaches are willing to help you with any problems or concerns, whether it is related to swimming/diving, academics, or personal. Do not hesitate to ask!!!!
6. For Wednesday and Friday morning and after school practices, a one way bus will be provided for students. Students wishing to drive or receive a ride from another student to practice must have a parent note on file.

Captains

Captains are elected by their teammates at the end of each season at the banquet. The captains are an essential part of the team and need to fulfill expectations from the coaches and other swimmers. These individuals will serve as liaisons between coaches and the team. They are responsible for guiding team members, resolving intra-team differences, motivating the team, organizing activities, and other sundry things. As the captains have a lot of responsibilities we expect all team members to support and encourage them. The more cooperative and supportive all of us are to each other, the more fun we'll have, and more successful we'll be!

2016-2017 Captains:



Girls: Sammie Kane, Jenny Mason

Boys: Collin Coyne, Tyler Daniels

Similar Team

The coaches recognize the desire of similar team (USA Swim or YMCA) participants to remain loyal to their year-round programs. They also are well acquainted with the levels and types of training necessary to accomplish individual goals at different levels of abilities. High school swimming provides similar team participants an arena in which to display their accomplishments. High school swimming and diving is also a team sport and practice participation is necessary to foster team spirit and unity. Members participating on similar teams must have a signed authorization letter from their parents and coach on file. Similar team members are expected to uphold the attendance standard of the A.I. duPont Swimming and Diving team.

Good Sportsmanship

Good sportsmanship can be viewed as a commitment to "fair play". It is one of the most important values held by our team. Tiger swimming and diving displays a high level of sportsmanship throughout the season, beginning with the basics of showing respect for our teammates, our competitors, and us. From a simple "Good Luck" before a race, to a handshake and "Nice Job" following it, our Tigers treat our opponents in the same fashion they wish to be treated. By accepting defeat without complaining and victory without gloating, our swimmers continue to hold high the qualities and values needed to be successful both in sports and throughout their lives.



Muscle Cramps: Causes and Cures

What Causes Muscle Cramps?

Although there are many causes of muscle cramps large losses of sodium and fluid can be key factors that predispose athletes to run-of-the-mill muscle cramps. Sodium is an important mineral in initiating signals from nerves and actions that lead to movement in the muscles, so a deficit of this element and fluid may make muscles "irritable". Under such conditions, a slight stress, such as a subsequent movement may cause the muscle to contract and twitch uncontrollably.

Preventing Cramps

Follow the simple guidelines:

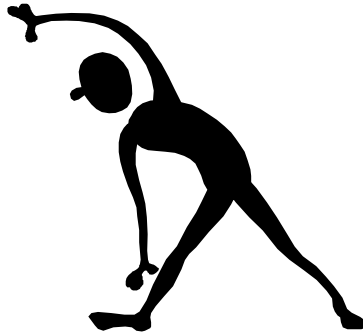
1. Swim ALL of written warm-up and warm-down.
2. Drink plenty of fluids to stay hydrated during practice.
3. Replenish sodium levels and potassium during times of heavy exercise and profuse sweating with a sports drink or water.
4. Ensure adequate nutritional recovery and rest for muscles after hard training.

Quick Fixes for Cramps

When cramps strike during a workout or competition, take immediate action with the following:

1. Swim it out!!! Take longer strokes, change your kick, etc....
2. Stretch. Because cramps are often related to a change in weight bearing, stretching and non weight-bearing exercises are effective treatments.
3. Massage the area. Rubbing the cramped muscle may help alleviate pain as well as help stimulate blood flow and fluid movement into the area.
4. Stimulate recovery. Rest and adequate rehydration with fluids containing electrolytes, particularly sodium, will quickly bring improvement.

Stretching



The purpose of stretching is to lengthen your muscles and to loosen up the joints they connect, so you can move more freely. When your muscles and joints are flexible, you can do daily activities without soreness and stiffness. Flexibility is believed to prevent injuries. We will follow some simple rules that apply to all methods of training:

1. Stretch daily, even when not working out! Your muscles will “remember” to stay loose and flexible if they are reminded enough.
2. Always stretch more AFTER a workout! Never stretch a “COLD MUSCLE!” That means before you begin weights, dry land, or swimming, you should warm up your joints with some type of aerobic exercise. Warming up gets your blood flowing and raises your body temperature so that your muscles are more receptive to stretching.
3. Never FORCE a stretch! Stretch only to the point at which you are at the edge of discomfort and never to the point where it hurts. Stretch on your own...no partners!
4. Always breathe deep and naturally while stretching. By sending oxygen rich blood to your muscles, your flexibility will improve.
5. Don't just go through the motions and think that you have stretched. Allow some time; concentrate and focus. Make sure you are using the proper technique and give priority to the muscles you use most in your workouts.
6. You can **NEVER** stretch too often!!

SWIM MEET INFORMATION

2016-2017

Order of Events: Will Alternate Girls/Boys

200 Medley Relay

(Each swimmer swims 50 yards of EITHER: back, breast, fly, free)

200 Freestyle

200 Individual Medley

(Each swimmer swims 50 yards of EVERY stroke: fly, back, breast, free)

50 Freestyle

Diving

100 Butterfly

100 Freestyle

500 Freestyle

200 Freestyle Relay

(Each swimmer swims 50 yards each freestyle)

100 Back

100 Breast

400 Freestyle Relay

(Each swimmer swims 100 yards each freestyle)

A swimmer may swim a maximum of 2 individual events and 2 relays

OR

1 individual event and 3 relays

Place Finished	1	2	3	4	5
Points:					
Individual Events	6	4	3	2	1
Relays*	8	4	2		

***2 places maximum (per team) score for relays**

Ten Commandments For Swimming Parents

I. Thou shalt not impose your ambitions on thy child. Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is every person can strive to do their personal best.

II. Thou shall be supportive no matter what. There is only one question to ask your child "Did you have fun?" If the sport is not fun, your child should not be forced to participate.

III. Thou shalt not coach your child. You have taken your child to a professional coach, do not undermine that coach by trying to coach your child on the side. Your job is to support, love and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. That is not your area. This will only serve to confuse your child and prevent that swimmer/coach bond from forming.

IV. Thou shalt only have positive things to say at a swimming meet. If you are going to show up at a swimming meet, you should cheer and applaud, but never criticize your child or the coach.

V. Thou shalt acknowledge thy child's fears. A first swimming meet, 500 free or 200 IM can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event if your child was not ready to compete in it.

VI. Thou shalt not criticize the officials. If you do not have the time or the desire to volunteer as an official, don't criticize those who are doing the best they can.

VII. Honor thy child's coach. The bond between coach and a swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child or any swimmer, it will only serve to hurt that child's swimming.

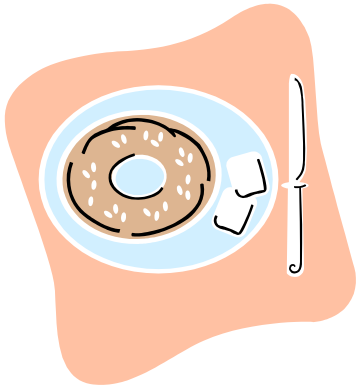
VIII. Thy child shalt have goals besides winning. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. This does not make me a failure, in fact, I am very proud of that swim."

IX. Thou shalt not expect thy child to become an Olympian. There are 225,000 athletes in U.S. Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are 1 in about 4,300. Swimming is much more than just the Olympics. Ask your coach why he/she coaches. Chances are, he/she was not an Olympian, but still got enough out of swimming that he/she wants to pass that love for the sport on to others. Swimming teaches self-discipline and sportsmanship; it builds self esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medals they may have won. Swimming builds good people and you should be happy your child wants to participate.

X. Be involved with your child's activities. In this day and age, parent-child time is decreasing. There are many club jobs or activities that need volunteers for meets or daily functions. By getting involved in your child's club you will help the team function better, your child will see that you're interested in their interest and you get to make new friends while spending more time with your child.

Snack Attacks:

Here are a few ideas for quick and easy foods to carry with you when you travel:



High Carb's:

Dry Cereal
Bagels
Pretzels
Fruit (Apples, Grapes,
Bananas, Oranges)
Crackers
Raw Veggies
Raisins
Breadsticks
Fig Newtons
Ginger Snaps
Vanilla Wafers

Protein:

Sandwiches
(with meat, tuna,
cheese or peanut butter)
Cold Pizza
Fruit Yogart
Cottage Cheese
Cheese & Crackers

AVOID SUGAR!

Fluids:

Water
Water
Water
Carbo replace-
ment drink

**PLEASE NOTE...
SODA IS NOT ON
THIS LIST!!!**

ATTITUDE

The Longer I live, the more I realize the impact of attitude on my life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our Attitudes.