

SHAWA

(South High Aquatics Washburn Aquatics)



NEW (AND CONTINUING) PARENTS'
AND GUARDIANS' GUIDE

FALL 2012

WELCOME TO SHA/WA GIRLS
SWIMMING AND DIVING

Your daughter is joining a great sport, which is enjoying a resurgence of popularity due to awesome USA swimmers Missy Franklin, Michael Phelps and their USA Olympic colleagues, and a great team, where the philosophy is team- and relationship- oriented. Yes, we want to WIN, but we know that's not the MOST important thing.

The parent involvement is strong for the SHAWA Swimming and Diving Team, and there will be lots to do to support it if we want to keep it strong.

Team Information Coaches:

Head Coach: Jeff Sanders

Assistant Coach: Neil Anderson, Edwing Gelvez

Diving Coach: Jessica Herrera

Team Captains: Alexis Miller, Sydney Kletter, Signe Rudrud, Mel Kay, Nadia Spock

Check out our team website: www.ihigh.com/tigersplashwomen this is the first place to go for meet information, forms to download, and other things. (i.e. Practice and Meet Schedules) Boy's page www.ihigh.com/tigersplashmen You can still use www.tigersplash.org and —Click on the Women's Swimming and Diving Link on the left side bar.

Watch for weekly e-mail team updates, which will be sent out during the season by the team captains.

IN ADDITION, for rules and regulations, as well as more general information, check out the Minnesota State High School League website www.mshsl.org and also watch for Minneapolis City site <http://athletics.mpls.k12.mn.us/> or www.mpls.city.org for general athletics updates.

We try to maintain an e-mail list of Swimming and Diving families. Please email jsanders@mpls.k12.mn.us as soon as possible to get added to the list.

There is a parent meeting early in the season; be sure to attend and get on the lists there.

Transportation

A district bus will be provided for all Swimming and Diving meets. Busing for practice will begin on Monday, August 13. Car-pool amongst ourselves is the bottom line. Contact the team captains if practice transportation is a hardship.

Practice

Our Swimming and Diving season will start on Monday, August 13, 2012.

Check out www.ihigh.com/tigersplashwomen for 2012 practice times and schedules.

Many swimmers swim during the off-season, and throughout the summer. For those of you who don't, it's essential to start conditioning as soon as possible.

Costs

If your swimmer/diver is new, she must have:

- Practice suit(s)

Swimmers wear competition (not leisure) swimwear

Available at most sporting goods stores, Dicks, Sports Authority, etc.

- Goggles (optional)
- Swim cap (provided)
- Water bottle (optional)
- Swim bag to hold all this

In addition, the following fees:

Athletic Fee – payable to your High School Athletics \$60.00

Team wear: suits, warm-ups, T-shirts, etc. Cost to be determined

Austin Packer Invitational (Overnight) Cost to be determined

Meets and events

All city dual meets will be at Southwest High School Pool and start at 6 p.m. Depending on the size of the opposing team (and the number of exhibition heats) the meets end from just before 8 p.m. to just after 9 p.m. In addition, we may swim other dual meets with teams from outside the city, and many weekends have invitational meets on Saturdays (see the schedule at www.ihigh.com/tigersplashwomen)

—Regular meets are called —dual meets because they are between two teams, but lots of the weekend special meets are invitational and many more than two teams participate. In a dual meet, depending on the coach and the size of the team, each event could consist of three heats: an exhibition heat (no points), a JV heat, and a varsity heat, but might only have one heat (varsity) or two heats (JV and varsity) and this can vary from event to event in the same meet.

The city of Minneapolis only has two teams: South/Washburn/Roosevelt and Southwest/Henry/Edison/North. We swim against the other team twice, once as the —home team and once as the —away team, even though all meets are at Southwest High School pool.

Our girls swim in 25-yard pools. 50 yard events (called —50's) are two lengths, or one lap. 100 yard events, called 100's, are 4 lengths/2 laps, 200's are 8 lengths/4 laps, and the 500 is 20 lengths/10 laps. The pools have 6-8 lanes, and usually one team swims in the odd numbered lanes and the other team in the even numbered lanes.

Meets are generally made up of 12 events. Events come in three types: individual swim, relay swim, and diving. Relays have four swimmers from each team in each lane. Most events are single stroke (e.g., freestyle) but some events are medleys, which include all four primary strokes: backstroke, breaststroke, butterfly, and front crawl.

Backstroke, breaststroke, and butterfly have specific rules that must be followed to swim the stroke, turn (at the end of the pool), and start (dive in) legally. Freestyle may be any stroke, but most swimmers swim a crawl stroke for freestyle. In relays, a swimmer's feet must not leave the starting block before the previous swimmer has touched the wall. If a swimmer does something against these rules, they will be —DQ or disqualified.

Most meets follow the same schedule of 12 events in the same order, which is:

- ✓ 200 Yard Medley Relay (often called Medley Relay)
- ✓ 200 Yard Freestyle (often called 200 Free)
- ✓ 200 Yard Individual Medley (200 IM)
- ✓ 50 Yard Freestyle (50 Free)
- ✓ 1 Meter Diving (each diver generally does 6 dives)
- ✓ 100 Yard Butterfly (100 Fly)
- ✓ 100 Yard Freestyle (100 Free)
- ✓ 500 Yard Freestyle (500 Free)
- ✓ 200 Yard Freestyle Relay (200 Free Relay)
- ✓ 100 Yard Backstroke (100 Back)
- ✓ 100 Yard Breaststroke (100 Breast)
- ✓ 400 Yard Freestyle Relay (400 Free Relay)

This order has been around —forever! and was created in part to maximize the number of events for swimmers (e.g., if you're a freestyle sprinter, you have enough time to rest between the 50 and the 100 and if you're a distance freestyler, the same between the 200 and 500).

Times are recorded electronically. When the official starts the event, s/he says —take your mark, then pushes a button that sounds the —go sound and simultaneously starts the electronic clock. When the swimmer touches the pad in the front of each lane, the time is recorded. As important backup, one or two people also time each lane. The fastest swimmer is 1st in each heat; the slowest swimmer in that heat is usually 6th.

Teams score points for varsity and JV separately. Each event (see updates on each meets' program) is scored as follows for 1st– 2nd– 3rd– 4th– 5th Or 1st– 2nd– 3rd

- ✓ Individual 6-4-3-2-1 or 4-3-1
- ✓ Medley 8-4-2 or 6-3-1

Swimmers are scored based on times and divers are scored using a system that combines each dive's degree of difficulty with the performance score on the dive from three officials.

So, for example under the first scoring system, we'd get 8 points for having SHAWA swimmers place 2nd, 3rd, and 5th in a given event. The opponents would get 8 for having swimmers place 1st, 4th and 6th. The winner of the meet is determined by adding up the points for the team for all events.

Many championships have a prelim (preliminary) and a final meet. The prelims usually have quite a few heats for each event, whereas the finals will usually only have two heats of each event. The winners of the prelim meet move on to the final meet (usually the next day). In addition, Minnesota is divided into sections and levels (we're in section 6AA), so the state-level meets have a —sectional and a —final set of prelims and finals. Confused yet? It'll all make sense soon—Stick around!

Hosted Meets

The two biggest events, where we need the most parent involvement, are our two hosted events: The South Invitational and the True Team State meets.

The success of this meet's financial earnings for our team depends on our parent volunteers! Parent volunteers are needed to work the meets, selling tickets and programs, ushering at entrances, timing heats, locker room security/maintenance, and staffing the hospitality suite which provides food and beverages to the meet staff, officials, and participant team coaches. South team members are expected to work at the meet when they are not scheduled to swim.

With the funds we earn from these two meets (South Invitational and True Team State) we are able to support without soliciting much in the way of additional fees and money from parents:

Additional coaching – we are able, at no additional cost to parents – provide additional expert coaches who work with our team in both swimming and diving.

Year-end banquet – we are happy to be able to provide a banquet (at no additional cost to swim families) for the swimmers and their families at the end of the swim season.

Practice pools

- YWCA Midtown is near South
- Northeast Middle School
- Southwest Pool
- University of Minnesota Aquatic Center