

2021-2022

St. Johns Middle School Club Swim & Dive

Swim & Dive Staff

Emma Havelink, Head Coach

SJHS Swim & Dive Team athletes, Lane Coaches

Assisting: Chris Hallead, Stacie Smith

Goals for the season

- to provide a safe environment for athletes, volunteers and coaches
- to have maximum participation, we are a “no cut” team
- to educate families about swimming and diving
- to build a sense of team and camaraderie among athletes
- to make practices fun and instructional as a team, while emphasizing sequential skill development in individual athletes
- to provide a positive learning experience

Eligibility

- 6th, 7th, and 8th grade students (boys and girls) are welcome to join the team, even if they are not strong swimmers.
- 6th, 7th, and 8th grade students are eligible for dual/tri meet competitions, kickoff meet, and also the league meet.
- 6th, 7th, and 8th grade students who meet certain time standards are eligible for the MISCA Championship meet (time standards may be found on the MISCA website), when relays qualify for the MISCA meet, relay selection will be determined by the coaching staff. All efforts will be to put the fastest relays together. No swimmer is guaranteed a spot on a relay team for the MISCA meet.
- The following must be turned in:
 - Emergency Care Permission form
 - Physical form
 - Registration form and fee
- Students may remain on the team as long as
 - They attend practices and give notice if they will be absent from a practice
 - They put forth a good effort on a daily basis
 - They are respectful to teammates, coaches, volunteers and each other's property
 - They maintain acceptable academic standards
- **Any student who is caught stealing, who skips practice repeatedly, or exhibits continual unacceptable behavior will be asked to leave the team** *(No refund is given for students who are asked to leave the team).*

League Members

DeWitt, East Lansing, Haslett, Holt, Okemos, St. Johns, Waverly, Williamston, Grand Ledge, Mason, and Eaton Rapids.

Practice Information

- All swimming and diving practices will take place at the St. Johns High School Pool.
- Practices will be Monday, Tuesday, Wednesday and Thursdays. No practices on Friday.
- There will be NO PRACTICE on the days when athletes have a swim and dive meet
- Cell phones and other electronic devices are NOT allowed out on deck or out in the locker room
- Athletes are responsible for bringing a swimsuit, cap, goggles, and towel to practice with them every day. Divers will not need goggles or a swim cap
- For girls: a **ONE PIECE** swimsuit – no bikinis, tankinis, or any other type of suit where the top is not connected to the bottom
- **For boys:** swimming trunks or jammers
- **For both:** it is recommended that athletes bring a padlock for the swim lockers. Locker rooms are not monitored and athletes should lock belongings in a locker or bring everything to the team area on deck. Locks must be removed after every practice or may be cut off. Athletes should not bring valuables to practice. St. Johns Middle School Swim & Dive is not responsible for any lost/stolen items
- Families must make arrangements to have their athletes picked up by 4:15
- **If there is a SNOW DAY for SJPS, practice and meets will be cancelled.**

Meet Information

- Home swim meets will take place at the St. Johns High School Pool
- **Families must provide transportation to away meets**
- Athletes can participate in up to 4 events per meet (2 individual and 2 relay)
- Final decision for events and relay teams is up to the coaches' discretion
- **Athletes Need to Know:**
 - Bring the following to meets:
 - **Swimsuit** - It never hurts to have a backup suit in case one rips or straps break, etc.
 - **Goggles** - Two pairs, in case a last second emergency occurs
 - **Swim cap** - Anyone with longer hair than a very short haircut should use a cap
 - **2 towels** - a third towel never hurts (they get very wet)
 - Sweats/sweatshirt - to keep warm on the pool deck
 - **Healthy snacks** - such as a granola bar, bag of dry cereal, fruit, or sandwiches
 - **Water bottle** - it's very important to avoid dehydration
 - **Flip Flops** or something similar for locker rooms
 - **Padlock** - while lockers are generally available, locker rooms are not monitored and personal items should be locked in a locker or bring everything to the team area on deck. Do not bring valuables to meets. St. Johns Middle School Swim & Dive is not responsible for any lost/stolen items.

- **Good sportsmanship and a positive attitude!**
- **Athletes Should NOT Bring:**
 - **Cell phones** - no phone out on deck or in the locker room
 - Electronic devices or games
- **Before the Meet Starts, Athletes Should:**
 - **Arrive Early** - Arrive at the pool at least 15 minutes before the scheduled warm-up time. You will be notified of the meet start times by email. Give yourself extra time to find a parking spot and navigate your way to the pool
 - **Sit with the Team** - When you get to the pool, look for the SJMS team area and sit with the rest of the team. You will always sit as a team and families will sit in the stands. This allows you to get to know each other better and helps the coaches find and communicate with you as needed
 - **Check in with Coaches** - you must check in with a coach upon arrival
 - **Get your events written on your hand** - If you are a newer swimmer, coaches will assist you with writing the events/heats/lanes on your hand when you report to the pool. If you are an experienced swimmer you should take the initiative to do this yourself using the heat sheets posted in the team area.
 - **Get ready for warm up** - after checking in and getting your events you should get cap and goggles on and wait with the team for the coach to give warm-up instructions. It is very important for you to warm-up with the team. Swimmers' bodies need to be warmed-up before they can go all out
 - **After warm-up** - Go back to team area, dry off, and sit and wait for the meet to begin. This is a good time to go to the bathroom if necessary, get a drink and settle in. The meet will usually start 5-10 minutes after warm-ups are over. Start listening to the announcer
- **During the Meet, Athletes Should:**
 - **Know your events and listen for them to be called** - It is important for you know your event, heat and lane numbers (you should have the numbers on your hand). you need to pay attention to the events that are currently going on in the pool. Middle school dual and tri meets are small and move quickly. Typically, before each heat, the announcer or an official will say something like: "This is heat 2 of the 100 Freestyle." If you listen to the announcer or official they will always know what event and heat are in the pool. The order of events will be posted by coaches
 - **Double check to see if you are on any relays** - Make sure the events on your hand include relay events. A medley relay consists of four swimmers who each swim a different stroke, in the following order: backstroke, breaststroke, butterfly, freestyle. This order is different from the individual medley, so it can be confusing
 - **Line up behind their starting block 3 heats before their event** - Coaches will try to assist you in getting to your events but because there are many kids on the team, it is really your individual responsibility to report to the blocks on time. You should listen for your event to be called and report behind the block for your lane.

You can also ask more experienced swimmers to help you get to where you need to be

- **Swim your best** - You will hear the event announced and then a series of whistles. Following the whistles, the meet officials will instruct you about what to do. The first series of 4 or more short tweets means to get ready (cap and goggles should already be on). The next long whistle signals you to get up on the block, or for the backstrokers to get in the water. It is OK if you want to start non-backstroke race in the water and not dive off the starting blocks. If you want to start in the water, you will jump in feet first when the starter says to get on the blocks and get in "ready position." When the race starts, if you start in the water you will push off the wall in streamline position. It is also OK for you to dive off the side next to the block instead of the block itself. You will then hear the starter say, "take your mark" (there is no "get set" command in swimming). You should promptly assume the starting position. Once you are in this position, you should not move (adjust goggles, replant feet, lean, etc.). You will then hear an electronic beep signaling the start of the race. If there is movement prior to the start you may be asked to "stand" and then take your mark again. All butterfly and breaststroke events require 2-hand touches. All backstroke events require you to swim and to touch the final wall on your back
- **Stay until the meet is over** - Unless a coach approves and you sign out, you are expected to stay until the end of the final meet event so you can cheer for your teammates and congratulate your opponents
- **Shake hands** - You should shake hands at the end of the race with the swimmer on either side. All meet officials, coaches, teammates and members of the other team should be treated with courtesy
- **Go see your coach** - After competing, go immediately to the coach. The coach will discuss the performance with you
- **Go back to the seating area and listen for your next event** - You now wait until the next event you are in and start the procedure again. While waiting cheer for teammates and contribute to team spirit. (Some swimmers may warm down after races)
- **Clean up** - Before you leave, clean up the team area. Leave the area the way it was when you arrived. Coaches and volunteers should not have to clean up anything from the team area!

Parents Need to Know:

- Help at home meets - we will need LOTS of help at home meets. Don't hesitate or wait to sign-up.
- Length of a meet - dual/tri meets typically last 1.5-2 hours + warm up time. Bigger meets will last 2-3 hours.
- Dress for heat - swim meets are hot for spectators; wear layers
- No parents on deck - in general, parents are not allowed on the pool deck. The athletes do a good job helping each other and the coaches are there too

- Photographs - You are welcome to take photos at meets. No flashes at the start of races. No one is allowed to take photos from behind the starting area
- Athletes should have a buddy - Tell your athletes they should go to the locker rooms or to the stands with a buddy. This is a simple safety precaution
- Problems - If you have a problem getting to the meet, call another parent that is there so coaches can be informed
- Results - Results are usually posted somewhere in the facility
- Heat sheets - dual/tri meets will not have heat sheets (meet programs). At home meets we try to post a heat sheet at the pool entrance for families to view
- Remember the BIG PICTURE
 - Fill your athlete's emotional tank with:
 - Positive, specific praise and encouragement
 - Celebrating--getting to the race on time, finishing the race, sticking a turn, holding a streamline, keeping a breathing pattern
 - A hug
 - Listen and check your nonverbal actions
 - Let the coaches coach
 - At the end of the day it's about
 - Being present
 - Having fun

If you have any questions, please contact sjmsswimdive@gmail.com