

Folsom High School

Swim & Dive Team



Our mission continues to be creating independent young men and women who are able to be supportive, good sportspeople and self-reflective. In addition to providing swimmers with an instructionally challenging program, we also foster a sense of camaraderie and fun and to build upon our exceptional team both in and out of the water. In order to do this, we have high expectations for each swimmer/diver and his/her family. We look forward to having you on the team and making the upcoming year, and this team, the premier high school program in Folsom!

Requirements for Joining:

- Swimmer must demonstrate that they can swim at least 50 yards of all four strokes without a DQ (assessed at the Cross-Town Time Trial meet that occurs 1-2 weeks into season)
- Divers of ALL levels welcome!

Basic Information:

- First day of practice/tryouts: Interested swimmers are expected to start practices with us February 5th; official demonstration of stroke proficiency is at the Cross-Town Time Trial
- We practice at Vista del Lago High School's pool. Swim practices run from 4:00-6:15 pm Mon-Fri including most holidays. Dive runs Mon-Thurs 6:00-7:30pm
- Optional Friday morning swim practices 5:15-7:00 am @ FAC
- Varsity and Junior Varsity teams are determined by grade in school, size of the team/stroke needs, and time standards.
- Club swimmers are expected to attend one practice a week except for a meet week.

Expectations:

- **Maintain consistent attendance at ALL practices and meets.** A student must meet a **minimum of 85% regular attendance** in order to be meet eligible, to remain on the team, and to earn a varsity letter. This includes both excused and unexcused absences (students will be informed if they are no longer on the team due to irregular attendance).
- **Attend BOTH days of league championships** (if you are unable to attend for Finals, you will not be allowed to go to prelims. If on the varsity team, no leagues = no letter).
- **Keep a 2.0 minimum GPA** without any Us in citizenship.
- Represent FHS and the team through positive and mature decisions both on deck and in the community. This includes appropriate language, attire on meet days and during practice, and respect for teammates, opponents, and equipment.

Team Communication

Remind 101 (texts) → Info for registering on the team Remind account is provided at the pre-season informational meeting held on campus in early January.

Email → Get on the contact roster early! Make sure to email Coach Stravers with the swimmer's name, grade-level, personal email address, and parent/guardian email addresses.

Google Classroom → Info for joining the team Google Classroom is provided at the pre-season informational meeting held on campus in early January.

Team Website →

<https://www.fcusd.org/Page/38647#calendar62191/20230120/month>

FHS SWIM & DIVE COACHES

Program Head Coach

Kristen Stravers

KStravers@fcusd.org

Assistant Swim Coach

Kim Briggs

Dive Coach

Laurel Plewe

Questions? Email Coach Stravers

WHAT YOU CAN DO TO PREPARE FOR SPRING SEASON

1) Toward the end of fall semester or first thing in January, go on the Home Campus website www.homecampus.com where parents and student-athletes need to read and sign/initial the acknowledgement of the Athletic Handbook and update contact information;

– AND –

2) Get a sports physical done on the proper form (provided by Coach Stravers on the team website) **and upload it to Home Campus.**

3) Attend the Informational Meeting the second week of January – this is held after school, on campus in Coach Stravers' classroom (P8) and the meeting time and date are announced in the daily bulletin and provided on posters around campus our first week back from winter break.

