



Castle High School

Swim & Dive Team

Information

2023-2024

Coaching Staff Contact Info

- Skyler Shinn - Head Swim Coach
 - Email- skyler.shinn@swimnsc.com
- Allison Novak – Assistant Swim Coach
 - Email- davenallison812@gmail.com
- Tracy Poltson – Head Dive Coach
 - Email- tracypolston29@gmail.com

Communication

- Immediate updates. Remind (text @ad9ddkc)
- Questions for the coaches. Our coaching staff would be happy to speak with you via email if you have any questions or concerns; however, we want to empower our kids to communicate with the coaching staff if possible.

Primary Team Goals

1. Foster healthy development and growth as an individual through the sports of swimming & diving.
2. Learn a skill set that offers lifelong benefits.
3. Making lasting friendships and memories.

4 Cs of Development

- Competence- The knowledge, strength, and skill to be efficient and successful.
- Character- Developing individual mental and moral strength.
- Confidence- Ability to achieve results in skill sets.
- Connection- Working with the coach and team to build healthy relationships.

Team Structure– Swim

The swim teams will be organized into 2 groups (Knights I & II). Selection for these groups will be determined by commitment level, practice & meet performance. Knights II swimmers will be allowed to train as much or as little as they want/can.

Swim Training Equipment

All swimmers need the following basic pieces of equipment every day.

- Goggles plus a spare pair.
- One-piece swimsuit of your choosing.
- Cap (if worn).
- A full water bottle- 32oz suggested.
- Kickboard (used boards available onsite).
- Long Blade Fins (used fins available onsite).

Team Structure– Diving

Our diving teams will consist of 5 male and 5 female divers. The first two weeks of practice for each gender will act as a try-out period. Our diving coach will select who they believe is the top 5 individuals of each gender at the completion of the trial period. If someone does not make the top 5 individuals, they will continue to train with the dive team, so long as they can dive safely.

Team Specific Events

Golden Goggles (11/18) 6:30-9:30 am- inter-squad meet for team camaraderie! The top 2 who scored the most points at the previous State meet will be the captains. Breakfast or some sort of meal will be prepared by the parents for the kids after the meet.

Stoten (12/27) 6:30-9:30 am- another fun team bonding experience. Athletes form strong bonds through shared adversity. Stoten is a long tradition of putting our athletes to their limits while having lots of fun. The parents cook a pancake breakfast for the kids after they complete the challenge workout.

5x- 10x100- swim @ :10 seconds rest, then run to the gym and run 10 laps. Run back and do it all over again. Partner up and encourage your teammates through this tough challenge!

Pre-Season Training

There will not be open swimming available before the season begins. The Newburgh Sea Creatures are currently offering a high school recreational training program that will get you into shape and become closer to the team before the season starts. Reach out to Skyler for more information after the meeting.

Link to Newburgh Sea Creatures Registration Page:

<https://www.gomotionapp.com/team/czisnsc/controller/cms/admin/index?team=czisnsc#/team-registration>

Any questions about our High School Rec program can go straight to Coach Skyler-
Skyler.shinn@swimnsc.com

Swim Training Equipment

All swimmers need the following basic pieces of equipment every day.

- Goggles plus a spare pair.
- One-piece swimsuit of your choosing.
- Cap (if worn).
- A full water bottle- 32oz suggested.
- Kickboard (used boards available onsite).
- Long Blade Fins (used fins available onsite).

Injuries

If an athlete is injured, the treatment and rehabilitation of that injury will be our foremost concern.

- All injuries preventing an athlete from participating in 100% of practice or competition activities need to turn in the following information to the Head Swim Coach
 - Doctor's note saying there is a diagnosed injury.
 - List of limitations on land and in the water.
 - Detailed plan of care to get that athlete back to 100%.
- Sport Related Injury Procedure. If your child believes they have an exercise-related injury, please notify the staff first. They will assist the athlete within their means and may recommend an evaluation from the CHS Head Trainer Del Nance. After an assessment, if you or Del recommends that your child should be evaluated by a specialist, we ask that you keep the line of communication open between their physician and Del (dnance@warrick.k12.in.us) so that we're all on the same page with their status and rehabilitation.
- Concussion Procedure. If it is believed that your child has sustained a concussion, they will immediately be removed from practice or competition and will not return to practice or competition until cleared by the CHS training staff or an appropriate health care professional pending on their evaluation results.
- Meet Participation. Athletes will not swim in meets until their injury has healed and they are fully participating in all practice sessions whether they be in the water or on land.

- IHSAA Return to Play rules dictate that if an athlete misses practices for 8 - 14 calendar days (excluding Sundays), they must attend practices for four (4) days before returning to competition. If an athlete's absences exceed fourteen days, they must practice for six (6) days before returning.
- Athletes with professionally diagnosed chronic or unique conditions will be handled on a case-by-case basis.

Team Rules & Expectations

General Expectations

- Arriving at least 15 minutes early, to everything.
- Being a professional in and out of the water, you are always representing Castle Swim & Dive
- No disruptions while the coach is talking.
- No disrupting the group.
- Eyes and ears on the coach while they are speaking or explaining a set.
- Be respectful to all athletes, coaches, and officials.
- Accept constructive criticism.
- Dial in on what we are learning that day!

Attendance: 100% attendance is expected unless otherwise discussed.

All attendance matters are handled by Coach Allison.

- **Reporting Absence** - If you know you will be absent from practice, contact Coach Allison via Remind no less than 24 hours in advance of the missed practice. If you are ill or an emergency has come up, contact Coach Allison as soon as you can. In your message, please include the reason for your absence.

Competition Notes:

- Meet Rosters. All athletes should expect to go to every competition, home, and away. Everyone will compete in some capacity.
- Competition Roster: Slightly different from a typical duel or tri-meet. This would be like SIAC or Sectionals. Roster spots are determined by the best times in an event. The top 3 swimmers in an event will compete. Anyone not in that top 3 will be used as alternates if need be.
- Club Meets. NSC Athletes, we hope you can compete in the USA Swimming-sanctioned meets. To compete in the meet, you will need to complete this [IHSAA Competition Waiver](#) and have it signed by Skyler and the CHS Athletics Director before the competition.
- Club Meets:
 - NSC Fall Fling (10/7-8)
 -

Practices - We strongly encourage perfect practice attendance. If you have to miss it, please try to make it to one of the make-up days. Make-up days will be Wednesday 5:15-6:45 AM and Friday 3:15-5:15 PM.

Sickness / Emergencies - The number of make-up practices required for absences such as sickness, emergency, etc. will be handled on a case-by-case basis.

Holiday Travel - If an athlete is out of town during a holiday break, they must inform the staff at least one (1) week in advance of the days on which they will be absent. If you can swim while you are away- Coach Skyler will give you swim or dryland workouts to do on your own.

Penalties - The penalties for practice and meet absence are as follows. Swimmers are granted two unexcused absences each season. If an athlete exceeds two unexcused absences, they will not compete in the next competition. If they exceed three unexcused absences, they forfeit their ability to attain a varsity letter, will be barred from the next competition, and face potential dismissal from the team if the behavior continues.

- o Practice on Meet Day- If an athlete has an unexcused absence from practice on the day of a meet they will not participate in that meet.
- o Meet Day- If an athlete misses a competition for an unexcused reason they will be barred from the next competition regardless of where we are at in the season.

Meets: We hope our athletes are 100% present and involved in their team and teammates throughout competitions. To help with this, we will do the following:

- o At all meets, athletes will sit with the team and stay with the team.
- o Athletes will refrain from “visiting” the stands and anyone on the bleachers.
- o Athletes will stay off their phones during meets and focus on their teammates.
- o The team will warm down after all meets, home and away. Athletes are expected to stay in their suits until the end of the meet. Meets are over when they end, not after an athlete’s last event.

Academics: The Castle High School Boys and Girls Swim & Dive Teams have boasted team GPAs of 3.5+ in each of our past 4 years and have a proud tradition of individuals who are high achievers in both the classroom and pool. We strive to continue this tradition.

- o Just like in the pool, we expect you to be your best as a student. To do this, you will be responsible for making timely decisions as they pertain to your studies. Proper planning and discipline will result in better performance in the pool and classroom and reduce your anxiety. Missing practice because you did not prepare properly is not an excuse.
- o If an athlete drops below a 2.5 GPA, the head coach will schedule a meeting with the athlete at which an academic improvement plan will be discussed and implemented.

Practice, Holiday, & Competition Schedules

Regular Practice Schedule

Knights I Schedule						
AM	5:45-6:45am boys weights	5:45-6:45am girls weights	5:15-6:45am swim (optional)	Off	5:15-6:45am swim	6:30-9:30am swim & weights
PM	3:15-5:30pm swim	3:15-5:30pm swim	3:15-5:30pm swim	3:15-5:30pm swim	Off	Off
Knights II Schedule						
AM	5:45-6:45am boys weights (optional)	5:45-6:45am girls weights (optional)	Off	Off	Off	6:30-8:30am swim (optional)
PM	3:15-5:15pm swim	3:15-5:15pm swim	3:15-5:15pm swim	3:15-5:15pm swim	Off	Off

Thanksgiving Schedule

Knights I Schedule						
Dates	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov
AM	5:45-6:45am boys weights	5:45-6:45am girls weights	5:15-6:45am swim (optional)	Off for Thanksgiving!	5:30-7:30am swim	6:30-9:30am swim & weights
PM	3:15-5:30pm swim	3:15-5:30pm swim	3:15-5:30pm swim		Off	Off
Knights II Schedule						
Dates	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov
AM	5:45-6:45am boys weights (optional)	5:45-6:45am girls weights (optional)	Off	Off for Thanksgiving!	5:30-7:30am swim (optional)	6:30-8:30am swim (optional)
PM	3:15-5:15pm swim	3:15-5:15pm swim	3:15-5:15pm swim		Off	Off

Christmas Schedule

Knights I Schedule						
Dates	25-Dec	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec
AM	Off for Christmas!	5:45-6:45am girls weights	Stoten 6:30-9:30am	5:45-6:45am boys weights	5:30-7:30am swim	6:30-9:30am swim & weights
PM		7:00-9:00am swim		7:00-9:00am swim	Off	Off
Knights I Schedule						
Dates	1-Jan	2-Jan	3-Jan	4-Jan	5-Jan	6-Jan
AM	Off for New Year!	Duel Meet @ Vincennes	Off	5:45-6:45am boys & girls weights	5:15-6:45am swim	6:30-9:30am swim & weights
PM			3:15-5:30pm swim	Duel Meet @ CHS Nat.	Off	Off
Knights II Schedule						
Dates	25-Dec	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec
AM	Off for Christmas!	7:00-9:00am swim	Stoten 6:30-9:30am	7:00-9:00am swim	Off	6:30-8:30am swim (optional)
PM					Off	Off
Knights II Schedule						
Dates	1-Jan	2-Jan	3-Jan	4-Jan	5-Jan	6-Jan
AM	Off for New Year!	Duel Meet @ Vincennes	Off	Duel Meet @ CHS Nat.	Off	6:30-8:30am swim (optional)
PM			3:15-5:15pm swim		Off	Off

Competition Schedule

Date	Time	Location	Attendees	Event	Team(s)
(11/28)	6:00pm	CHS Natatorium	Everyone	Duel-Meet	Gibson Southern
(12/5)	5:30pm	Jasper High School	Everyone	Duel-Meet	Jasper
(12/11)	5:30pm	CHS Natatorium	Everyone	Tri-Meet	Mater Dei & Central
(12/14)	5:30pm	CHS Natatorium	Everyone	Tri-Meet	Boonville & Mt. Vernon
(1/2)	6:15pm	Vincennes High School	Everyone	Tri-Meet	Vincennes & North
(1/4)	5:30pm	CHS Natatorium	Everyone	Tri-Meet	Bosse & Harrison
(1/9)	5:30pm	CHS Natatorium	Everyone	Tri-Meet	Memorial & Reitz
(1/18)	5:00pm	CHS Natatorium	Everyone	SIAC Swim Prelims	SIAC Teams
(1/20)	9:00am	CHS Natatorium	Everyone	SIAC Dive Prelims	
(1/20)	1:00pm	CHS Natatorium	Everyone	SIAC Finals	
(2/1)	5:30pm	Deaconess Aquatic Center	Qualifiers	Girls Sectional Swim Prelims	Sectional Teams
(2/3)	9:00am	Deaconess Aquatic Center	Qualifiers	Girls Sectional Dive Prelims	
(2/3)	1:00pm	Deaconess Aquatic Center	Qualifiers	Girls Sectional Finals	
(2/6)	1:00pm	NA	Qualifiers	Girls Dive Regionals	
(2/9)	5:00pm	IUPUI Natatorium	Qualifiers	Girls State Prelims	NA
(2/10)	12:00pm	IUPUI Natatorium	Qualifiers	Girls State Finals	NA
(2/15)	5:00pm	CHS Natatorium	Qualifiers	Boys Sectional Swim Prelims	Sectional Teams
(2/17)	9:00pm	CHS Natatorium	Qualifiers	Boys Sectional Dive Prelims	
(2/17)	1:00pm	CHS Natatorium	Qualifiers	Boys Sectional Finals	
(2/20)	1:00pm	NA	Qualifiers	Boys Dive Regionals	NA
(2/23)	5:00pm	IUPUI Natatorium	Qualifiers	Boys State Prelims	NA
(2/24)	12:00pm	IUPUI Natatorium	Qualifiers	Boys State Finals	NA