



Castle High School

Swim & Dive Team Information

2024-2025

Coaching Staff

Skyler Shinn - Head Coach

Allison Novak – Assistant Coach

Allison McDonald- Assistant Coach

Dive Coach TBA

The Castle Knights Swim & Dive program is built on the foundation of personal growth in the pursuit of being the best version of oneself given the following precepts for shaping lives: **peers, habits, experiences**. We aim to create and foster an environment that positively influences all three of these precepts to maximize the potential for our team members as athletes, leaders, and role models so they can thrive in this sport and in their future endeavors.

Communication

- Immediate updates done via Remind-
- Questions for the coaches. Our coaching staff would be happy to speak with you via the Remind app if you have any questions or concerns; however, we want to empower our kids to communicate with the coaching staff whenever possible.
- All communications will be handled through the Remind app.
 - Coach Allison Novak will be sending out a weekly note before the start of each training week with any updates on the week.

Swim Team Structure

The swim teams will be organized into 3 specific training groups:

- Knights I

- Swimmers who are training to place in the top 8 at Sectionals or make it to the state meet.
- Knights II
 - For those who have learned the basics and want to work on the intermediate to higher level skills in swimming, working towards being a top 16 at Conference or Sectionals.
- Knights III
 - Geared towards those who are still learning and developing the basics of swimming.

Selection for these groups will be determined by these objective measurements:

- Overall ability and commitment level.
- Periodic test sets.
- Performance in practice and competition.
- Attendance of team events, practice, and competition.

Competition Notes:

- Meet Rosters. Pending on team size, not all athletes should expect to attend every meet. This is especially true for travel meets and championship meets (SIAC & Sectionals).
- Competition roster spots. Roster spots will be determined at the coaching staff's discretion. There are a limited number of roster spots at competitions. Your opportunity to compete depends on what group you're in, the type of meet, and the size of your team. There will be select meets where our Knights III athletes will be given priority when we're selecting the roster.
- Club Meets. Club swimmers, we hope you can compete in the USA Swimming meets on the list above (marked with an asterisk). To compete in the meet, you will need to complete this [IHSAA Competition Waiver](#) and have it signed by Skyler & the CHS Athletics Director at least 7 days before the start of the competition.

Swim Training Equipment

- Goggles plus a spare pair
- Team suit or plain black suit
- Team cap (provided by team)
- A full water bottle (+32oz)
- Fins
- Kickboard

Injuries

The coaches will not act as athletic trainers or physical therapists, meaning if there is an injury that prevents an athlete from completing 100% of the workout, they need to seek help from the Castle Athletic Training Staff or another credible healthcare professional.

- Note from healthcare professional (that was written within 1-2 weeks of handing the note to the coaching staff) stating what the specific injury is.
 - Limitations in & out of the water
 - Recovery time
 - Plan of care
- 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 but understand the coaching staff will not jump through hoops for one athlete at the expense of the betterment of the team.

Athlete Standards & Expectations

- **Rules and Expectations**
 - Being a professional Castle High School athlete at every practice and competition.
 - 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!
- **Practice Etiquette**
 - Upholding Culture
 - "Get out, stay out"
 - If anyone gets out of the water for any unexcused reason, they will be asked to sit on the side of the pool until practice is over. So, if you get out, you stay out.
 - Cheating
 - No one enjoys being a cheater, and cheating of any kind does not merit any respect from myself or the other swimmers doing things correctly.

- Cheating will be dealt with via burpees or removal from that day's training.
- Attitude
 - At Castle High School, we want to breed an uplifting and encouraging environment at practice. This means:
 - Say at least three positive things during each practice.
 - This could be about others, yourself, anything about the practice, or how you feel about the workout.
 - Keep negative thoughts & emotions under control.
 - Remember, you are 100% in control of how you respond to all situations.
 - Be the teammate you would want on your team.
 - Treat your teammates how you want to be treated.
- Punishment
 - If an athlete does not uphold the team standards, they will follow this basic procedure:
 - 1st offense- 100 reps of either squats or push-ups completed in under 10mins (the faster you do them the more likely I am to forget whatever poor behavior I just witnessed)
 - 2nd offense- removal from practice, sit on the side of the pool until the end, then a parent meeting will be arranged to discuss the needed behavioral change.
 - 3rd offense- suspension from the team for 1-2 weeks missing all practices and meets, regardless of where we are at in the season.
 - 4th offense- removal from the team.

Attendance: 100% attendance is expected, unless otherwise directed.

- Planned Absences
 - Message Coach Allison McDonald, if possible, 7-14 days in advance that your swimmer will be gone or be late on these dates and times etc.
- Unplanned Absences
 - Message Coach Allison McDonald ASAP letting her know you are safe and won't be at practice.
 - 3 or more unplanned absences will result in missing the team's next competition.
- Attendance reports will be sent out every 4 weeks to keep parents informed.

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:

- At all meets, athletes will sit with the team and stay with the team.
- Athletes will refrain from "visiting" the stands and anyone on the bleachers
- Athletes will stay off their phones during meets.

- Swimmers & divers 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.

- 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.
- 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.
- Anyone with a D+ or below in a class will not be allowed to participate in competition until that grade has improved to at least a C-.

Schedules

| Important Pre-Season Dates | | | | |
|-----------------------------------|---------------------------------|-------------|----------------------|------------------|
| Date | Event | Time | Location | City/Town |
| 3-Sep | Callout Meeting (athletes only) | 3pm | CHS Cafeteria | Newburgh |
| 9-Sep | Parent/Athlete Meeting | 6pm | CHS Cafeteria | Newburgh |
| 16-Sep | Car Wash | 10-2pm | Hardee's Parking Lot | Newburgh |
| 28-Oct | Girl's season starts | 3pm | CHS Pool | Newburgh |
| 11-Nov | Boy's season starts | 3pm | CHS Pool | Newburgh |
| 15-Nov | Intersquad Meet | 3-6pm | CHS Pool | Newburgh |

| Knights I | | | | | | |
|------------------------------------|-----------|-----------|------------|-----------|------------|---------------------------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| AM | 5:30-6:45 | Off | *5:30-6:45 | Off | *5:30-6:45 | Club swimmers train with WIN |
| PM | 3:00-5:15 | 3:00-5:15 | 3:00-5:15 | 3:00-5:15 | 3:00-5:15 | |
| Knights II | | | | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| AM | Off | Off | Off | Off | *5:45-7:00 | Club swimmers train with WIN |
| PM | 3:00-5:00 | 3:00-5:00 | 3:00-5:00 | 3:00-5:00 | Off | |
| Knights III | | | | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| AM | Off | Off | Off | Off | Off | Club swimmers train with WIN |
| PM | 3:00-5:00 | 3:00-5:00 | 3:00-5:00 | 3:00-5:00 | | |
| *Weights in CHS weight room | | | | | | |

| Thanksgiving Break (11/27-12/2) | | | | | | |
|--|------------|------------|------------|------------|------------|------------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | 27-Nov | 28-Nov | 29-Nov | 30-Nov |
| | | | | Off | | |
| 1-Dec | 2-Dec | | | | | |
| Off | back at it | | | | | |
| All groups 6-8:30am | | | | | | |
| Back to regular schedule on 12/2/24 | | | | | | |

| Christmas Break (12/20-1/6) | | | | | | |
|---|------------|------------|------------|------------|------------|------------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | | 20-Dec | 21-Dec |
| | | | | | | |
| 22-Dec | 23-Dec | 24-Dec | 25-Dec | 26-Dec | 27-Dec | 28-Dec |
| Off | Off | Off | Off | | | |
| 29-Dec | 30-Dec | 31-Dec | 1-Jan | 2-Jan | 3-Jan | 4-Jan |
| Off | | Stoten | Off | | | |
| 5-Jan | 6-Jan | | | | | |
| Off | back at it | | | | | |
| All groups 6-8:30am | | | | | | |
| Stoten 7-10am | | | | | | |
| Back to regular schedule on 1/6/25 | | | | | | |