



## **Team Information for the 2025-2026 Season**

### **Coaching Staff**

Sam Haynes - Head Coach

Allison Novak - Assistant Coach

Sara Young - Assistant Coach

Jordan Wright - Diving Coach

### **Team Philosophy**

Castle Swimming and Diving has a longstanding reputation of being competitive in both the pool and the classroom. This commitment by our student-athletes has led to the routine development of well-rounded individuals that find great success in high school and beyond. Our program strives to keep this tradition alive by:

1. Creating memorable experiences for team members
2. Holding members of the team to high academic standards
3. Building confidence and resilience by consistently challenging our student athletes
4. Maintaining a positive and supportive team atmosphere
5. Being respectful of other programs at competitions

## **Communication**

All communication will be done through the Remind app. These communications may include things like practice and meet reminders, schedule updates, or any other information that needs to be shared with the team. Questions for the coaches can also be asked through the Remind app. **To join, text @agdf2g7 to the number 81010.**

## **Team Structure**

There will be three different swim training groups this season:

### **Knights 1**

- This group is for members of the team who show the highest level of commitment to the program and are aiming to place top 8 at sectionals.

### **Knights 2**

- Members of this training group will be those who are comfortable in the pool and still want to compete at a high level. The goal here will be to place top 16 at sectionals.

### **Knights 3**

- Knights 3 swimmers are those that may fit a few different molds. These swimmers may be motivated to stay in shape for another sport in the offseason, make new friends through swimming, or maybe they are beginners who are getting a handle on all of the different strokes.

Through this three-tiered structure, the program aims to create an environment for swimmers of all levels to have fun, improve and find success. Placement into groups will be done at the coaches' discretion and is based on a few factors:

1. Commitment to the program (overall effort and attendance)
2. Performance in practice and at meets
3. Positive and encouraging attitude during practices and at meets

If a student athlete is not meeting expectations, they will have a meeting with the head coach and may be moved down a group. On the other hand, swimmers who are excelling may be encouraged to move up a group.

## **Divers**

- There will not be a tiered structure for members of the team who wish to dive. All diving participants will practice together. All divers are welcome to come to any weight training sessions.

## **About Competitions**

### **Conduct at Meets**

While event times may be individually earned, swimming and diving is still a team sport. Here are expectations for meets:

1. Phones (texting, calling, face-timing, etc...) will NOT be allowed at meets. In order to foster a positive team environment, all swimmers and divers must be present and focused on the competition. You would want your teammates cheering you on, so be there for them too!
2. As long as the meet is going on, all members of the team are expected to remain on the pool deck. This means no visits to the bleachers and you must wait until the end of competition to go to the locker room and change. Once your final event ends, you are to remain on the pool deck until the final race has concluded.

### **Roster Spots**

Roster spots at meets are limited so depending on team size, everyone may not have a spot for every meet. This especially holds true for end of season championship meets like Conference and Sectionals. All rosters will be created at the coaches' discretion.

### **Equipment Needed for Practices**

1. Two pairs of goggles
2. Swimsuit (can be team suit or another)
3. Swim cap
4. Water bottle
5. Fins
6. Kickboard
7. Paddles

### **Injuries**

If an athlete is unable to complete a practice due to injury of any type, they need to seek help from the athletic trainer at school or a trusted healthcare professional before resuming practices.

Any limitations placed on an athlete by a healthcare professional must be provided to the coaches in writing. The note should include those specific limitations, recovery time and the plan of care.

### Concussion Protocol

Anyone who is suspected to have sustained a concussion will be immediately removed from practice or competition and cannot return until cleared by training staff or another healthcare professional. Per IHSA rules, if an athlete misses practices for 8-14 days (excluding Sundays) they must practice for four days before returning to competition. Anything beyond 14 days missed, the athlete must practice for six days before being cleared to compete.

### Attendance Policy

Attendance is not just expected, but mandatory. A lot of our program's success comes from consistent attendance and effort in practice. Strong teams are formed through shared experiences and struggles. Inconsistency in showing up is disrespectful to those members of the team who are committed and wish to see the program succeed.

### Unplanned Absences

1st absence: Warning

2nd absence: Completion of a test set at the end of the next practice

3rd absence: Removal from competition at the next meet

4th absence: Meeting with the head coach. Consequences could be either movement to a different training group or dismissal from the team

### Planned Absences

In the event that an athlete cannot attend practice for a situation out of their control, please message Coach Haynes as soon as possible.

### Academics

Historically, the swim and dive team has consistently held one of the highest GPAs across all sports. The best, most well-rounded athletes, are able to effectively prioritize their time in order to tackle all work both in and out of the classroom.

- Missing practice due to lack of preparation and planning is not a valid excuse and will count as an unplanned absence. For example, skipping out on practice due to having homework is not a valid excuse. It is important to prioritize time and be efficient when tackling responsibilities.
- Any student who drops below a 2.5 GPA will have a meeting with Coach Haynes. An academic improvement plan will be discussed and implemented
- Anyone with a D+ in a class will not be allowed to compete at meets until the grade is raised to a C-.

## **Schedules**

### **Important Pre-Season Dates**

**Car Wash:** Sunday, September 21 from 11:00am to 3:00pm (Hardee's in Newburgh)

**Concession Stand:** Friday, October 17 (Castle vs. Memorial football game)

The girls season officially starts on October 27 and boys on November 10. We are allowed to hold limited contact practices before the start of the season. These practices will be held every Tuesday and Thursday from 3:00pm - 5:00pm beginning on Tuesday, September 16. All limited contact practices are optional but encouraged - especially for those new to the sport who are feeling it out. These practices will be great for getting to know other members of the team and developing a feel for the water. **Before starting practice, a physical and all other required forms must be on file. This goes for limited contact practices as well. Final Forms, the system for collecting these forms, is linked on [castleswimdive.org](http://castleswimdive.org) under the "Required" tab.**

### **Practice Schedules**

Knights 3

Monday - Thursday 3:00pm-5:00pm (swim)

Knights 2

Monday-Thursday 3:00pm-5:00pm (swim)

Thursday 5:15am-6:45am (weights)

Knights 1

Monday-Friday 3:00pm-5:15pm (swim)

Monday & Wednesday 5:15am-6:45am (swim)

Tuesday and Thursday 5:15am-6:45am (weights)

Saturday 8:00-11:15 (8:00-9:30 weights, 9:45-11:15 swim)

Dive Practice

Monday-Thursday 3:30-5:00 p.m.

**All morning sessions and Saturdays are required for Knights 1. Knights 2 and Knights 3 can come to all morning sessions and Saturdays if they wish but it will not be required.**

### Notable Practices

Saturday, November 22: Golden Goggles (8:00 AM)

Wednesday, December 31: Stotan (7:00 AM)

These practices are Castle tradition and attendance is expected from all members of the swim team. If you are unable to make it for a legitimate reason, please let the coaching staff know as soon as possible. Divers will also have practice on these days.

### Regular Season Meet Schedule

<b>Event</b>	<b>Date/Time</b>	<b>Location</b>
<u>Hall of Fame Meet</u>	<u>Sat, December 6</u> <u>9:00 AM CST</u>	<u>Center Grove</u>
<u>Jasper</u>	<u>Tue, Dec. 9</u> <u>5:00 PM</u>	<u>Jasper</u>
<u>Mater Dei/Central</u>	<u>Mon, Dec. 15</u> <u>5:30 PM CST</u>	<u>Home</u>
<u>Boonville/Mt. Vernon</u>	<u>Thu, Dec. 18</u> <u>5:00 PM</u>	<u>Home</u>
<u>North/Vincennes</u>	<u>Tue, Jan. 6</u> <u>5:00 PM CST</u>	<u>Deaconess Aquatic Center</u>
<u>Bosse/Harrison</u>	<u>Thu, Jan. 8</u> <u>5:30 PM</u>	<u>Home</u>
<u>Evansville Christian School</u>	<u>Tue, Jan. 13</u> <u>5:30 PM</u>	<u>Home</u>
<u>Gibson Southern</u>	<u>Thu, Jan. 15</u> <u>6:00 PM</u>	<u>Castle</u>

## **Holiday Schedules**

If you are unable to make any practices over the holidays, please let the coaching staff know as soon as possible.

### **Thanksgiving Break Schedule**

**Wednesday, November 26:** All groups 8:00 AM - 10:30 AM

**Thursday, November 27:** Off

**Friday, November 28:** All groups 8:00 AM - 10:30 AM

**Saturday, November 29:** Knights 1 8:00 AM - 11:15 AM  
(8:00 - 9:30 weights, 9:45 - 11:15 swim)  
Knights 2 and Knights 3 optional

### **Christmas Break Schedule (Monday, December 22 - Sunday, January 4)**

**\*\*All groups off December 24 - December 26\*\***

**Stotan on December 31 - All Groups Participate**

Knights 2 and Knights 3: Monday through Friday 8:00 AM - 10:30 AM

Knights 1: Monday through Friday 8:00 AM - 10:30 AM

Saturday: 8:00 AM - 10:30 AM

Weights: Tuesday, Thursday and Saturday 10:45 AM - 12:00 PM

(weights sessions optional for Knights 2 and 3 members)