



Team Information for the 2026-2027 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 SportsYou. These communications may include things like practice and meet reminders, schedule updates, meet photos, or any other information that needs to be shared with the team. Questions for the coaches can also be asked through SportsYou. **To join: go to the website or app and click “Join Team/Group” then put in the following code** NUFAG2KE

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.

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 on the same schedule.

About Competitions

Conduct at Meets

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, cheering on your teammates until the final race has concluded.

Roster Spots

All members of the team will have a chance to swim at regular season meets regardless of level. When it comes time for championship season (conference/sectionals) roster spots are limited and some members may not compete. Rosters for each meet are put together at the coaches' discretion

Equipment Needed for Practices

1. Goggles (preferably two pairs)
2. Swimsuit (preferably a practice suit to keep the competition suit in good shape)
3. Swim cap
4. Water bottle
5. Fins
6. Kickboard **provided**
7. Paddles
8. Foam roller
9. Resistance Band
10. Drag chute

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 IHSAA 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 one of the coaches as soon as possible.

If you miss a practice (planned or unplanned) you are expected to make it up. There are 2 ways to do this: Friday afternoons are reserved for make-ups. If you miss a practice any time during the week, you can come in on Friday afternoon. Knights 2 and 3 members also have the option to come to a morning practice and use that as a make-up. If you had an unplanned absence and you make the practice up, that absence will be erased.

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.

- 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+ or below in a class will not be allowed to compete at meets or participate in practices until the grade is raised to a C-.

Schedules

The girls season officially starts on October 26 and boys on November 9. We are allowed to hold limited contact practices before the start of the season. These practices will be held every Tuesday and Thursday from 3:15 pm - 5:15 pm beginning on Tuesday, September 15. 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 under the "Required" tab.

Practice Schedules

Knights 3

Monday - Thursday 3:05pm-5:15pm (swim)

Knights 2

Monday-Thursday 3:05pm-5:15pm (swim)

Saturday 7:05 am - 9:15 am (swim)

Knights 1

Monday-Thursday 3:05pm-5:15pm (swim)

Monday & Wednesday 5:05am-6:45am (swim) **will begin at a later date in the season**

Tuesday and Thursday 5:30am-6:30am (weights) **begins 11/17**

Friday 5:05-6:30 am (swim)

Saturday 7:05 am-10:45 am (7:05-9:30 swim, 9:45-10:45 weights)

Dive Practice

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

All morning sessions are required for Knights 1. Knights 2, Knights 3 and divers can come to all morning sessions (including weights) if they wish but it will not be required. DO NOT come to weights in the morning if you have a weights class the same day!

ALL SWIMMERS ARE EXPECTED TO BE ON THE POOL DECK FOR EACH PRACTICE AT 5 AFTER. EACH DAY WE WILL DO A TEAM STRETCH ROUTINE AT THIS TIME AND THEN BE IN THE WATER AT 15 AFTER.

Notable Practices

Saturday, November 14: Golden Goggles (7:00 AM)

Thursday, 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

Event	Date/Time	Location
<u>Girls - Mt. Vernon Invite</u>	<u>Sat, Nov. 21</u> <u>9:00 AM CST</u>	<u>Mount Vernon</u>
<u>Hall of Fame Meet</u>	<u>Sat, Dec. 5</u> <u>9:00 AM CST</u>	<u>Center Grove</u>
<u>Jasper</u>	<u>Tue, Dec. 8</u> <u>5:00 PM CST</u>	<u>Home</u>
<u>Mater Dei/Central</u>	<u>Mon, Dec. 14</u> <u>5:30 PM</u>	<u>USI</u>
<u>Boonville/Mt. Vernon</u>	<u>Thu, Dec. 17</u> <u>5:30 PM CST</u>	<u>Home</u>
<u>North/Vincennes</u>	<u>Tue, Jan. 5</u> <u>5:00 PM</u>	<u>Home</u>
<u>Bosse/Harrison</u>	<u>Thu, Jan. 7</u> <u>5:30 PM</u>	<u>DAC</u>
<u>Evansville Christian</u>	<u>Tue, Jan. 12</u> <u>5:30 PM</u>	<u>Home</u>
<u>Gibson Southern</u>	<u>Tue, Jan. 19</u> <u>6:00 PM</u>	<u>Home</u>

****Mark Your Calendars: Boys Sectionals takes place on Thursday, Feb. 18 and Saturday, Feb. 20. We are hosting the meet here at Castle this year****

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 25: All groups 7:05 AM - 9:30 AM

Thursday, November 26: Off

Friday, November 27: All groups 7:05 AM - 9:30 AM

Saturday, November 28: Knights 1 7:05 AM - 10:45 AM
(7:05 - 9:30 swim, 9:45 - 10:45 weights)
Knights 2 and Knights 3 optional

Christmas Break Schedule (Saturday, December 19 - Sunday, January 3)

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

Stotan on December 31 - All Groups Participate

Knights 2 and Knights 3: Monday through Friday 7:05 AM - 9:30 AM

Knights 1: Monday through Friday 7:05 AM - 9:30 AM and 2:05 PM - 4:00 PM

Saturday: 7:05 AM - 9:30 AM

Weights: Tuesday, Thursday and Saturday 9:45 AM - 10:45 AM

(weights sessions optional for Knights 2 and 3 members)