

GILBERT CLASSICAL ACADEMY

SPARTANS

SWIM & DIVE

TEAM HANDBOOK

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WELCOME TO GCA'S SWIM & DIVE TEAM!

Practice:

Practice will take place Monday thru Friday at Brimhall Aquatic Complex (4949 E Southern Ave, Mesa, AZ 85206). Monday, Tuesday, Thursday and Friday we practice from 4:00pm - 6:30pm and Wednesday from 2:00pm - 4:30pm.

Half days or early dismissal days are still practice days and the practice times will remain the same unless otherwise noted.

All athletes are responsible for keeping the pool and guard room clean and orderly. After practice, all athletes are expected to help clean up to ensure this.

Equipment Requirements:

All athletes will be required to own/purchase a team suit. Orders will take place at the MANDATORY Parent Meeting. All athletes will also be required to have their own swim gear including, paddles, fins, buoy, kickboard, and a wet bag to hold all these items in. These items, in the wet bag, can be kept at the pool daily.

Swim:

Practice swim suit (one piece – it's a District rule!) (TEAM SUITS MAY NOT BE WORN TO PRACTICE and BOARD SHORTS ARE NOT ALLOWED), goggles, towel, sunscreen and an individual water bottle. Tennis shoes are also required for dryland.

All swimmers MUST bring their own wet bags with the required equipment as listed above.

Dive:

Practice suit - Females, a tight one piece bathing suit and Males, MUST have a brief practice suit (no shorts). We ask that you do not wear the team suit to practice. Divers will not be allowed to share a Shammy, if you want to use one for practice you must provide your own Shammy.

Transportation:

If transportation is required, a bus from Gilbert Classical Academy will take all athletes to Brimhall Aquatic Complex after school to practice. Athletes will have a "study hall" in Coach Brough's classroom immediately after school until the bus arrives. The bus will also be available to return athletes to Gilbert Classical Academy after practice.

All athletes are required to get their own ride to and from any weekend practices, events or Developmental Meets.

Participation:

Athletes are expected to be at practice every day, on time. Athletes should come to practice prepared, with all necessary equipment and attire and ready to work.

Absences are still absences, regardless of if they are excused. If an athlete will miss practice, please contact a coach via email prior to the start of practice.

Athletes are expected to participate in all parts of practice. This includes the dryland/stretching exercises as well as the sets and drills in the pool.

All athletes MUST attend practice with the team the day before a meet in order to be eligible to compete in the meet. The only exception to this rule is club swimmers who only MUST attend our regularly scheduled practice the day prior to an invitational meet. All club swimmers, please discuss your club schedule with coaches prior to absences.

All athletes will willingly participate in the events chosen for them by the coach at meets. The coach has final say over events an athlete will be in, even if an athlete makes a request.

All school rules, including those regarding attire, will be enforced!

Commitment:

Athletes on the team must be committed for the entire season. The season begins August 10th and ends at the end of October. For those athletes who qualify to participate in State, the season will extend through the first week of November.

Athletes may NOT attend tryouts for any other sport while they are still participating in swim & dive. This pertains only to athletes who are interested in trying out for a winter sport who are also members of the State Team. If tryouts are missed due to State Team practice, all athletes will be given the opportunity to try out later when the swim & dive season has officially ended. A coach will provide a written release for the athlete.

Student Athletes:

The philosophy of the swim & dive team is, Student First, Athlete Second.

Any athlete on the team should check their grades weekly on Infinite Campus to ensure they do not have any missing assignments that may interfere with their participation. Grade checks will be done by the coaches periodically and all athletes participating in meets must be academically eligible according to Gilbert Classical Academy's guidelines.

If an athlete needs more time to complete homework and/or assignments, they can request time to do so. It is asked that the athlete speak to the coach and ask permission prior to the start of practice. Then, the athlete will be asked to participate in the dryland/stretch portion of practice, the in- pool warm up and first set in the water. Once those are completed, the athlete will be allowed to dry off and spend the remainder of practice in the guard room where they can complete their assignments/homework.

Each swimmer will be allowed 3 Homework Days for the entire season and any further days will be handled on a case-by-case basis. There will be a check in sheet to keep track of Homework Days used.

Injuries:

If an athlete has an injury that prevents them from participating fully in any event, they must provide written documentation or said injury. This documentation should be from a doctor or physical therapist and must include the prognosis and recommendations for training. This includes any pre-existing conditions prior to joining the team. This written documentation must be provided both to the coach and athletic director of the school.

Athletic Fees/Team Fees:

There is a difference between the two fees, athletic and team.

The Athletic Fee must be paid to the front office/Rank One before the first swim meet. These are school required fees that all athletes participating in any sport must pay. These fees go toward the general athletic fund and are dictated by the district in price.

Team fees are paid to the Booster Club. These fees go directly to the GCA Swim & Dive Team. They are used to pay for invites, team fees, a t-shirt, and swim caps. Any extra donations to the team are greatly appreciated. There is a difference in fees for those on the Competition team and those on the Developmental team. If a

Developmental team member is moved up in the middle of the year to the Competition team, they will be required to pay the difference upon their move.

Families are encouraged to use the tax credit to help pay for Rank One fees and to donate to the team. Please notify a coach if you choose to pay for your Rank One with tax credit.

Fundraising:

Each athlete must contribute to the team financially throughout the season through fundraising activities. These activities may include car washes, restaurant events, purchasing team merchandise or intra-squad meets.

There are benefits to our athletes through fundraising which include building ownership in the program, developing camaraderie, promoting leadership and fostering school spirit in the athlete.

Please encourage your athlete to participate in the fund raising themselves. Fundraising is not meant to be an extra job for parents, but instead the responsibility of the athlete.

Swim Meet Details:

The first meet of the season is typically held three weeks after the start of practice. This gives the athletes time to prepare and get back into the groove of swim & dive.

GCA Swim & Dive Team participates in a couple of different types of meets. The first are Dual or Tri meets, which are against either one or two other teams. These meets might be home meets, at our Brimhall Pool, or away, at another high school pool.

Invitational meets are the next type of meet participated in. These meets are typically against multiple other schools and are always away meets. These are the only meets where an athlete can qualify for state.

Each swimmer is allowed to be entered in a certain number of events. The maximum a swimmer may swim is 2 individual events and 2 relays, or 1 individual event and 3 relays. Invitationals often have a smaller, more limited number of individual events offered to each swimmer.

Participation in invitationals and dual/tri meets is up to the coaches discretion. The coach will not put an athlete in an event they feel the athlete cannot properly complete. Also, due to the limited number of entries in invitational meets, it is possible the entire

team will not be able to compete. Coaches will use a ranking system to determine which athletes will be entered into invitational meets.

Swim meets vary in length. A typical dual/tri meet lasts approximately 2 hours. These meets are usually held on a Tuesday or Thursday and will take the place of regular practice that day.

Invitational meets last significantly longer and are typically held on Friday and/or Saturday. Depending on the number of schools participating, the meet can last anywhere from 5 to 8 hours. Dive Invitational Meets also vary in time lasting between 2-3 hours.

For parents and observers, it is recommended that sports chairs, water bottles, a camera, change for the snack bar, sunscreen and a hat be brought.

At invitational meets, there is typically a fee for spectators, dictated by the host team. These entry costs vary between \$5-\$15.

Dive Meet Details:

Dive meets are held at the same time as swim meets and last no more than 1 1/2 hours each. Each diver will perform dives for an individual score which is then calculated into the total team score. 3 to 4 divers of each gender from each school will compete each meet, depending on the meet. If we have more divers, we will usually do mock meets beforehand and determine who is able to compete. Every diver who successfully learns 6 dives will have a chance to compete in a 6-dive meet.

Invitationals are 11 dive meets not held the same time as the swim team. Divers who have successfully learned 11 dives will be able to compete at Invitationals. Usually, 4 divers of each gender are able to compete from each school. Invitationals typically start early on a weekday so you will miss school if eligible to compete. They also vary in time. Each session lasts between 2-3 hours each. Occasionally male and female divers dive all together if there are smaller numbers. Invitationals typically last a full school day, unless a diver is taken home by a parent with the proper signed form, you will be missing most of school so please plan ahead of time with your teachers and classes. These meets have a fee for spectators, dictated by the host team and entry costs vary.

Meet Transportation:

All athletes MUST travel to any away swim meet (dual/tri) and invitational meets, on the bus. The bus will pick athletes up at school. Athletes will be allowed to be taken home from the meet by a parent, however a transportation slip must be on file for that to occur.

This slip must be signed by the parent and returned to the school. Parents will be required to sign the athlete out at the end of the meet and after the team meeting before they may take the athlete home. If an athlete takes the bus home from a meet, they will be taken to GCA for drop off and parents can pick up there.

Swim & Dive Meet Etiquette:

Bring what you need: This means that you must have your team suit and cap with you when you arrive at the pool. A water bottle is also very important.

Be timely: Meet the bus at the time you are told to meet. If you arrive at the pool and need to change out of your school clothes into your suit, please do so quickly and without delay.

Come prepared to swim: Athletes will participate in the team cheer, team stretching and team warm up in the water.

Be aware: Know what events you are scheduled to swim and the order of events for the meet. Note your heat and lane assignments before the meet starts and keep track of when you are scheduled to swim. You should be behind the block ready to swim at least one event before your scheduled swim.

Be respectful: Keep your personal belongings in the team area and keep that area clean.

Be a good teammate: Cheer for your teammates when they are swimming/diving and shake hands with members of the other team after a race.

Listen to your coaches: Speak with your coach prior to your swim/dive for any last-minute instruction. As soon as you are done with your swim/dive, go to your coach for feedback.

Check out: Make sure that you are not leaving without checking out with the coaches. A parent needs to sign you out before you can leave, and a transportation slip must be on file for them to be able to take you home from away meets.

Swim Meet Events:

All high school swim meets have a specific order of events that is followed.

Even years, men will swim first and odd years, women.

- 1) 200 Medley Relay (4 swimmers each swim a 50 of each stroke – backstroke, breaststroke, butterfly and freestyle)
- 2) 200 Freestyle
- 3) 200 Individual Medley (50 of each stroke, butterfly, backstroke, breaststroke, freestyle)
- 4) 50 Freestyle

a. Exhibition 50 Freestyle

BREAK

- 5) 100 Butterfly
 - 6) 100 Freestyle
- a. Exhibition 100 Freestyle
- 7) 500 Freestyle
 - 8) 200 Freestyle Relay (also known as the 4x50 relay, 4 swimmers each swim a 50 freestyle)
 - 9) 100 Backstroke
 - 10) 100 Breaststroke
 - 11) 400 Freestyle Relay (also known as the 4x100 relay, 4 swimmers each swim a 100 freestyle)

****Diving is held during the swim meet in the dive tank.**

Exhibition events are held directly after the main event (either 50 Freestyle or 100 Freestyle). These events do not count for points; however the time does count as a best time if achieved.

Dive Meet Events:

- 1) Front 2) Back 3) Inward 4) Reverse 5) Twist

In diving we use the word 'dive' which could mean a headfirst dive, or basically any time you go off the board (a somersault etc). A diver must perform a dive in each category, but are free to choose from- dive, somersault (somi), 1 1/2 somi, double. In a 6 dive meet the 6th dive is an optional, and the diver will double up in any category. In an 11 dive meet a diver will perform two dives in each category and triple up in a category of their choosing.

Competition Team:

The Competition Team is made up of up to 18 male swimmers and up to 18 female swimmers (maximum of 36 athletes total). They will practice daily (M-F) from 4:00pm-6:30pm (2:00pm-4:30pm on Wednesdays) and be required to attend practice on Saturday to run intra-squad meets as volunteers for the Developmental Team. Competition Team members will participate in the Tuesday dual/tri meets as well as invites throughout the season. Coaches reserve the right to alter and change the makeup of the Competition Team as the season moves along as well as adding additional members. Being on the Competition Team does not guarantee a varsity letter as varsity lettering must be earned per the standards in the handbook.

Developmental Team:

The Developmental Team is made up of the remaining swimming athletes that are not on the Competition Team. They will be split into two separate groups (Purple and Gold) and will practice daily (M-F) from 5:00pm-6:30pm (Wednesday 3:00pm-4:30pm). If a Developmental Team member takes the bus, they will be allowed to do homework until their practice begins at the pool.

They are required to attend all home dual meets on Tuesday's and run the meets as volunteers for the Competition Team. Developmental Team members will participate in intra-squad meets on most Saturday's. Coaches reserve the right to alter and change the makeup of the Developmental Team as the season moves along. Developmental Team members are eligible for varsity letters if earned by the standards in the handbook. Some developmental team members MAY be invited to move up and participate on the competition team in the middle of the season. If invited and asked to participate in an invite meet, the athlete will be required to pay additional funds for each invite they participate in (\$5.00 per meet).

Volunteers:

For all home dual/tri weekly meets (Tuesdays), the Developmental Team will be REQUIRED to attend and will serve as volunteers for the meet. Duties will include timing, runners and lap counting. For all Developmental meets (most Saturdays), the Competition Team will be REQUIRED to attend and will serve as volunteers for the meet. Duties will include timing, runners and lap counting.

All athlete volunteers will be eligible to have their hours signed off by a coach after completion. Please bring your required paperwork to the meet for signature at the conclusion.

Despite having athlete volunteers, parent volunteers will be needed to perform several key tasks for the meets to run smoothly. These include starter, snack bar sales as well as scorers for the meet and divers. The Booster Club will have a sign-up sheet available, and it is asked that every family volunteer their time whenever possible. Please make sure you have signed up online or see a Booster Club Officer for more information.

State Team:

Swim:

At the end of the season, a select number of athletes will be asked to participate on the GCA Swim & Dive State Team. There are a couple of ways to earn this honor.

- 1) Achieve a GCA Automatic State time in 1 or more events as shown in the GCA Automatic State Time Standards provided in this handbook at an invitational meet.
- 2) Achieve an AIA State qualifying time in 1 or more events as shown in the State Time Standards provided in this handbook at an invitational meet AND be invited to swim that event(s) at the AIA State High School Meet.
- 3) Achieve an AIA State relay qualifying time with a relay team as shown in the State Time Standards provided in this handbook at an invitational meet with your relay team AND be invited to swim that relay event(s) at the AIA State High School Meet.
- 4) Be selected due to hard work and dedication by the coach at the end of the season as an alternate.

The State Team will continue to practice for the 2 weeks after the final meet while the rest of the team will be released.

It is a privilege to be a part of the State Team and coaches reserve the right to remove or place athletes on the team at their discretion.

If an athlete achieves an AIA qualifying time in any individual event, they are eligible to swim at the state meet, but it is NOT a guarantee to swim or be on the State Team. The top 40 times will be entered into each event for all athletes in Division III (GCA Swim & Dive Division), and as each athlete may only enter 2 individual events, there are some circumstances where athletes might have to choose which events to enter to attempt to swim.

The State Team will be given additional team gear to show they are a member of the State Team and additional gear may be available to order for only State Team members.

If an athlete chooses to order State Gear, they are required to make payment personally for any items they order.

Dive:

Divers qualify for State by performing in a minimum of 2 Invitational meets during the season. The individual total score from the two meets is then averaged and if it meets the points required, the diver may be invited to dive at the State Meet.

State Qualifying Times:

Swim:

These times are dictated by the AIA and are re-evaluated every couple of years. Any athlete earning a qualifying time in any event does NOT guarantee they will swim. Only the top 40 times from each event will be allowed to swim at State per the AIA. You can keep up to date with where you rank at a State Level on MaxPreps.com and we will provide a tracker toward the end of the season as well for athletes to review and follow.

Please see the website and/or the handout for the specific times.

Dive:

The points required to participate in State are dictated by the AIA and are re-evaluated every couple of years. Any athlete earning the required point total guarantees them a spot on the State Team, however, does not guarantee they will dive. Only the top 40-point scorers for each gender will be allowed to dive at State per the AIA. Please see the website and/or handout for specific point requirements.

Varsity & Junior Varsity

Swim:

There are certain guidelines an athlete must meet to be considered a Varsity Team Member and earn their Varsity letter.

These include,

- a) Achieving 3 or more Varsity team times throughout the season and/or achieving 4 or more Grade Level times throughout the season
- b) Remaining academically eligible the entire season
- c) Attending 80% or more of all practices
- d) Attending EVERY meet regardless of if the athlete is participating in events

The Varsity letter has been structured to allow committed athletes the opportunity to qualify for the prestige of earning a Varsity letter.

Any swimmer who does not complete the season due to academic ineligibility, discipline issues or attendance issues should assume he/she will not be earning their letter.

Coaches will look for dedication, work ethic, sportsmanship and leadership.

Coaches also have the right to modify these requirements at any time and under extraordinary and extenuating circumstances. These rare instances would be handled privately with the affected parties only.

The final decision on Varsity letting is with the coaches.

Those who do not meet the standards for Varsity, will be members of the Junior Varsity (JV) Swim & Dive Team.

It is possible for an athlete to start the season out as JV and climb up to Varsity by meeting the 3 or more of the required Varsity times and/or meeting 4 or more of the Grade Level required times.

Dive:

There are certain guidelines an athlete must meet to be considered a Varsity Team member and earn their Varsity letter. These include,

- a) Being able to perform a minimum of 6 different dives properly and perform those dives in a minimum of 1 meet during the season.
- b) remain academically eligible the entire season
- c) attend 80% or more of all practice.

The final decision on Varsity letting is with the coaches.

Varsity Time Requirements (Swim):

One way to be a member of the Varsity Team is for each athlete to meet a minimum of 3 of the Varsity Time Requirements by the end of the season.

Please see the website and/or the handout for specific times.

Grade Level Time Requirements (Swim):

Another way to be a member of the Varsity Team, is for each athlete to meet a minimum of 4 of the Grade Level Requirements for the current grade of the athlete.

Please see the website and/or the handout for specific times.

Pasta Parties:

It is tradition that the team attend a pasta party the Friday before each Invitational Meet. These pasta parties are hosted typically by Seniors & Juniors at their home.

Each grade level is asked to bring a specific item to this potluck style party. The items asked by grade are determined depending on the number of students in each grade and will be announced prior to the first pasta party.

If you would like to host a pasta party this season, please sign up at the end of the Parent Meeting.

Team Captains:

Each season, there are 2 or more team captains chosen for each team (Men's, Women's & Dive).

In order to be eligible for captain, an athlete must be able to attend all practices and meets (barring illness or emergency), be a Junior or Senior, and have 2 or more Varsity Team Requirement times.

The Coaches will select the team captains for the upcoming season and those captains will have a chance to meet with the Coaches at the end of the year to help choose the next year captains.

Final decision in captain selection falls on the Coach(es).

Senior Night:

Senior night is a very important night for the GCA Swim & Dive team where we are able to honor our Senior swimmers.

Senior Night is the night of the last home meet of the season.

Parents of Senior athletes are invited to attend so we can honor their children and their achievements this season in the pool.

Team Banquet:

At the end of the season, after the State Meet, the team banquet will take place to honor all our athletes for the season.

This banquet is catered, and the cost is usually approximately \$20.00 per person. Any extra funds will be put toward the Swim & Dive Team for the next year.

There will be a RSVP form sent out for the banquet toward the end of the season. Also, a sign up will be emailed for additional help needed.

Booster Club:

The Swim & Dive Team is one of the only teams at GCA that has an individual Booster Club! This provides us the opportunity to fundraise entirely for the team itself.

As the parent/guardian of an athlete on the swim & dive team, you are allowed 1 vote per household in the general votes.

The Booster Club will hold several meetings throughout the season to discuss events such as banquet, Senior Night, fundraising as well as go over general information regarding budget and team orders.

Please attend these Booster Club meetings if possible as the more participation we have, the better outcome for the swim & dive team.

Please add the Booster Club email to your email contacts as you will receive quite a few important emails from them throughout the season. They are also a great point of contact with any questions you might have about donations, volunteers, etc.

GCA Swim & Dive Booster Club - spartanswimbooster@gmail.com

IF YOU HAVE ANY OTHER QUESTIONS, PLEASE FEEL FREE TO REACH OUT TO ONE OF US BY EMAIL, TEXT OR PHONE CALL!

AIA STATE QUALIFYING STANDARDS

GIRLS	EVENT	BOYS
2:34.18	200 Medley Relay	2:13.50
2:38.15	200 Freestyle	2:21.29
2:53.45	200 IM	2:43.42
:29.74	50 Freestyle	:26.75
1:24.86	100 Butterfly	1:14.33
1:07.83	100 Freestyle	1:00.78
6:57.51	500 Freestyle	6:36.61
2:12.91	200 Freestyle Relay	1:54.16

1:22.91	100 Backstroke	1:23.42
1:32.26	100 Breaststroke	1:23.92
4:54.47	400 Freestyle Relay	4:17.53

*Need to achieve time in 1 event AND be in the top 40 to be on the State Team.

GCA AUTOMATIC STATE QUALIFYING STANDARDS

GIRLS	EVENT	BOYS
2:06.57	200 Freestyle	1:53.90
2:24.85	200 IM	2:13.20
:26.68	50 Freestyle	:23.93
1:06.06	100 Butterfly	:56.83
:57.69	100 Freestyle	:51.60
5:50.24	500 Freestyle	5:23.66
1:06.20	100 Backstroke	1:00.43

1:15.32	100 Breaststroke	1:03.79
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* Need to achieve time in 1 event at an invitational meet to be on the State Team.

GCA VARSITY TIME STANDARDS

GIRLS	EVENT	BOYS
2:39.90	200 Freestyle	2:12.96
3:22.34	200 IM	2:37.52
:30.50	50 Freestyle	:26.53
1:20.78	100 Butterfly	1:09.70
1:12.50	100 Freestyle	:59.01
7:27.44	500 Freestyle	6:13.94

1:25.26	100 Backstroke	1:16.17
1:39.84	100 Breaststroke	1:18.89

* Need to achieve 3 or more event times at any meet (dual/invite) or time trial to be eligible for Varsity.

GCA GRADE TIME STANDARDS

GIRLS

BOYS

FR	SO	JR	SR	EVENT	FR	SO	JR	SR
3:10.00	3:00.00	2:55.00	2:50.00	200 Free	2:58.00	2:40.00	2:35.00	2:18.00
3:45.00	3:35.00	3:25.00	3:18.00	200 IM	3:28.00	3:00.00	2:52.00	2:40.00
:35.00	:33.50	:32.50	:31.50	50 Free	:31.00	:30.00	:27.50	:26.50
1:50.00	1:40.00	1:35.00	1:32.00	100 Fly	1:40.00	1:23.00	1:17.00	1:12.00
1:20.00	1:15.00	1:13.00	1:11.00	100 Free	1:12.00	1:08.00	1:03.00	:59.00
9:15.00	8:15.00	7:45.00	7:30.00	500 Free	8:05.00	7:15.00	7:05.00	6:45.00

1:40.00	1:36.00	1:32.00	1:30.00	100 Back	1:38.00	1:28.00	1:23.00	1:20.00
1:52.00	1:42.00	1:40.00	1:38.00	100 Breast	1:45.00	1:30.00	1:28.00	1:22.00

* Need to achieve 4 or more event times in any meet (dual/invite) or time trial to be eligible for Varsity.