

Hanover High School



Swimming and Diving Teams 2019/2020

Swimming

Head Coach - Fritz Bedford

Assistant Coach - Linda Bedford

Assistant Coach - Sean Uiterwyk

Assistant Coach - Jen Houde

Captains - Isabel Brennan, Alice Garner and Chris Rieseberg

Diving

Head Coach - Carl Renshaw

Captain - Amelia Wallis

Communication

Primary: e-mail - hanoverhighswimming@gmail.com
website - <https://hanoverswimming.org/>

UVAC weather hot line: (802) 698-8361

In emergencies: Cell (603) 359-0996 or (603) 359-9005



Hanover High School Swimming and Diving

REQUIREMENTS

1. NH Interscholastic Athletic Association (Division II)

- a. Athletes may not compete in another athletic event in lieu of high school meet/practice
- b. If this occurs, there is 4 meet penalty
- c. In extraordinary circumstances, a waiver can be requested.
 - The waiver must be approved by coach, athletic director, principal and NHIAA
 - The waiver must be received before the start of the season
- d. To qualify for States:
 - Everyone – compete in 4 meets
 - Swimmers – make qualifying time
 - Divers – 2.5 or higher on 11 dive

State Qualification Standards Swimming: Division II 2018/2019 (current year standard not yet published)

Event	Boys	Girls
50 Freestyle	25.99	28.49
100 Freestyle	58.99	1:02.99
200 Freestyle	2:16.99	2:22.99
500 Freestyle	6:20.99	6:20.99
100 Butterfly	1:11.99	1:13.99
100 Backstroke	1:11.49	1:12.99
100 Breaststroke	1:17.99	1:21.99
200 Individual Medley	2:34.99	2:39.99

- e. NHIAA Division II State Championships @ University of NH
 - Diving – Friday February 14, 2020
 - Swimming – Saturday February 15, 2020

Source: NHIAA - <http://www.nhiala.org/sports/winter/girls-swimming-and-diving>
<http://www.nhiala.org/sports/winter/boys-swimming-and-diving>



2. Hanover High School

Before You Can Practice

Complete registration, including a current physical (No older than 2/15/18)

Prior to/during Season

Understand and abide by HHS Student-Athlete Handbook, NHIAA Rules and HHS Co-curricular Code of Conduct (see links)

Snow Day Policy

No School = No Practice/Meet

Early Release = No practice/Meet

Cancellations due to other issues will be emailed.

School Attendance Policy

Students must attend all of their scheduled classes to participate in practice/meets

If you skip a class, or go to the nurse and miss a class, you are ineligible

If you miss Friday, you are ineligible for the entire weekend

Exception – an approved goldenrod

Transportation

Coaches MAY NOT drive athletes - Not to practice. Not to meets

Swimmers may not drive to away meets....*ever*

For away meets – bus will be in front of HHS

To practice, UVAC and CCBA meets – no bus – students/parents drive

Home meets are @ UVAC

To meets with only a few swimmers/divers – Only parents can drive

Injuries

Tell a coach, tell the trainer at school, tell your doctor

Emergencies – 911

Concussions

ImPACT Cognitive Test – to be taken prior to 1st competition

“Remove from Play”

Your Own Doctor

Doctor’s note allowing to “return to play”



Co-Curricular Code of Conduct

The Obvious

Hanover swimmers and divers do not have anything to do with illegal drugs, alcohol and illegal “supplements”

Just Don't Do It!

Hazing

Theft, vandalism, gambling, and other unacceptable behavior

Chewing tobacco, cigarettes, alcohol, drugs, vaping or any other illegal substance

Penalties

First Offense: Attend practices but suspended for 20% of the meets.

Student and parent meet with Assessment Team

Return to competition when Assessment Team says so

Second Offense: Suspended from all practices and games for the rest of the season

Third Offense: Suspended from all practices and games for a calendar year

Sources:

- *HHS Student - Athlete Handbook-*

<https://www.hanoverhigh.org/hhshandbook/student-policies/athletic-responsibilities>

- *HHS Co-curricular Code of Conduct -*

<https://www.hanoverhigh.org/hhshandbook/student-policies/co-curricular-code-of-conduct>



3. Hanover High School Swimming & Diving Team

PRACTICE

Swim Practice

@Upper Valley Aquatic Center

M-F 6:30 – 8:30 pm

All personal belongings are kept on the deck

(Please pick up your swimmer promptly!)

Drylands (3x per week)

On pool deck

Bring an extra towel or yoga mat for the deck, shorts, gym shoes and water bottle
(cannot use UVAC mats)

In the Pool (every day)

Bring swimsuit, towel, cap, and goggles (other equipment will be provided). We
always recommend having spare goggles and caps in your bag

Diving Practice

@Dartmouth College

For times - See Coach Carl

At Swim Meets

Must have goggles, towels, water bottle, team swimsuit, and team cap

Nice to have t-shirt, warm-ups, sweatshirts

ATTENDANCE POLICY

Practice

Varsity = five time per week and qualify for states

Varsity letter is also given to a Senior who has been on the team all four years.

JV = three times per week

- See your coach about any academic conflicts
- Email before you miss practice

MEETS

Everyone swims at the dual meets

Divers dive whenever possible

Everyone who qualifies for the Championship meets, swims/dives at the meet

Be on time and follow NHIAA Policies



GOALS

Good Sportsmanship

Personal Goals

Physical Fitness

Improved stroke mechanics/times

Have an idea of what swimming in college is like

WIN STATES!

Examples:

Sportsmanship: The Niko Rule (shake hands before and after each race). Cheer for teammates and other swimmers. Quiet during diving. Stay on deck and cheer until the last relay finishes. Practice lane etiquette. Follow HHS Code of Conduct.

Practice Goals: Be on time for all practices, Use flip turns all of the time. Learn butterfly. Do 15 strokes per length routinely.

Performance Goals: Qualify for States. Start from the blocks, Not be disqualified in breaststroke. Make your goal times.

Academic Goals: Get homework done before practice. Make sure all tests, quizzes and homework are written in planner. Study for every test and quiz. Turn work in on time.

Physical Fitness: Aerobic endurance. Flexibility. Strength. Lifetime sport.

Stroke Technique/Time - Always learn! Do it right in practice = Do it right in the meet = Improvement

Remember

*Hanover swimmers & divers are representatives of Hanover High School
at meets and practice*

In Season and Out



Miscellaneous

Swim Suits: Swimsuits are ordered via our team web site with K&B Sports.

Team page instructions:

- go to www.kbswimandsports.com
- click on swim teams
- click on team login page
- password: Hanover HS
- Pay online
- Suits will be delivered to the coaches and handed out prior to the first meet (if received in time)

Orders must be placed by the end of the evening SUNDAY NOVEMBER 17th!!!

If our suits are not delivered by our first meet, you can wear your own suit, but it cannot have any other club or team logos. Once our suits are received, you will need to wear the HHS suit. If you are in need of financial assistance for the purchase, please contact the HHS Athletic department. The school has a fund available to help families in need of assistance so the student can participate.

If you miss the purchase deadline, you will need to buy a plain black suit, **ensuring that it meets the guidelines outlined by NHIAA for adequate coverage.**

Swim Caps: The Marauder caps have been ordered in bulk. The Friends of Hanover Swimming organization will cover the cost of the caps for all athletes.

Spirit Wear: Swim and Dive Captains to present the choices and ordering process. Look for emails regarding options and timing.

How Can You Help?

Attend our swim meets and wear your Hanover gear to show support

Cheer for the swimmers

Time at the meets

Friends of Hanover Swimming organization – Join the Board. Make a donation.

Thank you to HHS, parents and Friends of Hanover Swimming for the continued support that makes our team possible!!!



Swimming Meet Schedule

DATE		Opponents	Location	Bus Time	Warm-Ups	Start Time
12/6	Fri	Conant, Bishop Brady, Lebanon, Stevens, Kearsarge, Derryfield	CCBA	N/A	5:00	5:30
12/18	Wed	Bishop Brady, Bow, Conant, Kearsarge, Lebanon, Hopkinton, Mascenic, Stevens	UVAC	N/A	6:00	6:30
1/10	Fri	Laconia, Lebanon, Spaulding, Prospect Mtn, Stevens, Kearsarge, Kingswood, Mascenic	Colby-Sawyer/ Hogan Sport Center	5:00	6:00	6:30
1/17	Fri	Bishop Brady, Stevens, Lebanon, Kearsarge, Mascenic	Claremont Comm. Center	5:15	6:30	7:00
1/24	Fri	Kearsarge, Lebanon, Stevens	Claremont Comm. Center	5:15	6:30	7:00
1/31	Fri	Lebanon, Hollis-Brookline, Stevens	CCBA	N/A	5:00	5:30
2/4	Tues	Bow, Concord, Gilford, Hopkinton, Kingswood, Kearsarge, Lebanon, Mascenic	UVAC	N/A	6:00	6:30
2/15	Sat	NH STATES	UNH	TBD	7:00 AM	8:45 AM

Diving Meet Schedule

DATE		Meet Type	Location	Bus Time	Warm-Ups	Start Time
12/6	Fri	Swim or Time	CCBA	N/A	5:00	5:30
12/22	Sun	11-dive	Exeter	9:30 AM		12:00
12/28	Sat	11-dive	UNH	7:30 AM		10:00
1/19	Sun	11-dive	Dartmouth	N/A		10:30
2/2	Sun	11-dive	Dartmouth	N/A		10:30

2/14 Fri NH STATES

UNH

1:15pm

3:30/5:00pm