Welcome to
West High School Swimming and Diving
2021–2022 Season

We are so pleased to have you join The West High School Swim and Dive Team!

This document holds the information you will need to help guide you through the season.
Our website is https://westswimdive.swimtopia.com/ and, once registered, you’ll receive email confirmation.

West High School Swimming and Diving is offered as a club sport. Membership is open to any 9th through 12th grader who has an interest in competitive swimming or diving. The Knox-Area Interscholastic Swim League (KISL) regulates, controls, and governs Knoxville area high school competition and acts as the Knoxville area representative body to the Tennessee Interscholastic Swim Coaches Association (TISCA). These organizations’ web sites are www.kisl-swim.com and www.tisca.net. KISL requires that swimmers and divers meet all academic and residency requirements of their schools as for any other interscholastic sport. Knox County DOES NOT provide funds for coaches, water time, or supplies; therefore, our team is responsible for all these expenses.

**OUR COACHES**

**Head Coach: Joe Peeden**

This will be Coach Joe Peeden’s 5th year as West’s swim coach and we are so lucky to have him. Joe is a 6th grade math teacher at South Doyle Middle and has been coaching in the Knoxville area for more than 15 years and has been a head swim coach for more than 10 years. Joe was a Team USA Aquathon World Champs representative Gold Coast, Australia 2009, was USAT All American in 2009, and was on the Sport Factory Elite Triathlon Team Roswell, GA 2012–13. Joe’s achievements are many but what we love the best is his remarkable strength in connecting skills and fun with the sport of swimming.

**Assistant Coach: Gracie Bemiller**

Gracie is a Knoxville native and a junior at UT. She is a West HS alumna and swam for us when she was a student. Gracie also served as a summer league coach for the AJCC swim team this past summer.

**Dive Coach: Mike Wright**

The dive team is handled through Tennessee Aquatics (TNAQ) and all high and middle schools practice together under the guidance of head coach Mike Wright. Due to the limited pool time this fall TNAQ will not be offering a separate high school and middle school class as done in the past. TNAQ is encouraging any divers who would like to compete for their school sign up for the recreational class (this will be the cheapest option month to month). Registration is now open and divers can sign up for as little or many months as they wish.
<table>
<thead>
<tr>
<th>CONTACT INFORMATION / BOARD MEMBERS</th>
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<tbody>
<tr>
<td><strong>Head Coach</strong></td>
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<tr>
<td><strong>Assistant Coach</strong></td>
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<tr>
<td><strong>Dive Coach (at UT)</strong></td>
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<tr>
<td><strong>Board President</strong></td>
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<tr>
<td><strong>President-Elect</strong></td>
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<tr>
<td><strong>Treasurer</strong></td>
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<tr>
<td><strong>Meet Director / Volunteer Coordinator</strong></td>
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<tr>
<td><strong>Diving Coordinator</strong></td>
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<tr>
<td><strong>Pancake Breakfast</strong></td>
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<tr>
<td><strong>Banquet</strong></td>
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<tr>
<td><strong>WAC Liaison</strong></td>
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<td><strong>Floating Board Member</strong></td>
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<tr>
<td><strong>Certified Official Recruiter</strong></td>
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<tr>
<td><strong>WHS Teacher Rep/ School Sponsor</strong></td>
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* Coach Joe’s cell is (865) 591-9182. Joe has shared this number for emergencies only. A reason to call him would be: your child is suddenly ill and, last minute, cannot attend a meet. Please remember that Joe is a teacher and should not be contacted during school hours. **Most questions should be directed to a board member who will determine how best to address your need.** Coach Mike prefers e-mail. Should a pressing need arise, please contact Holly Eddins.

We welcome all help and thank you!
## West High School Swim and Dive Calendar 2021–2022

### IMPORTANT DATES

<table>
<thead>
<tr>
<th>WHEN</th>
<th>WHAT</th>
<th>WHERE</th>
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<tbody>
<tr>
<td>Sept. 13, 6-7pm</td>
<td>Parent Info Mtg</td>
<td>WHS Library</td>
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<tr>
<td>Sept. 11 - Sept 20</td>
<td><strong>Online Registration</strong></td>
<td><strong>Online</strong></td>
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<tr>
<td>Sept. 22</td>
<td>First Practice</td>
<td>SAC, 7-8:30 (MWR Drylands 7-730; Swim 730-830)</td>
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<tr>
<td>TBD</td>
<td>Social: South Coast Pizza</td>
<td>1103 Sevier Ave SE, Knoxville, TN 37920</td>
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<tr>
<td>TBD</td>
<td>First Day of Dive Practice</td>
<td>Allan Jones (2200 Andy Holt Ave)</td>
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<tr>
<td>Meet 1</td>
<td>TBD</td>
<td>TBD</td>
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<tr>
<td>Meet 2</td>
<td>TBD</td>
<td>TBD</td>
</tr>
<tr>
<td>Sat., Oct. 30 / 7:30–10am (Be there to work 7:30-10, event is from 8-10)</td>
<td>Pancake Breakfast</td>
<td>Aubrey's Papermill (6005 Brookvale Ln)</td>
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<tr>
<td>Meet 3</td>
<td>TBD</td>
<td>TBD</td>
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<tr>
<td>Dec. 20 – Jan. 3</td>
<td>Winter Holidays</td>
<td>Limited practice schedule TBD</td>
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<td>TBD</td>
<td>WHS Winter Formal</td>
<td>TBD</td>
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<tr>
<td>Jan. 21 &amp; 22, 2022</td>
<td><strong>KISL City Meet</strong></td>
<td>Allan Jones (2200 Andy Holt Ave)</td>
</tr>
<tr>
<td>Feb. 11 &amp; 12, 2022</td>
<td><strong>TN State Meet</strong></td>
<td>Tracy Caulkings Pool, Nashville, TN Qualifying times here.</td>
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### SWIM PRACTICE SCHEDULE

7–8:30pm, MWR Student Aquatic Center (drylands 7–7:30, water 7:30–8:30)

### DIVE PRACTICE SCHEDULE

TBD
Volunteers:

Parent volunteers are an important part of your swim/dive team commitment. A benefit is the opportunity to know the coaches, parents, and the sport. You will receive an email before each meet with a link to sign-up to volunteer to work at all meets. We need all hands on deck to make meets go smoothly, so please make every effort to volunteer regularly. (*Must be KISL trained.)*

**Meet Referee**: has authority over all meet officials, leads all discussions regarding rules, makes final decisions concerning any protest, interprets applicable rules for the meet.

**Starter**: lines up starts all events, calls false starts; responsible for smooth flow of the meet.

**Stroke and Turn Judge**: must have gone to one KISL training workshop to learn the details of all of the strokes and the turns; observes swimmers in lanes designated by Referee and calls rules infractions (swimming or turning or touching incorrectly).

**Lane Timer/ Scribe**: times events using stopwatch, records time on event card.

**Runner**: picks up the event cards from the timers along with the DQ Judges slips and carries them to the scoring table for recording. Good exercise and fun.

**Head Timer**: oversees Lane Timers, signals Starter that Timers are ready for event start, provides back-up timing for Lane Timers.

**Finish Judge**: writes down the order of the winners of the races. There are two finish judges + one overcall finish judge (tie-breaker judge).

**Jump Judge**: works during relays; makes sure swimmers don’t take off before preceding swimmer has touched. DQs if someone takes off early. Gives DQ slips to runners.

**Sorter**: sits at scoring table and aligns score cards in order of finish for scorer; attaches any DQ sheets to event cards and gives event cards to the Scorer. First time you do this you will need some instruction but you will catch on very quickly. A seated position.

**Scorer**: records the official times & calculates score for each team; keeps the info for KISL. A seated position.

**Timekeeper**: simple record keeping while sitting at the scoring table. Writes down times for 2nd and 3rd heats only and records the times directly from the scorecards.

**Photographer**: takes pics at meets for team publicity, website & year-end slideshow. Anyone able take pictures throughout the season, please email jillknightdesign@yahoo.com.
West High School Swim and Dive Fees  
2021–2022

**Swimmer Fees:** The team fee is $325. Swim team fees cover all of our expenses, which include pool usage fees, coaches' salaries, and all meet entry fees. Each swimmer will also receive a team t-shirt and silicone swim cap.

*Fees and registration are all processed online. REGISTER HERE.*

**Diver Fees:** Dive fees are established by TNAQ and paid to TNAQ (talk to dive liaison Holly Eddins, Dive Coach Mike Wright or go to the TNAQ website for information.) In addition to this fee, you'll need to register on our website and pay our $50 team fee that will cover your general team expenses.

<table>
<thead>
<tr>
<th>FEES</th>
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<tbody>
<tr>
<td><strong>SWIMMER</strong></td>
<td>$315 (+ online processing fee)</td>
<td>Fees + Registration due by 9/20/21. Register online here!</td>
</tr>
<tr>
<td><strong>DIVER</strong></td>
<td>$50 West Team Fee (+ online processing fee) $XXX to TNAQ</td>
<td>The $50 fee is due by 9/20/21. Register online here! Diving dues and registration deadline here.</td>
</tr>
<tr>
<td><strong>SWIMMER AND DIVER</strong></td>
<td>$175 to West Swim &amp; Dive (+ online processing fee) $XXX to TNAQ</td>
<td>Swim fees and registration due by 9/20/21. Register online here! Diving dues and registration outlined</td>
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*FINANCIAL AID*

We encourage all swimmers to join the team regardless of financial ability. If you are in need of assistance, please reach out Treasurer Matt Sieger or School Sponsor Kristin Nanney. Assistance can be given in the following manner: 1) Create a payment plan or 2) Request a scholarship. Unfortunately, scholarships are not available to divers as diving is administered by TNAQ, not by our board.
West High School Swim and Dive Suit / Apparel
2021-2022

**TEAM SUIT**

The team suit is available from Swim & Tri (5921 Kingston Pike / 865-558-0084). You can either go in to get sized and order or you can order from the online portal linked below.

If you’d like to pick-up your items in-store for a free shipping option, you can give Swim & Tri a call to order or order online and put in comments that you’d like to pick-up in-store.

**Portal link:** [http://www.swimandtri.com/Scripts/TeamView_KnoxvilleWestHighSchool.aspx](http://www.swimandtri.com/Scripts/TeamView_KnoxvilleWestHighSchool.aspx)

**Team Portal Code:** Wrebel

**T-SHIRT & CAP**

A team T-shirt and cap are included with team fees and will be distributed prior to the first meet.

**WARM UPS & OTHER TEAM FAN WEAR**

We have set up an account with Prep sports wear, and a portion of proceeds will come back to us. Order your student gear and yourself a Tshirt here! [https://www.prepsportswear.com/team/us/tennessee/knoxville/west?schoolid=3426864](https://www.prepsportswear.com/team/us/tennessee/knoxville/west?schoolid=3426864)

**EQUIPMENT**

Swimmers are required to have equipment with them at every practice (kickboard and pull buoy). These items can be purchased at Swim and Tri or ordered online at swimoutlet.com. Please always let folks at Swim & Tri know what team you’re affiliated with to get a team discount.
West High School Swim and Dive Fundraising
2021–2022

FUNDRAISING AND SPONSORSHIPS

AUBREY’S PANCAKE FUNDRAISER
Fundraising is an important part of our swim and dive season. Our Pancake Breakfast is our main fundraiser, so please plan to attend, and invite your friends. Tickets will be sold at the door and in advance (more on that in team emails)!

Pancake Breakfast at Aubrey’s Restaurant Papermill Details:
WHEN: Saturday, Oct. 30, 2021 / 7:30–10am
WHERE: Aubrey’s Papermill, 6005 Brookvale Lane
WHO: Swimmers AND Papermill, 6005 Brookvale Lane
ARRIVAL FOR SWIMMERS & DIVERS: Arrive @ 7:30am. Done @10:30am after cleanup.
WORK REQUIREMENT: Swimmers and divers who cannot attend the breakfast to work are responsible for selling an additional five $5 tickets to the breakfast. This is a really fun, team-bonding event for all!

DONUT SALES
We will introduce donuts sales as additional fundraisers this season, selling donuts in the lobby of WHS. One parent volunteer is required, and athletes will sign up to sell. Look for more info in forthcoming emails!

SPONSORSHIPS

<table>
<thead>
<tr>
<th>OPTION 1</th>
<th>$100 sponsorship</th>
<th>A $100 sponsorship contribution will get your business logo on the back of our West Swim Dive T-Shirt. Make checks out to West Athletic Council (WAC).</th>
</tr>
</thead>
<tbody>
<tr>
<td>OPTION 2</td>
<td>A West Athletic Council (WAC) sponsorship (starting at $500, I think)</td>
<td>A sponsorship to WAC will get your business logo on the back of our West Swim Dive T-Shirt PLUS many added cross-athletic perks (please contact Meredith Kuester if you’d like to be a WAC sponsor).</td>
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</tbody>
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* If you or someone you know owns a local business, please consider sponsoring our team. We are #OneWest, and all sponsorships help to defray the cost of swim/dive fees.

EMAIL YOUR SPONSORING BUSINESS LOGO TO JILL KNIGHT
BY Oct. 1st, 2021!
West High School Swim and Dive City/State Meet & Lettering Policy
2021–2022

CITY MEET AND STATE MEET INFORMATION

City Meet: The Knoxville Interscholastic Swim League (KISL) High School Championship Swim and Dive Meet will be held Fri., Jan. 21 and Sat., Jan. 22 at Allan Jones. In order for a swimmer to qualify for the City Meet, they must have participated in at least 2 regular season meets and must have a qualifying time, if applicable. These times for individual events must have been met during the current high school swimming season. Times may be achieved in high school competition or other meets consistent with high school rules and regulations such as USA swimming, AAU or YMCA.

State Meet: The 2022 Tennessee State High School Swimming and Diving Championship will be Friday & Saturday, February 7 & 8, 2020, in Nashville. We will order a block of rooms at a discounted rate. Swimmers/divers must qualify. Traveling swimmers must be accompanied by their parent. The team is not responsible for the swimmer. More details will be provided. Qualifying swim times can be found here. Athletes are excused from school on Friday. In order for a swimmer to qualify for the State Meet, he/she must have participated in at least 2 regular season meets and achieved a State Meet qualifying time.

Qualifying times may change each year for both the City and State meets. Each competitor may be entered in a maximum of 4 events; however, not more than 2 may be individual events.

The UT Dive Coach will have the info you’ll need for City and State meet qualifications.

Please go to the following websites for more information as it becomes available:
KISL Website / TISCA Website / TNAQ Diving

LETTERING POLICY

West High School Swim Team will adhere to the following Lettering Policy:

• Swimmers must attend all swim meets
• If a swimmer makes finals they must be there to swim finals
• Swimmers must make 80% of practices—coaches will take attendance, holiday practices, while encouraged, are optional to the lettering attendance requirement
• Year-round swimmers must attend at least one practice every two weeks (the same applies to students who are involved in a second sport during swim season, a play production, or the like)
• Swimmers who takes advantage of the exception noted above must speak with the coach first
West High School Swim and Dive Odds and Ends
2021–2022

ODDS & ENDS

Team Representative / School Liaison:
Kristin Nanney is our faculty representative and serves as our school contact. Ms. Nanney is happy to help you. Her email is Kristin.Nanney@knoxschools.org and her classroom is WHS Rm 205.

Photography:
West High Swim and Dive Team needs a photographer, please send pics to Jill Knight, or better yet, volunteer to be our team photographer!

Website:
All swimmers and divers need to be registered through the website, and you can find all the necessary forms there. While we suggest you follow us on FB and Instagram for most up to date information, the practice schedules, meet schedule, and coaches’ information along with any announcements will be posted and archived on the website: Our website is https://westswimdive.swimtopia.com.

Communication:
Important announcements, reminders, schedules, etc. will be sent by email via our team website administrators. All announcements will be archived for you to review at any time. If any need arises during the season that hasn’t been addressed, please contact us.

Facebook and Instagram:
Follow our pages on Facebook and Instagram as that will have the most up to date news and information.

UT Parking:
Parking is available in lot C-22 for $20/month. If you want a permit for your child, please fill out this Google form. Parking permits will be available for pick up at the UT Parking Office (865-974-6031) at 2121 Stephenson Drive, Knoxville, TN 37996.