



2021 AHS Girls Swim & Dive Handbook

The Armstrong High School Swimming & Diving program is focused on helping athletes reach their highest potential, both in and out of the pool. We believe it is a privilege to participate in an athletic program. All athletes are expected to abide by the guidelines of the athletic office and by the rules and regulations of the sport. Students are expected to follow the rules of the athletic code from the time they join their first athletic team, until the time they graduate.

Athletes will learn qualities such as self-confidence, self-motivation, enthusiasm, self-discipline, courage, commitment, optimism, and respect. We expect that every athlete leaves the program with life-long skills that will benefit them throughout all life experiences.

Team Philosophy

Participating in high school athletics is a large commitment of your time. We place value on the following:

- Being a member of our team is personally rewarding and fun.
- The team is before the individual athlete, but team improvement is driven by personal improvement. We place great value in personal improvement, whether that be improving your time in swimming races or increasing your points in diving.
- Every practice and meet require great effort and often won't be physically comfortable. This effort will give you a sense of accomplishment when the hard work turns into higher personal performance.

Our main goal is to succeed in and out of the pool as a team. To accomplish this goal, it is expected all athletes stay positive and supportive of one another throughout the entire season.

Expectations and Standards

1. Practices held Monday-Saturday are mandatory for all swimmers on the varsity team. Junior varsity must attend the practices designated for them, which can change due to meet schedules. Practice includes dry-land training and pool time.

Practices held Monday-Friday are mandatory for all divers. Practice includes dry-land training and pool time.

Note: Practice times may change due to holidays and/or schedule conflicts with other events.

2. All athletes **MUST** be academically eligible and meet the [Minnesota State High School League standards for academic eligibility](#) to participate in athletics.
3. All athletes **MUST** attend all classes, on time, each day or they are not eligible to participate in practices or meets that day. Anyone with a medical appointment may be excused if the athlete or parent/guardian notifies the coaches prior to the absence, tardiness, or early departure from school.
4. Without exception, athletic participants must turn in all athletic department required paperwork to the athletic office. No athlete may participate in practice or competition until this form is completed and submitted.



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5. School personnel will make every effort to keep the locker rooms secure; however, the athlete is responsible for issued school equipment, as well as her own personal belongings.
6. The locker area is to be kept neat and clean. Coaches will make random locker room checks. Remember, we are using another school's equipment and resources. Disrespect of these resources will not be tolerated.
7. Athletes and coaches are to travel as a team to and from meets, unless the athlete has a signed note from a parent/guardian saying she is driving home with him/her. The parent/guardian – not siblings or friends – should check with the coach prior to leaving the pool.
8. Athletes and coaches are responsible to know and meet the [eligibility requirements of the Minnesota State High School League](#), including consequences of chemical violations and hazing. If you must ask yourself if it is a violation, it probably is. Violations may result in removal from the team.
9. Students involved in several activities should know their schedules so conflicts can be resolved early. This might include athletics, music, and college entrance exams.
10. All practices are closed to spectators. If there are any questions or concerns that need to be addressed with a coach, those need to be done prior to or after practice or through e-mail.

Attendance

It is expected that athletes attend all practices and meets. Circumstances do arise in which they need to be missed. It is expected that athletes give their coach a note or email the day before an absence. Please arrange appointments (i.e., doctor, dentist, etc.) around practices. For athletes to be eligible to compete in a meet, they must participate in practice the day before the meet and attend school that day. (Exceptions are invitational meets.)

Practice Expectations

Show up, work hard, have fun and we will all be successful!

- Come to practice with a positive attitude!
- Be dressed appropriately: suit and swim cap on or dressed in workout clothes, water bottle filled, and ready to begin 5 minutes before practice begins. Practice 'start time' means in the water warming up or the start of the first dryland set.
- Take a shower before entering the pool.
- Respect your teammates and coaches. If coaches are talking, athletes are not.
- Commit to excellence in technique, training, and skills.
- Do your best to improve yourself every day.
- No horseplay or game playing. There is a lot to get done and limited time to do it in.
- No cell phones are allowed on the deck during practices.
- Clean the deck of equipment and remove lane lines. Captains will dismiss athletes at the end of practice.



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Swimming Practice

Swimmers will practice at the Plymouth Middle School pool.

Dates	Varsity Practice	Junior Varsity	Notes
Monday	3:15-5:30 pm	5-6:30 pm	Varsity dryland: 2:30-3:15 * JV dryland: coaches discretion *
Tuesday	3:15-5:30 pm	5-6:30 pm	
Wednesday	3:15-5:30 pm	5-6:30 pm	Varsity dryland: 2:30-3:15 * JV dryland: coaches discretion *
Thursday	3:15-5:30 pm	5-6:30 pm	
Friday	3:15-5:30 pm	5-6:30 pm	Varsity dryland: 2:30-3:15 * JV dryland: coaches discretion *
Saturday	8:00 am-11:30 pm		Varsity dryland: 8:00 am-9:00 pm (some days might end early)
Sunday	NO PRACTICE	NO PRACTICE	

*Subject to change as dryland may be after practice

Diving Practice

Divers will practice at LifeTime Fitness in Plymouth.

Dates	Varsity Practice	Junior Varsity	Notes
Monday	2:30-4:00 pm	2:30-4:00 pm	Dryland?
Tuesday	2:30-4:00 pm	2:30-4:00 pm	Dryland?
Wednesday	2:30-4:00 pm	2:30-4:00 pm	Dryland?
Thursday	2:30-4:00 pm	2:30-4:00 pm	Dryland?
Friday	2:30-4:00 pm	2:30-4:00 pm	Dryland?
Saturday	NO PRACTICE	NO PRACTICE	
Sunday	NO PRACTICE	NO PRACTICE	



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Dryland Workouts

Core, leg, and arm strengthening exercises benefit all athletes. Athletes are expected wear proper clothing and ALWAYS wear tennis shoes during the dryland training. If an athlete continuously forgets proper clothing (3 or more times), it will result in one missed practice. Additional strength training may be done during the season.

Equipment Needs

- **Practice suits:** 1-2 practice
- **Team suits:** These are required for competition but need to be purchased by the parent. Team captains select the suit style and will make it available for purchase. We ask that team suits be worn at meets only, not to practices.
- **Swim Caps:** Swimmers will need to purchase a cap with the team for competition.
- **Team Warm-ups:** These are provided for meets.
- **Goggles:** At least one pair of goggles with a pair of back-up straps.
- **Water Bottle:** This is required at all practices. The pool is warm, and dehydration can become a problem.
- **Personal items:** Towels, shampoo, conditioner, etc.
- **Pool equipment:** Paddles, pull buoy, fins, snorkel.
- **Dryland clothes:** School appropriate dry land training clothes and tennis shoes.
- **Bag:** Something to transport equipment to and from the pool.
- **Divers:** Chamois.

Meets

To participate in a meet, athletes must be at practice the day before the meet. (Invites are exceptions and will be coach's discretion). Athletes must be in school to participate in a meet or practice.

Prior to each meet, the team meets in a designated area. These team meetings are **MANDATORY!** Once the meet has begun, all athletes are expected to stay on deck, either preparing for their event or cheering on their teammates. **Please refrain from using cell phones during meets.**

Opportunity will be given to each swimmer to swim at all the meets designed for varsity/junior varsity participation. We cannot guarantee equal participation for all the swimmers at the varsity and junior varsity levels. At the end of the season, the most competitive lineups will be used for the end of season dual meet, JV Sections, and Varsity Sections. The best relays will be put together based on time. No time trials or other outside times will be used, only high school season times.

When traveling as a team you **MUST** conduct yourself in a dignified manner. Your actions are a reflection on the school, your family, and the coaches.



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Meet Attire

During meets, it is required to wear school colors as a team uniform and swimsuits approved by athletic staff. The clothing you wear on deck is considered part of the uniform and athletes should adhere to uniform policy. Exceptions to the policy includes towels and high-tech performance swimsuits. Any questions about team attire should be directed to the coaching staff. When attending away meets, all athletes are required to dress business casual. Jeans, leggings, and t-shirts are not acceptable.

Home Meets

All team members will help set-up and take down all equipment after each home meet.

Away Meets

The team will always leave from Plymouth Middle School for away meets. Athletes and coaches will always travel as a team to and from meets, unless the athlete has a signed note from a parent/guardian saying she is driving home with him/her. The parent/guardian — not siblings or friends — should check with the coach prior to leaving the pool.

Academics

School should be your priority. Academic success is expected of all athletes. Please talk to your coaches if you are overwhelmed in school. Try to be early to your classes. If a swimmer must miss Saturday practice due to serving detention at Saturday school, it will result in an unexcused absence.

Social Media

Social networking has become an important part of a student's social life. Unfortunately, schools are having issues with kids using social media (Instagram, TikTok, Facebook, text messaging, Twitter, etc.) and consider what is embarrassing or inappropriate behavior or simple teenage antics. Examples include pictures of kids drinking and/or smoking and comments on their page that are vulgar and inappropriate. This could be a violation under [Bylaw 206, Good Standing: General Eligibility Requirements](#). This also is considered as "evidence" to the negative behavior of Armstrong students.

Injuries

Injured athletes are expected to be at practice with the team. If an athlete is injured or ill, it is the coaches' decision whether the athlete will compete that week. More than two days of injury or illness will require a doctor's note.

Under [the Minnesota State High School League rules \(Bylaw 107\)](#), if an athlete is seen or treated by a physician for an injury or serious illness, they must bring written note from the doctor before she can return to practice or compete in a meet. This is for athlete's protection as well as to keep everyone informed as to the athlete's readiness. Notes can be faxed to Matt Stoneberg, our athletic trainer, at 764-504-8768.



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Tapering

The end of season consists of a tapering period where the duration and intensity of workouts slowly tapers off. For most athletes, this results in a surge of energy for end of season championship meets and often results in fast swims and personal best performances. It is a very fun time of the season, as the athletes have more time and energy.

Addressing Concerns

There will be times where there are concerns that need to be addressed. This is the protocol for addressing any concerns.

1. Player and Coach

It is an important life skill for an athlete to advocate for self. The first step is to approach the coach and discuss any concerns openly.

2. Player, Coach and Parent/Guardian

If you feel that the concern was not addressed, please schedule a meeting with the coach, player, and parent/guardian. This will be scheduled but will not take place immediately following a meet.

3. Player, Coach, Parent/Guardian, and Athletic Director

If you still feel the concern was still not addressed, please schedule a meeting with the athletic director, parent/guardian, coach, and player.

2021 Varsity Letter Policy

The lettering policy for the Armstrong Swimming & Diving is at the coaches' discretion and based upon meeting the below criteria. Coaches will take into the consideration the following:

1. The athlete must not miss more than 3 practices (the only exceptions are school events). She must also have had 100% attendance at meets during the season.
2. The athlete meets one of the following criteria:
 - The swimmer achieves any of the qualifying time standards.
 - A diver must complete an 11-dive list and compete at the section meet OR get 140 points in two dual meets.
 - The athlete has 4 years of participation on the team.

Factors such as behavior and sportsmanship throughout the season will also play as factors into lettering decisions. Even if an athlete has met all the above criteria, or if the athlete is close to meeting all the criteria, the coaches will make the final decisions regarding letter winners.

Note: If the athlete had any violations of the Minnesota State High School League rules regarding chemical or drug use, or inappropriate conduct in the school or community during the season, she will be penalized and will not letter. **NO EXCEPTIONS.**



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Varsity Times

Swimmers

Event	Time
200 Free	2:09.99
200 IM	2:29.50
50 Free	26.99
100 Fly	1:08.99
100 Free	59.50
500 Free	5:55.00
100 Back	1:07.99
100 Breast	1:18.50

Divers

6 dive score	2 meets of 140
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