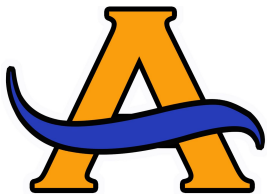


AHS Girls Swim & Dive Team

Welcome!
Pre-Season Information Meeting
2022-2023



Booster Club and Volunteering

The Booster Club:

- Is run by parents like you!
- Supports the coaches and athletes with
 - Resources
 - Volunteers
 - Fun activities

Please get involved with the Booster Club by signing up at:

ahsswimdive.com

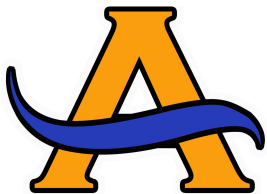


How the Booster Club Contributes

Financial contributions pay for two coaches and purchases needed equipment. In addition, the Booster Club...

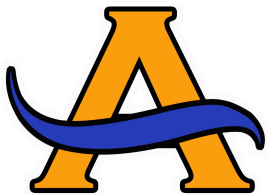
- Runs Home Meets (*need 26 volunteers per meet!*)
- Hosts Team Feeds (*~100 athletes*)
- Hosts Team Banquet (*parents and athletes*)
- Designs Locker Tags
- Takes pictures
- Plans State Meet
- Hosts Breakfast Feeds
- Coordinates Team Bonding Activities
- Runs Concessions at Large Meets
- Coordinates Fundraisers
- Communicates to team and parents
- Manages Website
- Orders Gear
- Manages records
- Creates End of Season Slideshow
- Sells Advertising
- Coordinates State Banners
- Coordinates Senior Events
- Manages Float for Homecoming

Booster fee does not currently cover all expense needs



Booster Board Members

- President - Jill Bowman
- Incoming President - Mark Bosley
- Outgoing President - Cindy Louder
- Communications - Ashley Weldon
- Registration - Christine O'Connell
- Treasurer - Mary Holmes
- Dive Rep – George Dyer
- JV Team Coordinator - Cindy Tucker
- Member at Large - Lisa Johnston



AHS Girls Swim & Dive Chairs

- **A - League:** Melony Prince
- **Breakfast Feeds:** Dori Yaworski
- **Concessions** (Invite, Relays and A League only): ***Open***
- **Felt Pennants:** Jodi Tilbury
- **Fundraising:** ***Open***
- **Locker Tags:** Kate Bangs
- **Photography & Video:** Lisa Johnston
- **Senior Events:** Lisa Johnston & Cindy Louder
- **Senior Recognition @ Mullen Meet:** ***Open***
- **Socials:** Holly Gray
- **State Meet:** Dori Yaworski
- **Team Feeds:** ***Open***
- **Team Gear:** Christy Stickley
- **Team Banquet:** Crystal Cartwright & Heather Schafer
- **Tech Team:** Shannon Wehr
- **Timers:** Holly Gray



3 Easy Ways to Participate!

1. Buy Spirit Gear



2. 25 families
participate for
3 months = \$455.00



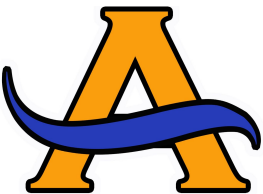
3. Dine outs

Chipotle
Yogurt Land
Chick-fil-A

OR...

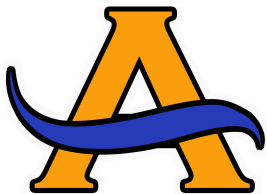


@Arapahoe-SwimandDiveBooster



Volunteer Opportunities: Chair an Event!

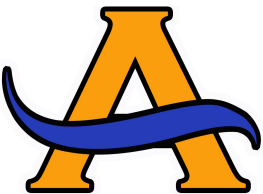
- Team Feeds
- Concessions for big meets
- Fundraising Dine Outs
- Senior Night vs. Mullen (So/Jr Parent!)



How can I volunteer?

- Sign up - by event through Swimtopia
- Contact chairs directly (names on Website)
- Select areas of interest on registration form

Everything is accessed via our website and the swim portal Swimtopia.



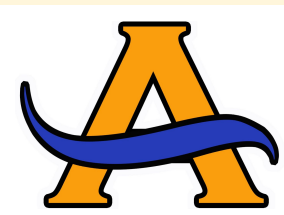
Parent-Athlete Handbook

Season & Team Expectations and Guidelines

<https://ahsswimdive.swimtopia.com> →

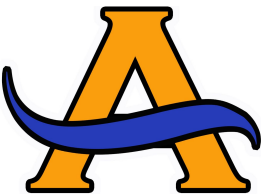
Parents/Athletes/Alumni →

Parent/Athlete Handbook



Swim & Dive Team Registration

How to register for Swim/Dive Team



AHS Swim & Dive Registration

Two Separate Registrations/Steps

2022-2023 REGISTRATION IS NOW OPEN!!!

The athletic registration for all Arapahoe sports is now open. Just a friendly reminder to make sure you have a valid sports physical to upload to the registration. You may use your doctor's physical form, or, please download the Arapahoe form found on the Athletic Homepage under the [FORMS](#) tab.

PLEASE NOTE: starting the 2022-2023 school year, the student ID# is now required on all athletic registrations. This number is specific to each student and is six digits long. It is the number assigned by Littleton Public Schools when the child is enrolled as a student in LPS.

Thank you for your patience while the necessary adjustments were made to the registration. Good luck to all of our Warriors on their upcoming seasons.

"Go Warriors!"

"Why is my registration and uploaded physical still showing as pending?"

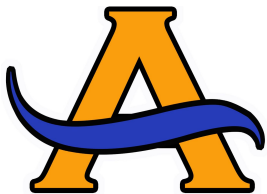
All changes made to accounts (registrations completed and physicals uploaded) must all be personally reviewed by the staff in the Athletic Office prior to clearance. For this reason it is imperative that all requirements are completed no later than 2 school days prior to the first day of practice/tryouts. Your patience is appreciated

Click the icon below to register for Arapahoe High School Athletics

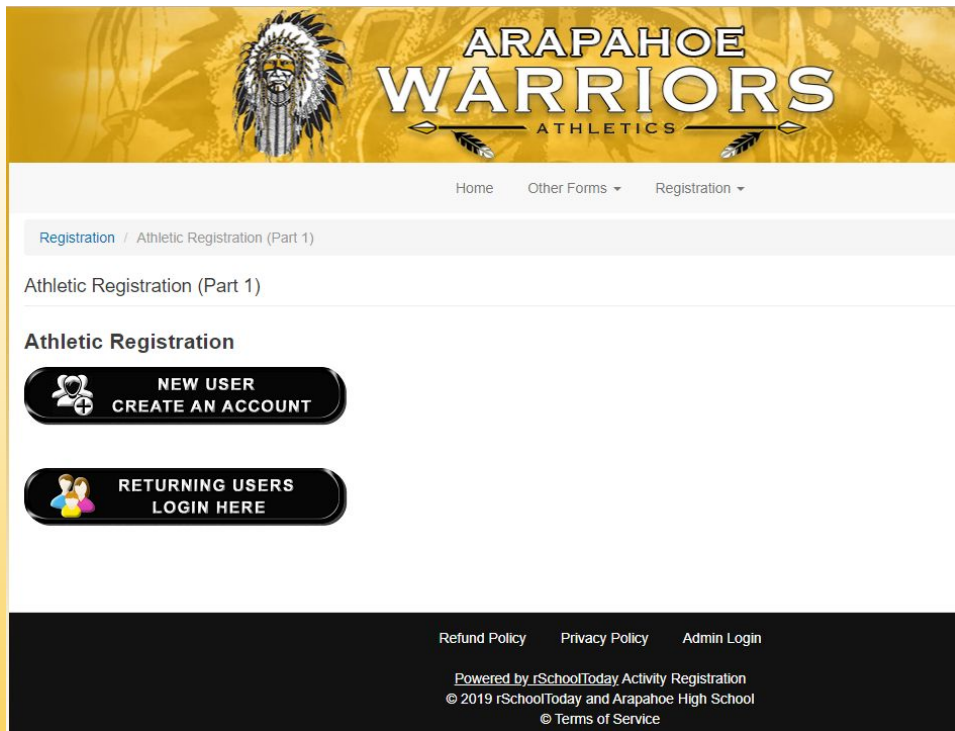


1. Arapahoe Athletic Registration
(ahswarriors.org)
2. Booster Club Registration
(ahsswimdive.swimtopia.com)

Optional Gear



Step 1. AHS Athletic Registration

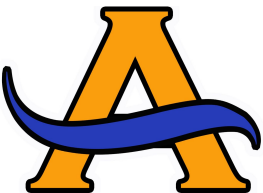


[Registration Information Link](#)

You need to have a current physical on file to participate.

This is the **\$135.00 athletic fee** paid to AHS-billed through Infinite Campus

ahswarriors.org



Step 2: Booster Club Registration



HOME OF THE ARAPAHOE WARRIORS SWIM & DIVE TEAM

Home Calendar **Girls Team** Boys Team Coaches Corner Parents/Athletes/Alumni

[News & Announcements](#)

[Registration](#)

Important Dates for the Upcoming Seasons

Warrior Aquatics Fall Season

Monday-Thursday

Black Group (JV Girls)

Wed. August 17 - Thurs. October 20
5:25-6:55 PM

Gold Group (Varsity Boys and Girls)

Tues. Sept. 6 - Thurs. October 20
3:50-5:15 PM

For more information and to register - [click here](#)

Upcoming Events

[View all](#)

Parent Kick Off Meeting for Girls Swim & Dive
October 26th

Girls Swim & Dive First Practice
November 14th

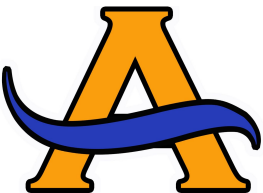
Girls Meet vs. Cherry Creek at AHS
December 1st

Girls Meet @ Grandview
December 8th

Girls Meet vs. Smoky Hill at AHS
December 15th

Booster Registration
Will be via
Swimtopia

ahsswimdive.swimtopia.com



Booster Club Registration (cont...)



HOME OF THE ARAPAHOE WARRIORS SWIM & DIVE TEAM

Home Calendar Girls Team ▾ Boys Team ▾ Coaches Corner ▾ Parents/Athletes/Alumni ▾

News & Announcements

Registration

Personal Information

Volunteer

Merchandise

Payment

Welcome back! Based on your login we've pre-loaded information from your previous registration.

2022/23 AHS Girls Swim & Dive Registration

* Indicates a required field

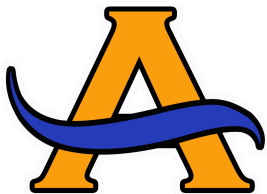
Welcome to the 2022/2023 **Swim and Dive Team Booster registration**. Please complete this registration as soon as possible, so your Swim Head Coach, Mike Richmond, (Dive Head Coach,) is best able to communicate with you, and provide team updates and timely planning for the season. The first mandatory practice will be Monday, November 14. Final practice and meet schedules will be posted shortly. Be sure to bookmark the website for the most up to date information. [AHSSwimDive.com](https://www.ahsswimdive.com)

Included with your Booster Registration:

- One Swimsuit - (thick or thin strapped, you will select your size later in your registration)
- One Team T-Shirt
- One Silicone Cap with Team Logo - SWIM

ahsswimdive.swimtopia.com

- Returning families, information will populate - confirm all is still correct.
- Update Locker Number / Graduation Year
- New Families, you will have to enter it all - but just this year!
- Suit, T-Shirt, Cap, Sammies included in purchase
- Check out is one time and includes the Girls Booster Fee (\$220).

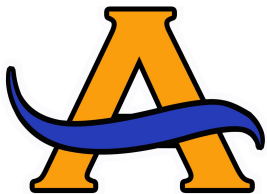


Booster Club Registration (cont...)

ADDITIONAL ITEMS:

There will be a link to an online store to purchase optional items

- Personalized caps
- Hoodies
- Parent shirts



Thank You!

We are looking forward to a great
season!

Please find us if you have questions.

ARAPAHOE SWIM & DIVE

COACH PRESENTATION

Swimming & Diving

Pre-season Meeting / Registration

What's it all about?

Answer - the student-athlete
& Team

ARAPAHOE HIGH SCHOOL ORGANIZATIONAL HIERARCHY / CHAIN of COMMAND

Concerns, Problems, Issues, Questions...?

Arapahoe Organizational Team “Hierarchy” (Chain of Command)

Seniors normally possess three years of experiences, knowledge, and understanding - “how the team functions”. Get to know our team captains and seniors. For advice and guidance - ask: 1. teammates, 2. upperclassman, 3. coaching staff

For written guidance, the Arapahoe Swim-Dive informational “Guidebook” is posted on the team website.

Meet Expectations

Arapahoe Swimming and Diving

Variable meet schedule. Three main sub groups:

Diving, JV swim and Varsity, classified on the meet schedule as:
V=Var, D=Diving, JV=JV Swim, SO=Swimming “Only” meets.

Meets requiring qualifying times: High School Invite, “B” League, Centennial “A” League Championship Meet , State Championship Meet.

Coaches

Head Coach Mike Richmond

(27 years coaching Varsity Swimming-Diving at Arapahoe/36 total years /72H.S. teams)

Varsity Assistant Swimming Coaches

Barbie Barker, Jackie Davidson, Greg Dontchos

JV Swimming Coaches - JV Coaches

Christine Maybee, Jerry Kendell, Randy Hyre

Diving Coach Mary Wilson

ARAPAHOE Swimming & Diving

Participation:

...develops skills, character, and humility, knowledge, community, self-discipline and healthier lifestyle.

AHS Athletics Registration Information

REGISTER ONLINE - Log on to www.ahswarriors.org

Suggestion - four days prior to the first mandatory day as processing is not immediate

AHS Athletic physical forms complete at least two days prior to Monday, November 14th (first mandatory practice).

Please complete, upload, and confirm your physical forms

Athlete Physical & Registration

Athletic/medical physical must be current (within 365 days) to obtain athletic clearance. Please note - athletic physicals do elapse during the season

Student-athletes must be registered and cleared to participate once mandatory practices begin.

Arapahoe Swimming-Diving

What's it all about - Perseverance, Positive Attitude and Commitment - demonstrated by attending practices.

Also, goal setting, self-advocacy, communication, responsibility, relationships, self-efficacy

SELF EFFICACY Development

Obstacles - How well one deals with life's roadblocks and breakdowns we encounter every day (no matter how small).

Coping skills - behaviors and attributes developed/demonstrated via living and learning.

Goal - Successful outcomes via perseverance (grit) and determination

Practice Schedules

Arapahoe Swim Dive

2022-2023 TO BE ANNOUNCED - General Practice Schedule (subject to change)

Practice schedules will be clarified and posted on the team website soon. www.ahsswimdive.com

Varsity I Swim: Mon-Fri. 3:40-5:50pm, Mon. 6:40 - 7:40 am, Wed. 7:30-8:40 am, Sat 8-10:30am

Varsity II Swim: Mon-Fri. 3:40-5:30 pm, Sat 8-10:30am - No M/W mornings unless requested or interested. Individual Varsity II swimmers will be invited to morning practices, (one or two mornings weekly based on demonstrated commitment and merit. Please note: ***Varsity I and II Saturday morning practices will occur on non-meet days.

JV Swim: Mon-Thurs. 5:20 - 7:00 pm, Friday 6:30-7:40 am, Sat. 10:30am-12:30pm.

Diving: 5:10-6:55 pm Dive Coach Mary Wilson will clarify the final diving schedule.

Attendance Policies

- If an athlete expects to miss practice, a written note delivered in advance is required.
- If an athlete misses a practice unexpectedly, bring a written excuse to the following practice.
- If the athlete arrives late to practice or leaves early, a note is required. Even if you are meeting with a teacher or counselor.
- Do not rely on a teammate to verbally tell coach
- **Do not send an email**

JV or Varsity?

Training Groups

Preseason & In Season

JV & Varsity Teams - Determined via endurance and speed capability.

- I. TIME TRIALS (T.T) Beginning on Saturday, November 12th. Followed by Monday - Thursday TT's
- II. Time Trials will enable the coaches to evaluate factors that will enable the coaches to make team decisions. Decisions are not final. Swimmers can be moved up or down from JV to Varsity and from Varsity to JV.

Arapahoe Swim Dive

Guidelines & Expectations

Information

Posted on the team website. www.ahsswimdive.com

Questions and answers can be found in the

“Guidelines and Expectations”

AHS Swimming

Clinic Dates - Options

2022 fall Arapahoe Swimming Clinic: (Mon-Thurs.) Four days per week beginning October 24 - November 10th

Not Mandatory yet recommended!

Registration form and clinic waiver are on the team website & on the pool office counter by the office window. Give registrations to Coach Richmond.

AHS Preseason Swimming Clinic Information can be located on the www.ahsswimdive.com site

Practice Expectations

Arapahoe Swimming & Diving

Commit to the team's purpose.

- Attend Practice - This includes morning practices (Varsity only) & Saturday's - when scheduled.
- 90% Attendance Requirement
- Attending practices consistently will be stressed if one is to remain a part of the program.
- Practice is rarely canceled. Cancellation and changes will be shared on our website. www.ahsswimdive.com and/or announced via captains messaging, text and email
- Winter Break - TBA. CHSAA does not allow HS practices during a five day window just prior to the Christmas Holiday as well as on January 1st each year

Arapahoe

Swimming - Diving

Team Cuts...?

Swimming and Diving Cuts is a possibility if...?

Cuts: We do not enter a season planning to make cuts. However, we do have a pool space problem that creates problems for effective practices. Joining the Arapahoe High School team is a commitment that should be a priority for all of our swimmers. Unfortunately, we have experienced attendance issues with a relatively small percentage of JV swimmers in the past. We have tried to accommodate JV swimmers. However, we have come to the conclusion that the work accommodations and certain behaviors are detrimental to the team and to those committed. If you have a job, other activities, that may interfere with practice attendance, we would like the swimmers to be sure they are ready to make a full commitment to the team. We will also be monitoring practice attendance during the season much closer this year and expect the swimmers to maintain a practice attendance of 90% or above.

Meet Participation & Responsibility

Please - No surprises! Do not wait to the last minute if you are unable to attend a meet.

Note: Coaches begin meet entry preparation days sometimes weeks before the meet.

Meet Preparation: Parents - All swimmers and divers are expected to contribute to the meet effort (set-up and take down of equipment)