

ARAPAHOE

SWIM & DIVE TEAM



News - Week of January 18, 2021

Go Warriors!

Welcome to the 2021 AHS Girls Swim and Dive season. Please be sure to check the [website](#) regularly for calendar updates regarding practice schedules, meet schedules and social events and fundraisers. Additionally, we will send these weekly newsletter updates to share information for the week.

Please direct all questions about the season events to Arapahoeswimdive1@gmail.com. Please direct any questions about swimming or diving directly to your coaches.

Varsity Swim, Coach Mike Richmond: mrichmond@lps.k12.co.us

Dive, Coach Jeff Smith: jjsmithhg@gmail.com

Junior Varsity Swim, Coach Anastasia Koerner: annastasiakoerner@gmail.com

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Practice Schedule Updates

Hello Athletes and Families - please see the practice update below from Coach Richmond. The booster will have updates posted to the website shortly. Thank you.

The most recent practice schedule updates starting Tuesday, January 19, 2021.

We appreciate your patience.

Note: There may be additional future adjustments made to the schedule.

Monday - Friday

Varsity I Swimming 3:45-5:50 pm.

Varsity II Swimming 3:45-5:30 pm.

Varsity Swim Morning Practices - for Non-School days: 6:30-8:00 a.m. (ie: if you have school on Monday & Thursday - you swim Tuesday and Friday mornings).

Due to varsity student-athletes leaving home and traveling to Arapahoe on non-in-school days, adjustments to your actual starting time will vary depending on your school schedule. For instance, if you are in school on Mon & Thurs., we expect you in the pool area no later than 3:38 pm.

FAQ - Am I Varsity I or Varsity II? We still don't know who can train longer because it is so early. Typically, the middle distance 200 to 500 yard swimmers stay longer (Varsity I) and the inexperienced sprinters and short distance stroke specialty swimmers will be done at 5:30 pm (Varsity II).

Note: We realize there will be varsity team members at home (as far away as Denver) and in-class till 3:31 pm on certain days of the week. However, we need to get started as soon as possible due to limited time and large numbers of participants.

Please be assured, we will accommodate and allow swimmers to show up slightly late on certain non-in-school days. As always, our main concern is for the safety of the individuals on our team.

***No matter who you are and where you live, please be safe and take your time traveling from home to practices.

Diving M-F 5:55 - 7:05 pm

Divers may enter the foyer and our main locker room hallway prior to practice starting times. However, divers may not enter the pool area until all Varsity II has left the pool area. Temperature checks and admittance will be coordinated by AHS diving coach Jeff Smith.

**It will be very important that all groups/sub-teams are completed and out of the building at the prescribed time. For example, diving should be done and out the west exit

emergency pool door no later than 7:05 pm as our JV swimmers will be lined up and entering at 7 pm.

JV Swimming M-F 7:15 - 8:45 pm (All JV together)

JV swimmers may enter the foyer prior to practice starting times. However, JV swimmers may not enter the pool area until JV Coaches Anna Koerner and Chris Maybee perform temperature checks and admit you to the west bleachers.

All divers will be expected to leave the pool by 7:05 pm via the west side of the AHS pool.

A few deserving and endurance capable JV swimmers may be invited to attend one to possibly two-morning varsity practices per week.

- Why? - the size of the varsity team is smaller than normal due to the Colorado Department of Health/CHSAA guidelines. Only 50 swimmers and coaches are allowed in the pool area at one time. Varsity *does have room* at the Monday, Tuesday, Thursday, and Friday morning practices for invited endurance-capable JV team members. However, if you are one of the invited JV swimmers, you will need to make the commitment to attend the evening JV practice as well. For example, attending a morning practice does not mean you do not have to attend the regularly scheduled evening JV practice.

If you are a JV swimmer invited to morning practices, your practice is from 6:30 am - 7:30 am (not 6:30 - 8 am) on a non-in-school day. Head coach Mike Richmond will invite you and clarify the process.

Saturdays:

Varsity Swimming 8 am - 10:45 am

JV Swimming 11 am - 1pm

Please direct any questions about swimming or diving directly to your coaches:

Varsity Swim, Coach Mike Richmond: mrichmond@lps.k12.co.us

Dive, Coach Jeff Smith: jjssmithhg@gmail.com

Junior Varsity Swim, Coach Annastasia Koerner: annastasiakoerner@gmail.com

No Cook Nights - Save the Dates - Support AHS Swim & Dive

- **On Friday, January 29th Modern Market Eatery**, 6955 S. York St. #423, will donate 30% of Takeout orders to AHS Boys and Girls Swim & Dive Team. Please help us by RSVPing to save the date and inviting a friend (or 2) to eat with you! RSVP & details here: www.groupraise.com/events/175378

[AHS Boys and Girls Swim & Dive Team Flyer](#)

- **February 24, 2021 from 4-8 pm - Noodles & Company** - In addition to in-restaurant sales, we are now opening up our fundraisers to online sales as well. For online and Noodles Rewards app orders, guests can apply the coupon code, "GIVING25" in the Coupon Code line at checkout.
 - Location: 2370 E Arapahoe Rd Ste 926, Centennial, CO80122

Upcoming Meets & Events

[Please check the online calendar for the most up to date practice and meet schedules](#) - the meet schedule & practice schedules will be added and updated as dates are confirmed and/or changed.

The season meet schedule will be posted shortly. The variance allowing 50 athletes in the pool are from 25 has resulted in some necessary modifications. Once we have those from the coaches, we will update the schedule under the [CALENDAR](#) section of the site. Thank you for your patience.

Last Day to Place Optional Gear Orders

The Optional Gear Store will close TODAY (Monday, January 18) at midnight. Link to the store: Link to store: https://www.imsapparel.com/ahs_girls_swim/shop/hom...

20% discount at Out of Breath Sports

All athletes on the AHS Swim & Dive team are afforded a 20% discount on all items from Out of Breath Sports throughout the season. So if you find you need a new practice suit or

goggles, stop by OOB and let them know you're a member of the AHS team at check-out to receive your discount.

YouTube live stream - message from Pat McCabe, AHS Athletic Director

As many of you probably know the Colorado High School Activities Association has secured variances from the Colorado Department of Public Health and Environment so that our traditional winter sports can compete in abbreviated seasons starting next Monday, January 18. Those variances do not include much opportunity for spectators at any of our events. In an attempt to live-stream as many games, matches, and meets as possible we are trying to utilize a YouTube channel. However, in order to access YouTube's live-streaming services we have to have a minimum of 1000 subscribers. At the time this email was written we had 6. Please take a few seconds and click on this [link](#), which will take you to the YouTube page. Then, please click on the red **SUBSCRIBE** button found on the right side of the page. Please consider forwarding to anybody else that might help out.

Arapahoe Athletics YouTube channel:

https://www.youtube.com/channel/UCQFK_fakGlgAnBFc4Gb2F5g

Follow us on Instagram

