



## **Northville Women's Swimming and Diving 2019**



### **Introductions**

Welcome to the 2019 season of Women's Swimming and Diving. I am very excited about the upcoming season. Hopefully it will be filled with a lot of hard work, dedication, ups, downs, wins, and most importantly FUN!! Good luck throughout the season and if you work hard you will achieve everything you set forth to.

### **Schedule**

The first official practice will begin on August 14, 2019 for a whole team meeting. Due to the increasing amount of swimmers on the team, we will be split up into two teams. These teams will be determined at a later date. The schedule for these teams will be as follows:

#### **Aug 15th – Aug 30th**

A team

Mon-Thurs- 8-10 Swimming, 10-10:45 dryland

Fri- Sat- 8-10 Swimming

B team

Mon-Thurs- 9:15-10 dryland, 10-11:30 swimming

Fri-Sat- 10-11:30 Swimming

#### **Sep 3rd- end of season**

**A Team**

Mon-Thurs- Swimming 2:30-4:30, Dryland 4:30-5:15, Fri- Swimming 2:30-4:30

Morning practice- Mon, Wed, Fri 5:30-6:30

**B Team**

Mon-Thurs- 3:45-4:30 Dryland, 4:30-6 Swimming, Fri- Swimming 4:30-6

Morning practice- Tues, Thurs 5:30-6:30

#### **All Saturdays A Team 8-10 B Team 10-11:30**

I will provide a schedule of all the meets and where they will be held. All meets and practices are subject to change in case of emergencies.

### **Practices**

Practices are the key to becoming a successful swimmer. It is here where you can fine tune your stroke, increase your speed and endurance, and try new techniques that may work best for you. I take practices very seriously and expect you to do the same.

### **Varsity Letter**

The biggest reward a swimmer can receive at the end of the season is their varsity letter. Swimmers will earn their letter by achieving a certain number of points based on attendance, points in a meet, improvement, and whatever else the coach feels like giving them out for or taking them away. The point system works as follows:

- Attendance- If the swimmer is at every practice, meet, or function, they will receive 50 points. If they have any excused absences they will only get 47 points. For each unexcused absence the swimmer will lose 5 points (and you can go in the negatives!) Attendance points carry on from year to year.
- Points earned in a meet- however many points that swimmer earns for us in a meet goes towards their varsity letter.
- Improvement- Every time a swimmer swims a P.R. (Personal Record) they will receive an additional 2 points.

A swimmer **MUST** receive 150 points in order to receive their letter.

An excused absence is any time the swimmer has talked to the coach about being absent **PRIOR** to the event, practice, function, and the coach approves the absence. Once you reach three excused absences, that counts as one unexcused and you will be held out of the next meet. An unexcused absence is when the coach knows nothing about the absence, or the coach does not feel that it should be excused. Each unexcused absence results in a suspension of the following meet!!! Athletes can be removed from the team if this becomes a problem. You are also required to be at practice (excused or unexcused) the day before a meet or else you will not be competing at that meet.

Examples of unexcused absences- Work, homework, sick without a doctor's note, trips with friends, group projects. This list is not final and can change to include more reasons. Examples of excused absences- family vacations made prior to season, sick with a doctors note, school function that is required, funerals, etc. The best way to know if your absence will be excused or not is to ask me and I will tell you.

I also expect everyone to be on time and prepared when practice starts. If you are tardy three times then that will count as an unexcused or excused absence depending on why you were tardy. Being prepared means dressed and ready to practice, mentally and physically.

### **Parents**

Parent support is a big part of a winning swim program. I encourage all parents to take a part in their child's sport. There are many things that need to be done, such as preparing food after meets, organizing pasta parties before meets, helping to run the meet, and much, much more. I hope to be in contact frequently with parents.

### **Questions or Concerns**

If any parent or swimmer has any questions or a concern regarding what has been outlined in this packet, or about anything else, feel free to email me at [mcneff00@yahoo.com](mailto:mcneff00@yahoo.com).

Thank you,  
Brian McNeff