

**Introduction**

Swim and Dive is a **VARSITY** sport at Langley High School. Due to time and facilities constraints, we are unable to have JV or Freshman teams. As practice space and time is limited, team membership will be limited as well. Cut times have been established for the 2008-2009 season (see below), and team membership will be limited to 40 total boys and 40 total girls, including swimmers **and** divers. As only four divers maximum (per gender) may compete in any given meet, the Dive Team membership will be limited to 6 members of each gender.

**Cut Times for 2008-2009 Season**

Cut times for this season are established based on performances from the previous season's top 15 lists for each event (with non-returning swimmer's times removed). Time Trials will be conducted during the first week of practice (Monday, November 10 - Thursday, November 13, 2008). Achievement of at least one cut time will guarantee a spot on the team. If the full roster of 40 girls and 40 boys is not filled by swimmers making a cut time, additional individuals will be selected as members of the team by the coaching staff based on proximity of trials times to established cut times. **ALL** swimmers are required to participate in time trials to earn a spot on the team.

Following the completion of Time Trials Thursday, November 13, a team roster will be compiled and posted - along with Trials Results times - outside my classroom (206). A roster of team members will also be emailed out to all individuals on the email list (see below – Communication).

<b>Event</b>	<b>Girls Cut Time</b>	<b>Boys Cut Time</b>
50 free	30.30	26.99
100 free	1:08.99	59.99
200 free	2:25.99	2:05.99
500 free	6:49.99	5:59.99
100 fly	1:24.50	1:15.50
100 back	1:24.50	1:15.50
100 breast	1:36.99	1:30.99
200 IM	2:47.00	2:30.00
Diving	ability to complete one dive from each required category / coaches discretion	ability to complete one dive from each required category / coaches discretion

**Practices**

Practice for swimming and diving will be held Monday through Thursday throughout the regular competition season from Monday, November 10, 2008 through Thursday, February 5, 2009, except on school holidays. Following District Championships on Friday and Saturday, February 6 & 7, 2009, only those swimmers and divers who have qualified for Regionals and/or States will continue practicing. All practices will be held at Spring Hill Rec Center.

Swim Practice: Monday, Tuesday, Thursday 3:15-4:15  
Wednesday 3-4

Dive Practice: Monday, Tuesday, Thursday 4:15-5:30  
Wednesday **NO PRACTICE**

Swimmers and divers that participate in winter swimming/diving programs or are members of other winter sports teams are required (by VHSL) to participate in **at least one** training practice per week to remain eligible for competition. The chart below clearly defines the required number of high school practices one **must** attend in relation to the number of club practices. Note that swimmers and divers who do not participate in club swimming/diving during the high school season are required to attend **all** regularly scheduled high school practices.

<b>Club practices per week</b>	4 or more	3	2	1 or 0
<b>Required Langley practices</b>	1	2	3	<b>ALL</b> Langley practices

Failure to meet attendance requirements for each week can result in forfeiture of participation in the meet that week. Excessive absences without a valid reason may result in dismissal from the team.

### Meets

Swimmers will be entered in each meet in events chosen by the coaching staff. Swimmers are free to discuss meet entries with the coaches, but should accept that the final decision rests with the coaches. **All swimmers and divers are required to ride the team bus to and from all meets and should be at school fifteen minutes prior to the stated bus departure time for each meet.** If alternate transportation needs arise, you must notify Coach Jackson prior to the day of the meet and receive specific permission to either arrive at the meet, or depart the meet by some means other than the team bus. The updated meet schedule, including bus departure times, will be available on the team website [www.langleyswim.com](http://www.langleyswim.com).

Meets for this season will be held on the following Friday nights: 12/5, 12/12, 12/19, 1/9, 1/16, 1/23, 1/30. District Championships are Friday & Saturday 2/6-7/09; Regionals 2/10-14/09; States 2/20-21/09

All team members should bring all necessary "equipment" should they be called upon to swim or dive. Like other varsity sports at Langley, we practice, travel, and compete as a team because we are a team. Even if the meet is at Spring Hill, you need to ride the bus to and from the meet. This meet attendance rule applies to all regular season dual meets. Team members qualifying for District, Regional, and/or State Championship meets are required to travel to and from the meets as a team, with logistical details and modifications to the rule provided as needed to those individuals.

### Communication

All swimmers and divers are required to communicate all absences and conflicts with practices and meets in a timely manner to the coaching staff. Communication via e-mail is not only available, but is encouraged. All contact information for the coaching staff is available on the team website. E-mails will be sent out regularly updating athletes and parents of pertinent information, so please allow Swim & Dive-related emails (and related attachments) from the coaching staff past your firewalls/spam-blockers.

I need all interested swimmers and divers to send me an e-mail ([ryan.jackson@fcps.edu](mailto:ryan.jackson@fcps.edu)) informing me of their intent to join the Swim and Dive team so that I may compile an e-mail list for communication purposes. I need the following information to be included in the e-mail:

- Your full name
- Your grade (9<sup>th</sup>, 10<sup>th</sup>, etc)
- Whether you are a swimmer or a diver
- Your e-mail address (if same as sending address, please indicate so)

### Forms

The two most important forms required for any participation in any athletic activity are the Physical Form and the Emergency Care form (see below). While there are additional forms that will need to be completed (they will be made available to those **seriously** interested in participating in Swim and Dive for the 2008-2009 season, the two listed below **MUST** be completed and submitted by **Wednesday, November 5**. Please use the URLs below to download the Emergency Care and VHSL Physical forms

The following forms are required for participation in Swim and Dive:

- **Physical Form** – if you participated in a fall sport and/or a complete physical (for this school year) is on file in the Activities Office, please let me know that. If you did not participate in a fall sport, you **must** get a physical to participate. As physicals take time to schedule, CALL NOW. Make sure the form is completed and signed by YOU, your PHYSICIAN, and a PARENT. This is the only physical form that will be accepted – DO NOT use any other physical form. <http://www.fcps.edu/supt/activities/physical.pdf>
- **Emergency Care Form** – although you filled out this form at the start of the year for the office, you must fill out an additional copy that coaches must carry with them at all times. <http://www.fcps.edu/DIT/forms/se3.pdf>

**Failure to complete and submit both of the above mentioned forms will prohibit one from participating in Time Trials and thus eliminate the possibility of membership on the Swim and Dive Team for the 2008-2009 season.**

### Additional Information

An additional pre-season meeting will be held on Monday, October 20, at 2:20 in room 206 for those genuinely interested in becoming a member of the Swim and Dive team. Additional information will be made available at that time and all additional questions will be answered.

If you have any questions in the interim, please email me at [ryan.jackson@fcps.edu](mailto:ryan.jackson@fcps.edu) and/or stop by my classroom (206).