



Horizon High School Boys Swim and Dive 2024



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Welcome to Horizon High School Boys Swim and Dive and Team! The coaching staff is excited to be here and coach this season. We will work hard to help you strive to achieve your goals individually and as a competitive athlete.

Coaches' Philosophy: Becoming part of the boys' swim and dive team is an excellent way to learn about many things. It is not just a competition to "beat the other team," but it is a lesson on improving yourself, learning about life, learning how to get along with your peers, and leaving here a better person. We encourage our team to be a supportive society instead of individuals on the team. Our goal is to create successful individuals not only in sports, but also in everyday life. In addition, high school athletics is about the experience of being on a team, learning how to support one another, and having fun.

Communication: It is the goal of the coaches to make sure there is an open line of communication with athletes and families. For this reason, we require both parents and athletes to join our remind group. If you are already receiving texts, no need to join again. Join by texting 81010, and in the message line type @horizonswi. Please feel free to text us or email us with any questions or concerns. We send out a text remind once a week on Mondays alerting you to what is happening for the week, and any changes that might occur. You will also be able to get this information from the website sedalnick.weebly.com.

Team Practice Times, Location, and Dates:

- Practice will be held at **Veteran's Memorial Aquatic Center**. See schedule/calendar on sedalnick.weebly.com for specific times. Please note: Do not leave any personal property in the locker rooms. They are not monitored and the team, coaches, and staff of VMAC will not be responsible for lost or stolen items.
- Meet/Competition schedule will also be listed on sedalnick.weebly.com

Information for HHS meets: See sedalnick.weebly.com for the real-time meet schedule. All changes will be made in that document and will reflect the current status of the meet, time, and location. Make sure to check this schedule weekly.

Eligibility: Participating in a sport comes secondary to grades. Academics are top priority for all coaches in our program. If an athlete is not doing well in classes, they will be ineligible to compete. Specifically, athletes are ineligible by CHSAA rules if athletes have 2 or more F's.

Grades are pulled every Friday morning in all classes from Horizon High School. Coaches are notified of grades every Friday afternoon. Eligibility goes into effect the following Monday. If the athlete becomes ineligible, the athlete remains ineligible for the entire week from the next Monday through Saturday. If an athlete has been marked as ineligible for the week and it is a mistake, there is a procedure to follow to become eligible again. If there is a mistake or extenuating circumstance (i.e. a teacher was absent for several days and unable to update grades.) follow these guidelines:

1. The athlete is notified by coaches that he is ineligible.
2. The athlete must go to the teacher and check to see if the grade is in fact a mistake.



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- 3. If in fact there is a mistake, the athlete will have the teacher email the athletic director by Monday afternoon. If this isn't done, the athlete remains ineligible for the rest of that week.

In the case the athlete is ineligible, grades on Friday are what is used to determine eligibility for the next week (Monday through Saturday.) Coaches are unable to make exceptions or grant meet eligibility unless notified by the athletic director.

Lettering: Lettering in swim and dive is something that athletes strive to achieve. That said, it is not a guarantee that all athletes will letter. These guidelines ensure that the letter will be awarded to athletes who work hard, are responsible, and show good sportsmanship. Anything less does not constitute an earned letter.

- Attendance:

Practice is mandatory. Athletes are required to attend 90 percent of practices. This means that athletes may miss a total of 9 excused and unexcused practices. Sitting on deck and not participating does not count as a practice or participating in a meet. The week before League Championships and State Championships are required, as well as the practice before any meet, and any dual/tri/quad meet. Missing any of these practices/meets are automatic disqualification from athlete's potential to letter, as well as participating in the meet. Preseason is not a lettering requirement. Spring break practices are excused only if the athlete will not be in town. A note from parents/guardians is required if these practices will be missed.

- Grades:

Academics come first, and athletes are STUDENT athletes. Athletes that are ineligible for any part of the season, will not letter. Athletes are allowed to compete with one F. CHSAA rules state if an athlete is failing two or more classes they are ineligible for the entire next week of swimming. Block math classes are considered two grades, so an F in a block math class counts as two F's. All practices are still required, even with failing grades.

- Participation:

It is an expectation that during entire practice everyone will participate. In addition, athletes are expected to stay for the entirety of the competitions.

- Swim/Dive Meets:

Athletes must participate in all meets to qualify for a letter, with the exception of emergencies or severe illness. Athletes, including divers may not leave the competitions early unless they check out with a coach. These instances should be few and far between. The entire team stays through to the end of the competition including the team meeting directly following the last event.

- Qualifying Meets:

As long as athletes meet the other lettering criterion, an automatic letter will be earned for all athletes that make it to Coaches Invite/League Finals or qualify for the State Championships. Attendance/grades/participation/behavior, etc. will have an impact on this decision.

- Lettering Times:

Athletes must meet one qualifying time, or 11 dives to letter. See the chart to the right for lettering times.

- Citizenship:

Athletes will be expected to be on their best behavior. They are representing their school, team, coaches, and themselves. If coaches are contacted by teachers, other coaches, spectators, parents, another team, school official, or any other party not mentioned regarding misconduct three times, the athlete will not letter. Coaches will follow up on any issue and due process will be followed.

Lettering Times/Dives

200 FREE	02:15.0
200 IM	02:35.0
50 FREE	00:31.0
Diving	11 dive meet
100 FLY	01:10.0
100 FREE	01:07.0
500 FREE	06:25.0
100 BACK	01:10.0
100 BREAST	01:24.0

Required Equipment: Athletes (swimmers) need a practice suit, goggles, and a racing suit (which the team will order.) The suits and goggles may be found at Big 5, Dick's Sporting Goods, Sportline and other stores that carry fitness equipment. Swimoutlet.com is a low-cost way to order equipment as well. Estimated cost of: goggles \$5-\$15, practice suit \$15-\$80, team suit TBD. These costs vary based on where you buy these items with the exception of the team suit. Divers will need a competition suit.



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Team Suit: The cost of the team suit will be \$40 for the brief, and \$45 for the jammer. We will be ordering suits together as a team. The link for ordering suits is up on sedalnick.weebly.com.

Intent to Compete Form for Meets: To keep track of schedules of athletes, it is an expectation that athletes fill out the intent to compete form prior to every meet. There will be a link on sedalnick.weebly.com posted 3 days before the meet. If athletes do not fill out the intent form, they will not be put into the meet.

Phones in Locker Rooms: Phones out and in use in the locker rooms are prohibited. There will be severe consequences for athletes using phones in the locker room area. The first offense, the athlete will sit out the next meet. The second offense, the athlete will not letter. The third event will be turned over to the athletic director for further actions.

Apparel: Apparel will be an option this year. We will be working with Gemini Prints, a local vendor who is very accommodating. The link is posted in sedalnick.weebly.com.

Parent Volunteers: We would love help with the following if you are able. Thank you so much for considering! Creating sign up Geniuses for timers for meets, Breakfast snacks for morning practices, Taking pictures at meets for the slideshow at the banquet (for the end of the season), Goodie bags for meets (League Championships and State Championships), Donation of items for goodie bags, Organizing team dinners (set up, takedown, sign up geniuses for the dinners), Creating the slideshow of pictures for the banquet, Senior night additions (idea are welcome), Other ideas not mentioned. Let Coach Sedalnick know if you're interested in helping.

Team and Individual Pictures: Team pictures dates are to be determined and will be announced once we have a date. Order forms will be handed out the week prior to athletes to order pictures. Bring money or check the day of pictures. Coaches do not take money for pictures. Please give your form and money to the photographers.

Team Fundraiser: This year we will be hosting the Mustang Invite. It will bring in money as a fundraiser. We will need volunteers to help with the meet timing, food for the hospitality room for coaches and officials, people to work the table, runners, and other miscellaneous help. This is in leu of selling items, crowd funding, etc. We ask that families help with what they can to make this successful.

Guidelines and Policies: Horizon High School is fortunate to have access to the VMAC. To run a successful program however, there must be guidelines. These are the policies set forth by CHSAA, HHS, VMAC, and general team guidelines.

CHSAA Rules and Regulations:

1. Athletes must have all paperwork in and cleared by the athletic director including physical, parent contact information and parent consent. If athletes do not have proper paperwork in, athletes do not practice or compete.
2. Athletes must have 3 practices completed before athletes are eligible for competition.
3. Athletes are only allowed to participate in 11 competitions plus conferences and state, for the season.
4. If athletes, parents /families, or spectators don't comply with the sportsmanship code of conduct, person/people will be ejected from the competition.
5. Hazing, or abusing any illegal substances will not be tolerated in any way and will result in the athlete being removed from the team.

School, VMAC and Team Guidelines:

1. Adams 12 Five Star Schools maintain a strict zero-tolerance policy regarding hazing and initiation of anykind. Building administrators will review and potentially investigate any situation that involves hazing or initiations within a student group. Adams 12 Five Star Schools Superintendent Policy 5110 and Athletic Code of Conduct prohibit bullying, hazing, intimidation, or threats.
2. CHSAA and pool policies are strictly enforced.



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3. Locker rooms are not monitored during practice. Athletes are responsible for their items. It is recommended to take all great and bags out of the locker room (unless locked up) and put it on the team's bleachers for the day. The VMAC, coaches, and personnel will not be responsible for any stolen items.
4. All athletes and managers will help with the set up and take down of all equipment including practices and meets.
5. The pool and locker area will be left as clean as or cleaner than found.
6. There will be a brief team meeting after every practice and competition.
7. Athletes and managers must come to practice, everyday, on time.
8. Athletes and managers are required to stay in the pool area and may not leave the pool area or building during practice unless otherwise instructed.
9. If parents have difficulties picking up athletes at the end of practice or meets, please make other arrangements.
10. If a parent would like to have a conference with a coach, an appointment will be scheduled. During a competition or practice, coaches may not be approached to discuss issues.
11. Athletes must attend the bus going to and coming from competitions.
12. Team dinners and activities are limited to the team (athletes and managers) and family members.
13. During competitions, athletes are to stay with the team for the duration of the competition and meeting after.

Parent/Athlete Meeting: We will hold a parent/athlete meeting at Horizon High School. This is a chance to ask questions, meet the coaches, and our athletic director. We encourage everyone to attend. Date TBD.

Practice Over Breaks: There will be practice over breaks. It is expected for athletes to attend practices unless they are out of town. Please email, text on Remind, or provide a note to the coaches if your athlete will be absent.

Senior Night: Senior night is a chance for our team, school and community to honor our seniors. As special meet for our boys, we invite families to join us in celebrating and recognizing our seniors. It traditionally takes place after diving at our last home meet. Our senior meet will take place on Thursday, April 11, 2024 against Poudre High School. This is a chance to honor the seniors on the team. We invite family and friends to attend to share in this special meet.

Seniors' Last Laps/Dives: The last day of practice, we like to honor our seniors in a team bonding activity. Please don't miss the last day of practice for the whole team. Parents and families are welcome to attend. We will have seniors' last laps/dives on Thursday, May 2, 2024.

Boys Swim and Dive Banquet: The banquet is the culmination of the season, and an opportunity to celebrate the success of the season. The date of the banquet is **Friday, May 23, 2024** at 6pm in the Student Center at HHS. Athletes and families are invited to join us to celebrate the season. More to come!

Boys Potluck Team Dinner: In the spirit of team building, we would like to host dinners throughout the season. Parent participation is necessary in the form of bringing food to make these events a reality. This is also a great way for parents to get to know the team members and each other, so we invite the team (swimmers and divers) AND their immediate family. Though we love friends, friends and others will be asked to leave so that this time can remain team and family bonding time. For every team dinner we will provide a sign-up-genius to sign up for what you will bring. **Location:** HHS Student Center. The dates for these dinners and proposed food themes are as follows:

Wed.	02-28-24	5:50pm	Mexican Dishes – Note New Location: Upstairs at VMAC
Fri.	03-15-24	5:50pm	Pasta Dishes
Wed.	03-20-24	5:50pm	Potential Potluck Dinner hosted by a family – Chicken Dishes
Tue.	04-02-24	8:15am	Breakfast Dishes (more info to come)
Wed.	04-10-24	5:50pm	Sandwiches
Fri.	04-26-24	5:50pm	Pizza (Potential captains speak, vote for captains for 2025)
Thu.	05-02-24	5:50pm	Cinzetti's (At the restaurant – athletes/mgrs. pay \$10, team pays the rest, drinks on your own, parents and siblings pay full price.)



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Sign and return the statement below.

By signing below, I hereby certify that I have received and read the policies for HHS Swim and Dive Team.
Please check the boxes and sign below.

- I have signed up for text remind.
- I understand the lettering criterion.
- I understand eligibility standards and participation rules.
- I have read the guidelines and policies of CHSAA and VMAC.
- I have read and understand the practice requirements and expectations.

Athletes Name (Printed)

Athletes Signature

Date

- I have signed up for text remind.
- I understand the lettering criterion.
- I understand eligibility standards and participation rules.
- I have read the guidelines and policies of CHSAA and VMAC.
- I have read and understand the practice requirements and expectations.

Parent's Name (Printed)

Parent's Signature

Date

Information that the coaches should know/questions/comments:



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