



# Horizon High School Girls Swim and Dive 2023-2024



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

**Coaches' Philosophy:** Becoming part of the girls' 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 @mssedaln. 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](http://sedalnick.weebly.com). GroupMe is the communication method set up for the team to check in, ask questions, and bond with each other. All athletes should be signed up here to get pertinent information. The first two weeks of swimming, the team will be asked to sign up at practice.

## Team Practice Times, Location, and Dates:

- Practice will be held at **Veteran's Memorial Aquatic Center**. See schedule/calendar on [sedalnick.weebly.com](http://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.
- Preseason swim and dive practice schedule will also be listed on [sedalnick.weebly.com](http://sedalnick.weebly.com)

**Information for HHS meets:** See [sedalnick.weebly.com](http://sedalnick.weebly.com) for the real-time meet schedule. All changes will be made in that document and will reflect the status of the meet, time, and location.

**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. Note: Blocked math class counts as two classes.

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 they are ineligible.
2. The athlete must go to the teacher and check to see if the grade is in fact a mistake.
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.



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- 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. 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. Thanksgiving break, and Winter break 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 the entire practice everyone will participate.

- Swim and Dive Meets:

Athletes must attend all meets to qualify for a letter, except for emergencies or 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:

If 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 upcoming State Championships. Attendance/grades/participation/ behavior, etc. will have an impact on this decision.

- Lettering Times:

Athletes must meet one qualifying time score 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 Qualifications:

200 FREE	02:25.0
200 IM	02:55.0
50 FREE	00:35.0
DIVING	11 dive meet
100 FLY	01:20.0
100 FREE	01:15.0
500 FREE	06:55.0
100 BACK	01:20.0
100 BREAST	01:34.0

**Required Equipment:** Athletes 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](http://Swimoutlet.com) is a low-cost way to order equipment as well. Estimated cost of goggles \$5-\$15, practice suit \$15-\$80, team suit \$60-\$65. These costs vary based on where you buy these items except for the team suit. Divers will need a competition suit.

**League Championships:** Our league has grown to 16 teams. To handle the volume of swimmers, the league meet at the end of the season has been split into an A and B meet with minimum qualifying times for the A meet. There will be a link posted in [sedalnick.weebly.com](http://sedalnick.weebly.com) to help explain how to qualify and which meet athletes will be attending.

**Team Suit:** The cost of the team suit will be \$60. We will be ordering suits together as a team during the first week of practice. Order form is listed on [sedalnick.weebly.com](http://sedalnick.weebly.com) and is due by 11-15 at midnight. The order will be placed 11-16. If the form is filled out late, the suits will cost \$75 due to shipping and not qualifying for the quantity discount.

**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](http://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.

**Competing in Meets:** We want to make sure that we are awarding events to those who have earned them in competitions. To do that, we will have a points system. If an athlete gets out of the pool, stops during a set, skips part of the set, shortens the length of the distance, etc., the athlete will earn a point. Events will be removed from an athlete if the athlete earns more than the allotted points. We will look at how many days there are from one meet to the next. Each day is worth 4 points. If an athlete exceeds the total of four points per day between meets, the athlete will lose an individual event. Athletes will continue to lose an



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event every additional four points earned. Invitationals are an exception. Relays will remain intact due to the required early entries that have to be submitted.

**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 available this year. There is an online store on [sedalnick.weebly.com](http://sedalnick.weebly.com), and this is completely optional.

**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:** To support our team, it is highly encouraged that all athletes will participate in the team fundraiser. To ensure that we can continue the awards banquet, athlete of the meet awards, team gear (backpacks, jackets), equipment, t-shirts, and other costs, we will be participating in FundU crowd funding fundraiser. The suggested goal for every swimmer is to raise is \$200. More information to come.

**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 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 may 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 any kind. 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.
3. Locker rooms are not monitored. Athletes are responsible for their items. It is recommended to take all gear 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 lost or 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.



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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.

**Parent/Athlete Meeting:** We will hold a parent/athlete meeting is November 9, at 6pm in the Main Gym. After our athletic director addresses all sports, there will be a breakout session. This is a chance to ask questions, meet the coaches, and get specific information about our sport. We encourage everyone to attend.

**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.

**Holiday Party:** There will be a holiday party on December 22<sup>nd</sup> during practice. This is a fun way to bond with the team. Swimmers and Divers please plan to attend and bring a gift to exchange worth \$10.

**Senior Night:** Senior night is a chance for our team, school, and community to honor our seniors. As special meet for our athletes, 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 January 17<sup>th</sup> against Northglenn 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. We will have seniors' last laps/dives on Wednesday, January 31<sup>st</sup> and then go across the street and have a team dinner. Families are welcome to come and share this moment with the team!

**Captains for 2024-2025 Season:** We vote on captains at the end of the season. Any juniors interested in becoming a captain will speak at our team dinner on 2-1-24 and will talk about why they would like to become a captain and leader.

**Girls 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 Thursday, February 29, at 6:00pm. Athletes and families are invited to join us to celebrate the season. More to come!

**Girls Potluck Team Dinners:** 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. The dates for these dinners and proposed food are as follows:

Wed.	11-29-23	6pm	Fried/Baked Chicken, Pasta, Salad
Fri.	12-15-23	6pm	Sandwiches and Sides
Fri.	01-19-24	6pm	Pizza and Dessert
Thu.	02-01-24	6pm	Dinner at a restaurant TBD

**Location:** Horizon High School Student Center (Cafeteria)

**Girls Potluck Team Dinners Hosted by Families:** It was requested this year that we try to offer a few team dinners that are hosted by families. This would strictly be for the team and managers only, not immediate family members. We are looking for two different families to host a team potluck dinner this season. Please let the coaches know if you are interested in hosting.

Fri.	12-08-23	6pm	Mexican Dishes
Fri.	01-12-23	6pm	Taco Bar

**Location:** TBA based on volunteers



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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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