



Swimming and Diving 08-09

Welcome to the 08-09 swim/dive season. Below you will find tips that might help you navigate more smoothly through the season. Info contained is current for swimmers as of October, 2008, but is subject to change. You should refer to the NAHS athletic website (www.newalbanyathletics.com), click on "winter sports", and "swimming" for current info and/or emails from the coaches. There is some info covered, but not all you need to know, so inquire through your child when in doubt.

PRE-SEASON- Some swimmers choose to prepare for the season by doing preseason conditioning with a club team. The New Albany Aquatics Club (www.newalbanyaquatics.com) offers this option at NAHS. There are however, several other clubs in the central Ohio area that offer this program as well.

SEASON PRACTICES- Attendance to practices is required, and this year we will be practicing 6 days a week at some points of the season. Monday through Friday after school, and Wednesday and Saturday mornings. The times for practices will be different for different groups. Practices will be challenging each day and the length of practices also varies. We will also be doing dryland and weight training, which will be just as important as the water practices. Swimmers need to be on the pool deck or in the pool at the designated time, not getting dressed to get in the pool. Gear can be temporarily stored in the locker room or stored there throughout the season. Anytime anything is stored in the locker room the locker needs to be locked. If the swimmer chooses they can store their gear in the bleachers during the practice session. There is no food in the locker room or in the pool deck/bleacher areas. If swimmers snack they should have that finished before they enter the pool area. It is recommended that swimmers bring their own water bottle with them for every practice (please label bottle). Locker rooms should be tidy at all times. Caps, goggles, practice swim suit (some, but not all swimmers, use "drag" suits to add extra resistance in addition to the regular practice suit), towel are suggested, but only a practice suit is a must.

SWIM GEAR- can be purchased through the school fitting (administered by Greenhouse Aquatics) and there are many optional items available, but not necessary. The second suit fitting will take place in the first full week of swimming, so the equipment will make it back in time for the first meet. Swimmers must wear team apparel at meets (please see the head coach if there is financial hardship, as no one should avoid considering the team for financial reasons). If ordered early enough, the swimmer's last name can be placed on the cap. It is easier to recognize your child with the name, but it is not mandatory. It is recommended that you have two caps, as they can rip and a back up may be needed (same with goggles). Caps other than NAHS will not be acceptable. Boys can wear either the jammer or brief length suit with team logo. Girls wear the one piece with the team logo. It is recommended that both boys and girls have a back up suit during meets. Other choices for gear (other than the team logo items) such as goggles, can be found on line or through the local retailers.

HS MEETS- The schedule can be found on the NAHS website and is also attached. Meets are often on Wednesday nights, sometimes on Friday or Saturdays. There is usually one meet per week. Dual (one visiting team vs NAHS) meets usually begin at 5pm and last around 2 hours. If there is a diving component it is scheduled after the 50 free swim event which about halfway through the meet. Diving may last around 30-45 minutes. There can be meets with more than two total teams and these may last in duration accordingly. There are six lanes in the NAHS pool and from one to six lanes can be used during each event.

COST- OCC general admission prices – Varsity game – Adult \$6 / Student \$4 / Senior Citizens \$4
Parent volunteers are used to sell tickets at all home meets. Please watch for details on how to sign up.
Heat sheets may be available. They list the swimmers' names, event, heat, lane and time.

WARM-UP- begins 1 hour and 30 minutes prior to the start of a home meet. The visiting team warms-up after New Albany.

OFFICIALS- There are two at each meet to insure proper technique and that HS rules are followed. Swimmer can be disqualified (DQ'd) for many technical reasons. If an individual is disqualified as an individual it only affects his swim and that time is not recorded nor can it be used to score points. If a relay swimmer (4 swimmers per event) is dq'd then the entire relay team is dq'd. The relay is encouraged to continue swimming, but their time will not be recorded, etc.

EVENTS- for HS meets are usually the following: girls events precede boys' events and they are often performed in this order: 200 medley relay, 200 Free, 200 IM, 50 free, diving, 100 fly, 100 free, 500 free, 200 free relay, 100 back, 100 breast, 400 free relay. Points are awarded for different total places depending on what the coaches of the 2 teams agree to on the swim contract. Swimmers can score in each individual event and also for relays, while divers can score for one event after all scores are tallied. The team with the most points wins (the points awarded for both swimming and diving are combined for a total score). It might take until well after the meet for the score to be available. The Columbus Dispatch prints the results usually on the following day in the Sports Section (sometimes the names and times are incorrect, please accept our apologies if there is misinformation printed). Only varsity swimmers can score points. Junior Varsity swims do not score any points for the meet. The times from those races are still valid. The heats may include JV as well as varsity swimmers. Swimmers are seeded based on their fastest swims. If a swimmer has not performed the event this season they are given a NT (no time) and are entered in the first heat. Swimmers are entered into heats from slowest to fastest performed times. Swimmers can swim JV in one event and varsity in another. Swimmers can swim from zero to 2 individual events and zero to 2 relays per meet, or 1 individual and 3 relays, with 4 total swims. Swimmers may not always swim their "fastest" event as the coaches want to evaluate during meets how different swimmers perform different events. Swimmers may not swim at all during some meets.

TIMING-Both manual and computerized timing devices are used. The computerized system is the primary timing device and the stop watches are only used that system fails. Touch pads are used at the end of the event which triggers the computerized system. Officials administer a "Timer's Meeting" 15 minutes ahead of the meet start time to review procedures. There are usually 12 timers needed (2 per lane). This is a volunteer job that is easy to learn. See the head timer for volunteering. Volunteers help the Aquatics Director (Karen Mihely) set up and operate the computer. This job requires a little more effort than timing but if you are interested in helping out, don't hesitate to ask.

FOOD for swimmers: A committee schedules volunteer parents for donating food for consumption during meets. See the coordinator for signing up. A table is set up on deck for the athletes. If you are bringing food please have it arrive by 4pm the day of the meet. Concession food is sometimes available for spectators.

AWAY MEETS-require swimmers and divers to ride the team bus to the Central Ohio opposing team's pool. Please be reminded that not everyone swims at every meet. Attendance is expected even if the swimmer is not swimming during the regular HS meets.

INVITATIONAL MEETS-There are invitational meets during the HS season. Usually there are time standards that permit swimmers to enter the events. There may be different events and rules for these meets. Selection to these meets is ultimately at the discretion of the coach. Swimmers will be notified by the head coach. Swimmers are not allowed to drive themselves to these meets, or any away meets. Attendance by those who are not swimming is optional and at the expense of the non participant.

SENIOR MEET- The last home meet of the season is designated as the "Senior Meet". A committee (headed by Mary Dengler) puts this together. Each senior swimmer and their parent(s)/designated attendee are honored at the beginning of the meet.

SWIM BANQUET- The location and date are set by the NAHS athletic director. It is usually the same night as all of the other winter sports. In the past it has lasted about 2 ½ hours. A committee (headed by the parent volunteer) coordinates the program and dinner with Dave Wharton.

NUTRITION- Proper hydration is necessary at all times. Eating healthy is going to enhance performance much better than candy and junk food.

www.Swimmeet.com is a great website for getting HS swim and dive info especially once we get into the tournament/championship meets. It will give you archived as well as up to date info on HS meets and swimmer's/diver's performances.

WINTER SPORTS ATHLETIC PACKETS-Athletic packets are available in the Athletic Office, High School and Middle School Offices as well as on-line. Go to www.newalbanyathletics.com and then click the Information link and then click on Participation Forms. Any student wanting to participate in a winter sport at New Albany must turn in a completed packet before their first practice. It is necessary to complete one packet each year. If you play multiple sports, you do not need to complete a packet for each sport. The physical is good for one full year. Best time to do the physical is at the end of the school year, at the school for \$15.00 and it is completed and done for the entire next year.