

Middle School Swim/Dive Handbook 2024 Season

GOOGLE CLASSROOM CODE: x5uonue

Coaches	<ul style="list-style-type: none"> ● Head Swim Coach - Jill Kelly (jkelly@zps.org) ● Assistant Coach - Jon Telgenhof ● Head Diving Coach - Marcy Hartzler (mhartzle@zps.org)
Important Dates - more details will come later	<ul style="list-style-type: none"> ● Diving Try-outs October 21 and 22 ● First Practice for swimmers October 23 ● Shirt Order Due Oct 30 ● Team pictures - Nov 14 3 PM ● Conference Meets @ Zeeland West <ul style="list-style-type: none"> ○ Diving - Dec 16 ○ Swimming - Dec 17 ○ WE WILL NEED SEVERAL PARENT VOLUNTEERS
Dual Meets	<ul style="list-style-type: none"> ● Nov 14 @ Holland Aquatic Center V.Holland ● Nov 21 @ ZWHS V. Hamilton V. Unity ● Nov 26 @ ZWHS V. West Ottawa ● Dec 5 @ Hudsonville ● Dec12 @ Holland Aquatic Center V.Holland Christian ● Dec 16-17 Conference meet @ HOME V. Hudsonville ,Hamilton, Holland, HC and West Ottawa
<u>*DIVERS*</u>	<ul style="list-style-type: none"> ● Communicate with Coach Hartzler Mhartzle@zps.org
Practice	<ul style="list-style-type: none"> ● Final Forms MUST be completed with all green before participating Athletes will practice every day unless there is no school, a snow day, a ½ day (see calendar for parent teacher conference week schedule) or a swim meet. ● Swimmers - All practices will be at Cityside ● Divers- All practices will be at Cityside unless otherwise noted by Coach Hartzler.
Practice Expectations	<p>YOU MUST BE CHECKED IN BY A COACH BEFORE ENTERING THE LOCKER ROOM</p> <ul style="list-style-type: none"> ● Check-in for attendance ● Athletes are expected to be in the water on time ● Restroom break - only between sets ● If you exit the water-you must tell your coach- this is very important. ● Listen to coaches, follow directions, try your best, work hard ● Be safe
What to Bring	<ul style="list-style-type: none"> ● Athletic one-piece swimsuit (think Speedo), swim cap, goggles (we recommend Speedo Vanquisher....other brands and styles have a tendency leak and do not last a whole season), towel, water bottle, healthy snack ● LABEL YOUR STUFF WITH A SHARPIE!!
Citysiders	<ul style="list-style-type: none"> ● Report to the hallway by the pool at dismissal - eat a snack while waiting for coaches ● Bring everything that will be going home (backpack, lunchbox, instrument, coats....) ● On HOME MEET DAYS- ride your normal bus to the HS and walk to the pool

Creeksiders Shuttle to Cityside	<ul style="list-style-type: none"> On PRACTICE DAYS and AWAY MEET DAYS report to the front door by the main entrance to be shuttled to Cityside at 2:25PM on bus # 55. Do not miss the bus! Once you arrive at Cityside, have a snack and wait for your coach by the pool locker room entrance. On HOME MEET DAYS you will take your regular bus to the HighSchool
After Practice	<ul style="list-style-type: none"> Athletes may not walk through the building - they are to wait in the hall by the pool for rides. Bring everything to the pool (backpack, instruments, lunch boxes, coats.....) Pick up any trash
Pick-Up	<ul style="list-style-type: none"> Pool/auditorium entrance by 4:45PM unless there is still construction, then pickup in the lot behind Cityside Please be on time and respectful of coaches' schedules- we can not leave until you collect your child.
Attendance	<ul style="list-style-type: none"> Swimmers/Divers are expected to be at every practice and in the water Parents MUST contact a coach if an athlete is sick, has an appointment, or if leaves school early - do not leave a message at school on the automated system for coaches as they will not get it Unexcused absences, tardiness, not practicing, failing academic classes or not putting forth effort will affect eligibility in swim meets
Locker Room	<ul style="list-style-type: none"> Respectful to teammates and their belongings Valuables - don't bring them or lock them No water fights - keep the locker room floor dry No phones or chromebooks visible in Locker Room (or on deck!) You will be assigned to a locker room. You may not enter the other locker room nor may you dilly dally or hang out in the locker rooms. Quick In and Quick out.
Team Suit Order	<p>https://theswimteamstore.net/teamlogin/index/loginpost?username=zeeland&password=high</p> <p>Or go to</p> <p>https://www.kiefer.com/ click on Team Login</p> <p>Username: zeeland Password: high</p> <ul style="list-style-type: none"> If you purchase a different suit for meets, please purchase a black suit Swimmers/Divers may use a suit with a Z on it (team suit from previous years)
TEAM T-Shirt/ Hoodie Order	<ul style="list-style-type: none"> Same design as previous years. Order form to go home on the first day of practice. Cost: \$13-\$28 Make check out to Zeeland Public Schools or pay with cash Due on or before Oct 30, 2023 Parents are welcome to buy a shirt to wear in the stands if they would like
Swim Cap	<ul style="list-style-type: none"> Required (swimmers only) Purchase Z cap; \$5-latex / \$10-silicone *cash

	<p>only* Caps will be available at practice</p>
Self - Motivating	<ul style="list-style-type: none"> ● Swimmers and Divers who work hard, make it to every practice, are in the water on time, and listen to their coaches, will have a successful season. ● Swimmers and Divers who miss practices, are late, and do not put forth adequate effort will not have as much success.
Meets	<ul style="list-style-type: none"> ● Meet Start time 4pm - 5:30/6 ish ● All Home meets are located at ZWHS, Pick your child up at ZWHS after the meet - around 5:30 ● We need parent volunteers to help run all home meets(approx 12/13 people) ● Transportation is provided to and from all away meets. If you want to take your child home from an away meet, she MUST BE SIGNED OUT. The bus can not leave without the correct number of athletes. If you take your child without signing her out, the bus may have to wait until we track you down. This is not fun. Please remember to sign your athlete out.(Find the Coach with a clipboard in the lobby of the school) When riding the bus home from away meets, the bus returns to Cityside only. ● No signout is required at a home meet ● All athletes will swim in 1-3 events per meet; Divers will compete when they have 5 required dives
Positive Teammate	<ul style="list-style-type: none"> ● Encourage each other during practice and meets ● Everyone cheering at meets, unless just swam or preparing to swim ● Watch and encourage divers
Parent Volunteer Needs	<ul style="list-style-type: none"> ● Set up Sign up Genius for meet volunteers ● Meets - timers, announcers, diving table - no experience needed ● We would love to have a LEAD parent to coordinate the volunteer schedule, this would be so incredibly helpful and we would be so thankful if someone could volunteer to do this for us. We also would like this person to coordinate a drink/snack schedule for after home meets.