



2024-25 White Bear Lake Girls' Swim & Dive Team Handbook

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## Contacts

### Schools:

White Bear Lake Area Schools

Central Middle School: 651-653-2888

Mariner Middle School: UPDATE COMING

White Bear Lake Area High School: UPDATE COMING

### Head Coach:

Tia Walters

Phone: 651-706-5096

Email: [coachtia.wblgst@gmail.com](mailto:coachtia.wblgst@gmail.com)

Assistant Coach: Aidan O'Neil

Dive Coach: Annette Crews

### Athletic Director:

Brian Peloquin, Director of Student Activities

Phone: 651-773-6208

Email: [brian.peloquin@isd624.org](mailto:brian.peloquin@isd624.org)

## Practice Schedule

### Before School Year Starts (all athletes):

Practice - Monday, Tuesday, Wednesday & Friday: 4:00-6:30p.m. at the White Bear YMCA

Thursday: Meet Day (various locations)

Practice - Saturday: 8:00-10:00 a.m. (when there is not a meet) at the White Bear YMCA

### When School Starts:

#### High School:

Monday: Swim/Dive 4:00-6:30 p.m.

Tuesday: Strength Training at WBLAHS 3:30-4:15 p.m., Swim/Dive 4:45-6:30 p.m.

Wednesday: Swim/Dive 4:00-5:45 p.m., Yoga 5:45-6:30 p.m. (when available)

Thursday: Meet Day

Friday: Strength Training at WBLAHS 3:30-4:15 p.m., Swim/Dive 4:45-6:30 p.m.

Saturday: Swim/Dive 8:00-10:00 a.m. (no practice if it's a meet day)

#### Middle School:

Monday: Swim/Dive 4:30-6:30 p.m.

Tuesday: Dryland 4:30-4:45 p.m., Swim/Dive 4:45-6:30 p.m.

Wednesday: Swim/Dive 4:30-5:45 p.m., Yoga 5:45-6:30p.m. (when available)

Thursday: Meet Day

Friday: Dryland 4:30-4:45 p.m., Swim/Dive 4:30-6:30 p.m.

Saturday: Swim/Dive 8:00-10:00 a.m. (no practice if it's a meet day)

## Team Policies

### Personal

- Be a positive role model in and out of the pool.
- Family, academics and church are your first priorities. You are a STUDENT-athlete.
- Work hard everyday in everything you do.
- Be a good communicator and talk to your coach (I'm here to help you!)
- Respect your coaches, teammates, officials, other teams/coaches, all families and yourself.
- Have Fun!

### Practice

- Be on time.
  - We have limited time in the pool. Please be respectful of mine time, your coaches time, teammate's time and your time.
- Maintain a positive mental attitude.
- Do not stop in the middle of the lane while practicing for any reason other than drowning or medical complications.
- Discuss any problems with Coach Tia or the captains.
- Respect the YMCA, school and other people's property.
- Always treat your teammates, coaches, officials, and other teams with respect.
- **No diving into shallow water.**
- **Electronic devices (cell phones, iPads, etc.) are NOT allowed to be out of your bag when on the pool deck or in the locker rooms. Per MSHSL rules, cell phones are prohibited from being used in any locker room in the State per liability and privacy reasons. Once you enter the pool area or locker room, cell phones are to be put inside your bag. IF there is an emergency OR you need to use your phone, please ask Coach Tia or Coach Aidan.**
  - **1st offense the athlete will not be eligible for the next meet.**
  - **2nd offense the athlete will not be eligible for any end of year meets – JV Conference or Varsity Sections**

### Meets

- Support your teammates.
- CHEER LOUDLY!
- Be on time for the bus.
- Everyone will ride the bus to and from away meets.

- **In order to ride home from a meet with a family member, a parent/guardian must email Coach Tia no later than the day before the meet (Wednesday) by 12 p.m. Athletes will not be granted rides home with a family member if they ask at the meet.**
- Everyone sets up and takes down for home meets.
- Be with the team at all times. No athletes should be sitting in the spectator stands.
- Be a good sport whether you win or lose.
  - **Electronic devices (cell phones, iPads, etc.) are NOT allowed to be out of your bag when on the pool deck or in the locker rooms. Per MSHSL rules, cell phones are prohibited from being used in any locker room in the State per liability and privacy reasons. Once you enter the pool area or locker room, cell phones are to be put inside your bag. IF there is an emergency OR you need to use your phone, please ask Coach Tia or Coach Aidan.**
  - **1st offense the athlete will not be eligible for the next meet.**
  - **2nd offense the athlete will not be eligible for any end of year meets – JV Conference or Varsity Sections**

#### **Minnesota State High School League (MSHSL)**

- Adhere to all MSHSL policies.
- Inform coaches if there is a violation of MSHSL policies.

## **Program Rules and Regulations**

**Practice:** Participants are expected to attend practices. A note or email is **required** from a **parent or teacher** for **all** absences. Please email Coach Tia AS SOON AS POSSIBLE if your child will be missing practice.

- If the athlete is absent from school, they **cannot** participate in that day's practice or meet.
- If an athlete misses the school day or the practice the day before a meet due to illness, they will not be able to participate in the meet.
- If two or more practices are missed within a week (due to an unexcused reason), they will be unable to participate in the next meet.
- If too many practices are missed overall, the coaches will discuss dismissal from the team.

**Tardiness:** Practice is held at the White Bear YMCA pool. Participants are expected to be **on deck** and ready to practice by 3:50 p.m. each day (4:20 p.m. for middle schoolers) and 7:50 a.m. on Saturdays.

**Locker Room:** Swimmers are expected to follow all rules regarding locker room care and behavior. Horseplay in the locker rooms will not be tolerated and will result in an appropriate consequence. **Remember, we share the locker room with YMCA members.** Because we share a locker with the community, all personal items should be brought onto the pool deck before practice starts where the coaching staff can watch them. Locks can be broken into in the locker room, but no one goes on our side of the pool during practice.

**Academics:** All participants are expected to maintain an acceptable academic standing. Failure to maintain an acceptable academic standing will result in suspension from the team (in accordance to White Bear Lake Area Schools policy). Coach Tia is able to access grades throughout the season. Any athlete that is not making good academic progress will not participate on the team until the work is made up and the grades are brought up. Taking an academic day to catch up on school work is an option. Please talk to Coach Tia about academic days **before missing practice** for homework related reasons.

**Behavior:** Athletes are expected to demonstrate exemplary behavior at all times. Inappropriate behavior as witnessed by teachers, coaches, parents, administrators or fellow students may lead to suspension from the team. You represent White Bear Lake Area Schools. Make White Bear proud!

**Respect:** All athletes are expected to treat teammates, coaches, other teams, other coaches, families and officials with respect at all times.

**Travel:** All participants are expected to represent their school with pride while traveling to and from meets. Appropriate dress and behavior is required. Any inappropriate behavior while traveling or competing will result in possible suspension from the team.

**Chemical Policy:** All athletes are expected and required to follow the White Bear Lake School District and Minnesota State High School League use policy.

**Physicals:** Participants are required to have a current physical on file before they can practice and compete. These are to be updated every three years in compliance with District policy.

**Emergency Cards:** All athletes must file an emergency card when they register before they can practice and compete.

**Fees:** All fees must be paid before the participant will be allowed to practice and compete. All athletes must bring the receipt issued by the Athletic Office stating they have been cleared to participate in order to get into the pool. **No exceptions will be made.**

**Equipment:** Standard swimming equipment includes towels, swimsuits, goggles, etc. All equipment is to be purchased and maintained by the athlete. Team suits and other team apparel will be ordered at the beginning of the season. We provide kickboards and pull bouys. You will not need to purchase your own but you are more than welcome to store them at the pool if you prefer to use your own.

**Time Management:** The most successful athletes and successful people in general, are usually the busiest, but are in control of their daily schedule. When your time is limited, it is very important to learn to budget time wisely. Everyone uses time management every day as a way to make positive use of our time. Athletes need to manage their time and activity effectively so that they are more successful in meeting their personal goals and obligations.

**Any violation of MSHSL Rules, District 624 Rules, and/or Suburban East Conference Rules will result in loss of leadership roles (Captain Award), Letter Award, and end of the season Recognition Awards.**

## Meets

**Dual Meets:** All athletes will participate in our dual meets. At times we may need to place athletes into events they may not normally swim for strategic reasons and/or to see how they perform. Athletes will either swim in Varsity or JV events. Sometimes, a swimmer/diver will compete in events on both levels. The coaches will do their best to try to get as many athletes into the meet as possible.

**Invitationals:** These are meets where more than two teams participate. There could be as many as ten different teams competing. These meets will be filled with the fastest four (or less) swimmers or top four (or less) divers per each event. Not all of our JV team members will participate due to limited entry spots but are highly encouraged to travel with the team to cheer on the pool deck and experience the meet.

**Conference Relays:** This is a unique meet that takes place at the beginning of the season. Every event is a relay (meaning 4 swimmers participate in the race together). Divers participate at a different pool together. We compete against 4 of the 10 teams in our conference. The location of the meet varies each year depending on where we end up in the standings. All athletes who are able to participate will.

**True Team Sections:** This is a unique meet as well compared to other championship meets. Every entry will score in the meet. For example: if there are 50 people in the 50 freestyle, first place will receive 50 points and 50th place will receive one point. All points earned in the meet go toward lettering. The whole team participates in this meet. The winning team participates in the true team state meet. We are limited to four individual entries and four relay entries. Everyone will participate in at least one event.

**JV Conference Championships:** This championship meet is for the JV athletes on the team. Swimmers will be tapered for this meet as their final meet of the season.

**Section Championships:** The Section meet qualifies the athlete for State Championships. For some participants this may be the last meet of the season. To qualify for this meet a swimmer or diver must achieve the qualifying time or score points during the season. I take the fastest for swimmers in each event to Sections. There is a prelim and finals meet that occur on Thursday and Saturday. You must swim or dive at Sections to qualify for State. If a swimmer swims the State qualifying time during prelims and **not** during finals, they will not swim at State. The 1st and 2nd place finishers in each event automatically qualify for State. Each team is only allowed four athletes per event and 1 relay team per relay event at Sections. Divers compete on Friday. The top four divers qualify for State

**Minnesota State High School League State Swim & Dive Championships:** All athletes who qualify for this meet participant. It takes place the week after Sections (Thursday-Saturday) at the University of Minnesota's pool. On Thursday, swimmers are invited to practice for 30 minutes to feel out the pool. Swimming prelims take place on Friday with the top 16 in each event swimming in Finals on Saturday. Divers compete on Friday. After 5 dives, the competition is cut to the top 20 who then perform 3 more dives to determine the top 16. The top 16 then finish their last 3 dives on Saturday.

## **Order of Events**

**200 Medley Relay:** Team of four swimmers each swimming 50 yards (2 lengths) #1 Backstroke, #2 Breaststroke, #3 Butterfly, #4 Freestyle.

**200 Freestyle:** One swimmer swimming 8 lengths freestyle.

**200 Individual Medley (I.M.):** One swimmer swimming 8 lengths using four different strokes each 50 yards (#1 Butterfly, #2 Backstroke, #3 Breaststroke, #4 Freestyle).

**50 Freestyle:** One swimmer swimming 2 lengths of freestyle.

**Diving: Dual Meets:** Each diver completes 6 dives – 1 voluntary and 5 optional from at least 4 different groups.

**Diving: Championship Meets:** Each diver does 11 dives – 5 voluntary and 6 optional with one from each group needed. The total number of divers determines the dives for each round.

**100 Butterfly:** One swimmer swimming 4 lengths butterfly.

**100 Freestyle:** One swimmer swimming 4 lengths freestyle.

**500 Freestyle:** One swimmer swimming 20 lengths freestyle.

**200 Freestyle Relay:** Team of four swimmers each swimming 50 yards (2 lengths) freestyle.

**100 Backstroke:** One swimmer swimming 4 lengths backstroke.

**100 Breaststroke:** One swimmer swimming 4 lengths breaststroke.

**400 Freestyle Relay:** Team of four swimmers each swimming 100 yards (4 lengths) freestyle.

Each swimmer may enter a maximum of 4 events. This means a swimmer could compete in 2 relays and 2 individual events or 3 relays and 1 individual event. Diving is considered 1 event.



## Meet Scoring

### Dual Meet Scoring (6 Lanes)

	Individual	Relay
1 <sup>st</sup>	6 pts	8 pts
2 <sup>nd</sup>	4 pts	4 pts
3 <sup>rd</sup>	3 pts	2 pts
4 <sup>th</sup>	2 pts	(only 2 relays per team may score)
5 <sup>th</sup>	1 pts	(only 2 relays per team may score)

**Understanding Meet Scoring/How A Meet works:** In order to win a meet, one team must score more points than the other. This requires each swimmer to do their part for their team by swimming as fast as they can, efficiently.

Each team swims in either the odd lanes (1,3,5) or the even lanes (2,4,6). At max, 3 swimmers from each team can be in each event.

Swimmers are then assigned a lane number depending on if their team is swimming in the odd or even lanes, for each of their events. For example: they might swim in lane 3 during one event and lane 1 during another event. Each event (with the exception of diving) has two heats: JV and Varsity. JV goes first followed by Varsity. This pattern repeats for each event during the swim meet.

Again, the goal is to score more points than the opposing team. Typically, the fastest swimmer in any given event is in lane 3 or 4. So their goal is to beat the opposing swimmers in the lanes next to them. If you're swimming in lane 1, your goal is to beat the person in lane 6, as these two swimmers are likely the same speed. In reference to the Meet Scoring List above, there are no points for 6th place. Meaning, the team who places in 3 of the 5 scoring places, typically wins that event. This is something each team tries to do for every event. Example: If one team places 1st and 5th, they score 7 points. Which means the other team has placed 2nd, 3rd, and 4th scoring 9 points. It's great to place first, but that doesn't always guarantee you'll win the meet.

**Scoring for Diving:** Three judges scores are added together and multiplied by the degree of difficulty to obtain the points for each dive. If five judges are scoring, the top and bottom scores are eliminated and the middle three scores are used. When diving is complete, the same point value is awarded to the top 5 divers.

**Championship Meet Scoring (8 lane pool 16 places)**

	<b>Individual</b>	<b>Relay</b>		<b>Individual</b>	<b>Relay</b>
1 <sup>st</sup>	20 pts.	40 pts.	9 <sup>th</sup>	9 pts.	18 pts.
2 <sup>nd</sup>	17 pts.	34 pts.	10 <sup>th</sup>	7 pts.	14 pts.
3 <sup>rd</sup>	16 pts.	32 pts.	11 <sup>th</sup>	6 pts.	12 pts.
4 <sup>th</sup>	15 pts.	30 pts.	12 <sup>th</sup>	5 pts.	10 pts.
5 <sup>th</sup>	14 pts.	28 pts.	13 <sup>th</sup>	4 pts.	8 pts.
6 <sup>th</sup>	13 pts.	26 pts.	14 <sup>th</sup>	3 pts.	6 pts.
7 <sup>th</sup>	12 pts.	24 pts.	15 <sup>th</sup>	2 pts.	4 pts.
8 <sup>th</sup>	11 pts.	22 pts.	16 <sup>th</sup>	1 pts.	2 pts.

In meets with prelims and finals, a swimmer in the consolation heat cannot place higher than the top place in the consolation heat (9th) even if their time is faster than someone in the championship heat (1st – 8th).

**2024-2025 Section Cut Times and 2023-24 Section 8th & 16th Place Prelim Times**

<b>Event</b>	<b>2024-25 Section Cut Time</b>	<b>Section 8th Place Time (Prelims 2022-23)</b>	<b>Section 16th Place Time (Prelims 2023-23)</b>
200 Medley Relay	One Per Team	(finals) 2:02.32	
200 Freestyle	2:15.00	2:01.00	2:05.91
200 IM	2:40.00	2:17.41	2:27.92
50 Free	28.00	25.33	26.34
Diving (11 dive list)	Annette will decide	(finals) 332.70	(finals) 255.95
100 Butterfly	1:15.00	1:02.27	1:05.76
100 Free	1:00.00	55.23	58.91
500 Free	6:15.00	5:26.81	5:50.27
200 Free Relay	One Per Team	(finals) 1:46.60	
100 Backstroke	1:12.00	1:03.53	1:07.75

100 Breaststroke	1:22.00	1:11.33	1:16.14
400 Free Relay	One Per Team	(finals) 4:05.52	

### **2024-2025 State Cut Times (assigned by the MSHSL)**

<b>200 Medley Relay</b>	<b>1:51.78</b>
<b>200 Freestyle</b>	<b>1:56.58</b>
<b>200 IM</b>	<b>2:11.16</b>
<b>50 Freestyle</b>	<b>:24.49</b>
<b>100 Butterfly</b>	<b>:58.69</b>
<b>100 Freestyle</b>	<b>:53.71</b>
<b>500 Freestyle</b>	<b>5:12.87</b>
<b>200 Freestyle Relay</b>	<b>1:40.43</b>
<b>100 Backstroke</b>	<b>:59.99</b>
<b>100 Breaststroke</b>	<b>1:08.11</b>
<b>400 Freestyle Relay</b>	<b>3:41.42</b>

### **Lettering Requirements**

- Each athlete must meet the standards set up by the MSHSL regarding eligibility.
- Each athlete must meet the attendance obligation set up by the coaching staff (25 letter points).
- Each athlete must make a **positive** contribution to the team through attitude, effort, commitment, and sportsmanship. These points are awarded by the coaches (25 letter points).
- Each athlete must obtain the required number of performance points established for the season. Performance point totals will be compiled at the end of each season. 100 points are needed to letter.
- Each athlete who qualifies for the section meet and completes the season in good standing with a positive team contribution will earn a letter.
- Each athlete must also maintain a cumulative GPA of 3.0 or higher in order to earn a letter.

- The above criteria must be met to qualify an athlete for lettering. The candidates for letter winning still must meet the approval of the coaching staff.

Performance points will be awarded in the following combinations:

- Actual points earned in varsity dual meets, invitational, and championship meets according to finish place.

## Code of Conduct

Each competitor is expected to be on time and prepared for practices, meets, meetings, or other events at the designated time. Timeliness applies to individuals responsible for transportation as well. There will always be a coach waiting with the athlete until the last one has been picked up for their safety. We are responsible for athletes while they are away from their parent(s) or guardian(s). Please pickup the athlete from practices, meets and other events on time.

Absenteeism – Because of our limited pool time, attendance is very critical.

Tardiness is counted: 3 tardies = 1 unexcused absence. Absence from practice is considered unexcused unless you supply a handwritten note from your teacher, parent(s) or guardian identifying the date and explaining why you missed practice. The note must be signed and dated by your teacher, parent(s) or guardian. Verbal absent notices from a fellow teammate are not accepted. When you know of an absence in advance, please provide a note prior to the absence. In the case of sudden illness, a note the next day back will be sufficient. A telephone call or email to the coach will also be appreciated. If you will be absent on a day of a meet please inform a coach by email or phone in advance so we know not to add you to the line up.

School attendance is a prerequisite to practice and competition. **If the athlete is not in school all day of a scheduled event**, the athlete is ineligible to participate. The athlete must be in school all day after an event in order to be eligible to participate in the next event.

Some exceptions to this policy are:

- Another school activity.
- Medical appointment (requires verification by the school office or attendance secretary).
- One period (or less) in the school Health Office.
- Funeral or family medical leave/emergency (requires parental excuse).
- Student safety issues (to be reviewed by White Bear Lake Administrators).
- Religion

Attendance is the pinnacle of success. The coaches have committed themselves to the season; you too, must commit yourself. Missing practices and meets frequently brings an athlete's commitment under question. Therefore, attendance is a large part of earning varsity letter in swimming and diving. The details may be found in the lettering section of this handbook.

## **Becoming a Successful Team**

- Be polite and courteous at all times.
- Be a team player always.
- Be a good student in all subjects.
- Be enthusiastic, industrious, loyal, and cooperative.
- Be in the best possible condition – physically, mentally, and morally.
- Earn the right to be proud and confident.
- Keep focused on the task and keep emotions under control.
- Work constantly to improve without becoming satisfied.
- Acquire peace of mind by becoming the best that you are capable of becoming.
- GO BEARS!

## **Swim and Dive Parent Code of Conduct**

As the parent or guardian of an athlete on the White Bear Lake Swim and Dive Team, I shall be subject to the Code of Conduct while participating in any White Bear Lake Swim and Dive Team functions.

1. Practice teamwork with all parents, swimmers and coaches by supporting the values of Discipline, Loyalty, Commitment, and Hard Work.
2. As a parent, I will not coach or instruct the team or any swimmer at a practice or meets (from the stands or any other area), interfere with coaches on the pool deck, or unduly burden coaches by directing excessive telephone calls or emails to them.
3. I will not approach a coach or assistant coach before or after a game, unless specifically asked by the coach.
4. I will wait 24 hours after an issue arises to contact a coach with any issues that I wish to address.
5. I will demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other swimmers, parents, officials, and the coaches at meets and practices.
6. Maintain self-control at all times and know my role.  
Swimmers – swim, coaches - coach, Officials – officiate, Parents – parent.
7. Enjoy involvement with the White Bear Lake Swim and Dive Team by supporting the swimmers, coaches and other parents with positive communications and actions.
8. The coaching staff has final approval on each swimmer's meet entries. Once meet entries are submitted, I will support my child in the races they are scheduled to swim and not criticize or chastise the decision.
9. During competitions, questions or concerns regarding decisions made by meet officials are directed to a member of our coaching staff only.
10. As a parent, I understand that criticizing, name-calling, use of abusive language or gestures directed toward the coaches, officials, and/or any participating swimmer will not be permitted or tolerated.

## Understanding of Handbook



Failure to follow the handbook guidelines will result in disciplinary actions that could result in removal from practices, meets, and other events and possible prohibition from future practices, meets, and other events.

**Please return to Coach Tia before the first meet (Aug 24).**

**I have read the handbook and understand all of the rules and policies for the White Bear Lake Girls Swimming and Diving Team.**

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature



## Goals for the Season

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

**What do you want to accomplish this season?**

**Events(s)/Dive(s) you want to try?**

**Events(s)/Dive(s) do you love the most?**

**List your end of the season goals.** (explains: events you want to swim by the end of the season, times you want to achieve, making the section cut times in certain events, going to state, dives you want to complete...)

**What are you looking forward to the most this season?**

**2-3 (appropriate) song requests for the team playlist:**