

Mundelein
Swimming & Diving
Handbook 2017-2018



Welcome to Mundelein Swimming and Diving

The coaching staff would like to welcome all of you to our program! Co-curriculars are a valuable HS experience and we feel that Swimming and Diving can be a valuable and positive part of your child's life. We are excited to start working with all the returning athletes and meet the new athletes joining our team for the first time.

Whether you are year round swimmer/diver, a recreation swimmer/diver or primarily a water polo player, our objective is to create a positive team environment where through hard work, commitment, pride, discipline, spirit and integrity every athlete can achieve their goals they set, learn valuable life skills, and have our program be a positive influence in their lives.

Regarding staffing of our program, I am excited about the assistant coaches that we have. On the girls side Kristi Mazzuca will be the JV coach and Bill Owens will be the diving coach. On the boys side, Russ Gates will be the JV coach and Bill Owens will again be our diving coach.

In the pages that follow, the handbook will outline more information about our program and hopefully answer any questions you may have.

Rahul Sethna

Follow us at:

Website: <https://sites.google.com/a/d120.org/mundelein-swimming-diving/>

Facebook: <https://www.facebook.com/groups/MHSSD/>

Twitter @Mundswimdive

Philosophy of the Program

Team Philosophy

- To provide a positive environment in which each athlete can develop physically, emotionally and socially.
- To learn and enjoy life skills such as: pride, commitment, hard work, discipline, integrity, and loyalty and apply them to the team and everyday life.
- To learn as much as possible about the sports of Swimming & Diving.

The Core Values of Our Program

- Ubuntu: I am what I am because of who we all are.
 - Unselfishness
 - Accountability
 - Passion
 - Appreciation
 - Work Ethic

Individual Goals

- To set realistic personal goals and work to achieve them through hard work, discipline and commitment.
- To be a positive reflection of oneself, the team and the school.
- To appreciate everyone's contribution to the team, and to understand and accept your own contribution as well.
- To accept and carry out responsibilities as a team player to the best of your ability.
- To show respect for yourself and others.
- To develop the skills necessary to be a strong athlete.

Coaching Goals

- To provide both on and off the field experiences to enable each athlete to grow and develop an understanding of the life skills mentioned within the scope of athletic participation.
- To introduce and explain the sports of Swimming & Diving, to the best of our ability, and communicate the rules and etiquette required to compete in the sports safely.
- To challenge each athlete to be the best that they can be in and out of the pool.
- To clearly communicate the team rules and expectations to the athletes and parents.
- To convey the importance of each athletes contribution to the program.
- To teach athletes to accept appropriate criticism and guidance from coaches or teammates in a positive manner.
- To instill and uphold high standards of sportsmanship.
- To never give up, and to lead by example.

Parental Goals

- To understand and support the direction and philosophy of the coach(es) and the Aquatics Program.
- To help support the team through positive reinforcement of your son's / daughter's efforts and participation, as well as that of other athletes in the program.
- To help support the team through working with the coaches on things such as: Team Banquet, Senior Night, Pasta Parties and Home Meets.
- To develop and demonstrate awareness that your son / daughter is part of a team, and that team goals take precedence over individual goals.
- To assist the coach(es) in building team and family community through participation in and support of team events.

Teams: Varsity and Junior Varsity

At MHS we compete on two levels Varsity and JV. The Varsity swim team is composed of swimmers that have the ability and desire to compete at a higher level of competition. In a broad sense, this is generally swimmers with a USS swimming background, members of last year's Varsity team, the strongest swimmers on last year's JV squad, and any new freshman with a strong swimming background.

On Varsity, the team will typically consist of 12-24 swimmers. There will be automatic time cuts for each event where if the swimmer meets or betters the time standard for the event on the first day, they will be on Varsity. After that, **the team will be compiled in a manner of which we can field the strongest and deepest team in every event-not just freestyle.** A well-rounded swimmer can swim in more events at the Varsity level and help the team, than just a freestyler. **Keeping that in mind, a faster freestyler may be passed over for a swimmer that is faster in the other stroke disciplines. Also, Seniority or last year's team placement is not taken into consideration.**

The JV swim team will consist of the rest of the swimmers on the team. In some cases, JV swimmers may be moved up and train with the Varsity team if they demonstrate the potential and ability to help contribute to the Varsity team effort.

When numbers dictate where we have more athletes than spots available to compete, the basic qualification to compete in swim meets will be:

- A correct starting dive off the blocks
- Being able to do a 50 of each stroke legally
- Being able to do a legal turn for each stroke

Until those 3 criteria are met, the athlete will not compete in meets.

Swimmers may train with the Varsity team, but that does not guarantee participation in Saturday Varsity invites where the entries are limited or in Varsity Dual meets. Every effort will be made to have ALL swimmers participate in multiple events, but for each dual meet and invite at the Varsity level, creating the best lineup to compete will be the overriding philosophy.

We are allowed to dive 6 divers at every dual meet and 2 or 3 at every Varsity Invite. The Varsity diving team will consist of the Top 3 divers by score and the next 3 divers by score will dive JV. If we have more than 6 divers there are opportunities to compete at dual meets when both coaches consent to diving more than 6.

Commitment and Attendance

Athlete's Priority

Family and Faith
School (Academics)
Mundelein Swimming & Diving

As with any sport, to get better and achieve both individual and team goals, commitment to the team and attendance at workouts is extremely important. If you are sick but able to go to school, then you should be able to go to the workout or meet.

Swimmers and divers are required to be at all scheduled workouts. If you are going to miss a workout please contact your respective coach. If you are going to miss a meet, please give your coach as much advance notice as possible.

If you are going to be late due to academics, please make sure you get a pass from the teacher you were working with. Not attending practice to study for tests or finishing projects is more a matter of **time management** (ie. waiting until the last minute to study for a test or starting a project two days before it is due).

We operate on a rolling 85% attendance rate for Varsity and a 75% attendance rate for JV to participate. What that means is your son's/daughter's participation in meets is dependent on keeping an 85% or 75% attendance rate at practice that is a rolling figure. If you schedule dentist appointments, are sick, have band performances, FBLA or other clubs or anything it goes into the practice figure. Family vacations of up to 5 days (or practices) are excused and do not go into the figure. Any vacation days past those 5 will be included in the attendance average. Morning practices for Varsity are incorporated into the attendance figure. If they are not on Varsity it is just based on afterschool practices.

The rationale of the attendance participation rate is to put attendance back on the athlete and their family. **It is a privilege to be involved in co-curriculars at our school. It is up to the athlete and their families to make sure they are at practice and fulfilling the requirements to compete. This removes subjective decision making from the coaches and makes sure everyone's participation is based objectively.** If you choose to go on a two week vacation during season or if your son/daughter continually has to miss practice due to sickness or other things and falls below the attendance percentage, they have not been able to commit as others that are above the attendance figure. Therefore, they should not be able to participate like other athletes that have stayed above the threshold.

Being a successful team requires commitment from all its members. **While we encourage our athletes to be as well rounded as possible, by the time they are an upperclassmen and a member of the Varsity team, the expectation is that our team and all competitions and activities take precedence over any other non-academic activity.** We understand that Band/Chorus is an academic course, having said that though, performances, tryouts and other things involved with it go into the attendance figure. If your son/daughter makes every other swim/dive practice, their attendance will never fall below the threshold.

Training Schedule

The training schedule will generally be what is shown below with adjustments depending on competitions and days off.

Varsity Swimming:

- Mornings from 6:15am -7:15am on M-T-F
- Afterschool from 3:30-5:30pm M-F
- Some Saturday mornings (non-competition days) from 8-10am

Varsity Dryland:

- Weight training M, W, F evenings from 5:45-6:30pm (M, W), 5:15-6:00pm (F)

JV Swimming:

- Afterschool from 3:30-5:00pm M-F for JV1- Swimmers that can swim all 4 strokes legally with a legal start and turn.
- Afterschool from 3:30-4:30pm M-F for JV2- Swimmers that **cannot** swim all 4 strokes legally with a legal start and turn.

Diving:

- 3:30-5:30pm M –F

Training Program / Workout Overview

Practice starts every day at 3:30 with stretching. All swimmers and divers should be on deck ready to work out by then.

Swimming water work will emphasize: specificity of training, technique and the proper balance of aerobic and anaerobic training.

Diving water work will emphasize proper technique and learn skill appropriate dives.

Weight training will emphasize technique in lifting and core strengthening and stability.

Training is a partnership between the coach and the athlete. Ultimately though, it is up to the athlete to have a positive mental attitude and be responsible for their own evolution as an athlete.

Items to have daily at practice:

- Suit, towel, and goggles. Each athlete will also have a locker in the locker room to store their equipment.
- Swim Cap- female athletes will receive two swim caps and male athletes will receive one.
- Water bottle. Each athlete should bring a water bottle with them to practice every day.

Things to do Before the First Practice

Before the first practice, all athletes must be cleared by the athletic office. The coaches will have a list of athletes cleared by the athletic office. If your son/daughter is not on the list, please call the athletic office.

*If you are a boy swimmer/diver and played a sport in the Fall, you just need to fill out the Medical release form and you will get a clearance card.

*If you plan on managing for the team, you need to have filled out a Medical release form.

Team Expectations and Conduct

The conduct of all athletes at Mundelein is governed by the Code of Conduct forms that you sign off on before you can be cleared. The use of alcohol, tobacco, and narcotics are strictly prohibited. Please refer back to the Code of Conduct form for specific details.

Besides the code of conduct our program operates under two rules:

1. Respect yourself, your teammates, your coaches, your school and your opponents.
2. Do not do anything that would embarrass yourself, your family or our team.

Program Awards

Our program gives out the following awards:

- Freshman Numerals
- Sophomore Shield
- Junior JV Letter
- Varsity Letter

If you received one of the first three awards in a previous sport, you will receive a certificate- the school does not give out multiple freshman numerals etc. If you received a Varsity letter previously, you will receive a sport pin and certificate.

The requirements for earning a Varsity Letter are as follows:

- Train with the Varsity team
- Compete in a minimum of 50% of competitions at the Varsity level
- Have a 85% minimum practice attendance

Captains

The team will have 2-4 Captains each year. Being a Captain is a time commitment. The Captains and I will meet once a week during the season and a few pre and post season meetings. Some of the responsibilities include:

- Creating and organizing team activities
- Organizing and choosing team spirit wear and suit
- Organizing and maintaining a Big/Little Sister's/Brother's program
- Other responsibilities designated by the coaching staff

To be considered for a Captainship, the following criteria must be met:

- Must have a minimum of 90% practice attendance the previous season.
- Must have a formal letter of application to the Head Coach prior to Holiday Break which includes why they want to be a Captain as well as explaining why they would be a good Captain.
- Must interview with the Head Coach in person before the end of Term 4 of the school year.
- Any Upperclassmen (V, JV, Diving) can apply, Sophomores that compete on the Varsity level (swimming or diving) can also apply.

Captain selection will be based on the following:

- Interview with the Head Coach
- Recommendation from the Coaching staff
- Recommendation from the Team
- Returning Captain's will continue to serve as a Captain unless the Coaching staff and the Head Coach determine that a change needs to be made.

Ultimately, the Head Coach and Coaching staff will make the final selection. Captains for the following year will be designated at the beginning of Term 4 of the school year as that is when their work will start.

Swimming and Diving Meets

The team will compete in dual meets, Invites, and the IHSA State Series (Varsity)

The order of events for dual meets is as follows:

- 200 Medley Relay
- 200 Freestyle
- 200 Individual Medley
- 50 Freestyle
- Diving *
- 100 Butterfly
- 100 Freestyle
- 500 Freestyle
- 200 Free Relay
- 100 Backstroke
- 100 Breaststroke
- 400 Freestyle Relay

*For Saturday invites, Diving will be FIRST. Usually, the diving competition takes place at 9:00am.

In any meet, an athlete is allowed to compete in a maximum of 4 events, with no more than two of them individual events.

Home dual meets usually start at 5:00 and are finished latest by 7:30pm. If they are away, we usually return to the school between 8-8:30pm. Saturday invites usually start at 9:00am for diving and are done by 11:30am, returning to school by 1:00pm. Saturday swim invites usually start at 1:00pm, done between 3:00-4:30pm, and return to school between 4:00-5:30pm.

Dual Meets

In a dual meet, each team gets 3 entries per event that will count toward the team scores. For example, in the 50 Free, I can enter three athletes into that event. If you have extra lanes, you can enter another individual, but their points do not count to the team score.

Scoring for dual meets is as follows:

Individual events

- 1st- 6 points
- 2nd -4 points
- 3rd -3 points
- 4th -2 points
- 5th -1 point
- 6th -0 points

Relay events

- 1st- 8 points
- 2nd -4 points
- 3rd -2 points

At home meets, there will be setup and takedown involved. All athletes will help setup the pool and takedown the pool before they are excused. Setup and takedown jobs will be made by coaches

Invites

Invites are usually for Varsity only. At Varsity invites, some allow 2 entries per event and some allow 3 entries per event. **If they allow only 2 entries per event, chances are not all Varsity members will swim/dive at that invite. All team members are still expected to be there as they are part of the team.**

Scoring for Invites are usually what is called Championship scoring. This is also how the State series is scored:

- 1st -16 points
- 2nd -13 points
- 3rd -12 points
- 4th -11 points
- 5th -10 points
- 6th -9 points
- 7th -7 points
- 8th -5 points
- 9th -4 points
- 10th -3 points
- 11th -2 points
- 12th -1 point

Relay points are just doubled.

IHSA State Series and NSC Championships (V & JV) and NSC Open

The IHSA state series consists of Sectionals and State. On the Varsity team, the target meet for the athletes can either be: NSC Championships (V & JV), or IHSA Sectionals /State.

For the NSC Open we have unlimited entries, for NSC Championships -3 entries per event and 1 relay per event, on both the V and JV level and IHSA- 2 entries per event and 1 relay per event. All JV athletes will either go to the NSC Open or NSC Championships- JV level depending on entries available after filled by the Varsity team.

Determination of who goes to what Target meet and what they swim/dive will be up to the respective coach. The criteria used will be as follows:

- **Creating the best, most balanced lineup to accomplish team goals while taking into account any other important criteria that the coaches' feel is important. It is not necessarily just based on time. Ultimately it is the coach's discretion.**
1. Individual goals are secondary to team goals in all cases.
 2. **Seniority or previous year spots does not factor into the decision making.** If someone gets faster from last year based on their off-season work, they should be rewarded.
 3. Value judgments such as "I worked harder" or "My son/daughter says so and so never worked hard" are best left to the coaches that are there every day.

The alternate chosen for any state qualifying relay will be made using these criteria:

1. Individual that was closest to the state cut in their individual event(s).
2. Was a state qualifier the previous year.
3. Most versatile swimmer-able to fill in any spot on the relay(s) qualified.
4. Individual that will help with chemistry at the meet.
5. **Any other criteria that the coaches feel appropriate**

The alternate will be chosen using a **combination** of the above criteria in no special order. **Ultimately it will be the coaches decision**, but the above criteria will be what is used in the decision making process.

State Ticket Disbursement

Due to the limited seating space at the state meet venue, we are only allotted 2 tickets per qualifier. The IHSA usually allows schools to purchase up to an additional 3 tickets once they determine the number of qualifiers vs. seats. The ticket "reservations" priority will be as follows:

1. Each person swimming will get their 2 tickets to use for family or extended family. If there is more tickets available and they need more, we will try to accommodate that request.
2. Alternates that were in consideration, but not chosen.
3. Managers
4. Seniority- number of years on the team, not year in school
5. Anyone else interested.

Travel

We travel to away competitions by bus. The bus for dual meets leaves at 3:30pm and for Saturday invites at various times depending on the start time of the meet. Usually the bus will leave between 9:30 and 11:00am.

- Athletes must travel on the bus both ways. Taking your athlete home from the meet venue is discouraged unless it is a special occasion or family emergency. If you are taking them home, we need a **written note** stating you -or a person of your choosing- are taking them home and the reason. We cannot release them without a written note.
- We take attendance on the bus at away meets, if the athlete is not present, we wait, call the parents, call anyone else we think they may be with, call the police as a last resort. Leaving a meet venue without the coaches' knowledge is a reason for team dismissal.
- We are representatives of our school when we are traveling; therefore, we want to put our best foot forward at other host schools. This includes:

- Appropriate dress
 - Boys: Sweater, collared shirt, dress slacks or Khakis, belt, dress shoes.
 - Girls: Skirt, dress slacks or Khakis, dress shoes (open or closed toe), dress tops.
- If athletes are not dressed properly, they will not travel to the meet.

Family Commitment

It is important to your child and our program that you are involved to the best of your ability. Whether it is simply attending every weekend meet, being able to be at every meet and work concessions or whatever you are able to do, our program is that much better by you being involved.

We have many ways to get involved with our program through: concessions, pasta parties, Senior night, End of the Year banquet and a host of other things. The team parents are the best source of information on how to get involved in the program.

Any time or resources that you donate to our program is greatly appreciated by everyone involved.

Communication with Coaches

If you have a question or concern during the season, the chain of communication is as follows:

- Contact your child's respective coach first.
- Contact the Head Coach
- Contact the Athletic Director

Please make sure you follow the chain of communication.

Swimming for Water Polo

If you are primarily a water polo player, we are glad you joined our program. As a former water polo coach as well, I know the importance of swimming. As a part of our swimming program, you are taking a big step in making yourself a better water polo player. How much you improve in swimming, is up to you and your motivation to also be a better water polo player.

Here are a couple of excerpts:

USA WATER POLO: How important is swimming to water polo?

Brent Bohlender (member of USWP Hall of Fame, First CA HS coach to win 1000 games, the list goes on): To be a good player you have to be a good swimmer. You CANNOT get around it. It is so logical – you can't play basketball if you can't get from one end of the court to the other, and the one who gets there sooner will have more opportunities.

Monte Nitzkowski-former 3 time USA Olympic men's coach:

I encourage all young Water Polo players to swim competitively through their high school years. This is a must. You can't improve your swimming ability on your own. Young players must have the discipline and education provided by a coach-directed, scheduled swim team program. Many high school age-Water Polo players want to quit swimming and just play Water Polo. It's very difficult to play Water Polo above the high school level without having competed in swimming through the high school years. Competitive swimming improves strength, size, mobility and quickness—all paramount to becoming an outstanding Water Polo player. Athletes

need to "pay their dues" during the younger years to build the swimming speed, strength and stamina required to succeed as senior level players

If your goal is to be a better water polo player, then swimming on the team will help accomplish that goal. That being said, **all athletes must abide by the team rules set forth by the coaches. The swimming and diving program is not an intramural practice or a health club where you can choose when to attend. Attendance at all practices and competitions and a POSITIVE ATTITUDE is a must to remain in good standing on the team.**

State Qualifying Times

BOYS STANDARDS 2017-18

200 Medley Relay	1:37.29
200 Free	1:44.32
200 IM	1:57.77
50 Free	:21.86
100 Butterfly	:52.33
100 Free	:47.72
500 Free	4:44.73
200 Free Relay	1:27.71
100 Back	:53.32
100 Breast	:59.80
400 Free Relay	3:12.86

GIRLS STANDARDS 2017-18

200 Medley Relay	1:48.58
200 Free	1:55.10
200 IM	2:09.59
50 Free	:24.39
100 Butterfly	:58.18
100 Free	:53.03
500 Free	5:09.63
200 Free Relay	1:38.23
100 Back	:58.69
100 Breast	1:06.76
400 Free Relay	3:35.52

DISABILITY STANDARDS 2018

	Boys Class A	Boys Class B	Girls Class A	Girls Class B
200 FR	7:00	5:00	7:30	5:30
50 FR	2:45	2:00	3:00	2:15
100 FR	4:15	3:00	4:45	3:30
100 BR	5:00	4:30	5:30	5:00

Five Dysfunctions of a Team- Patrick Lencioni



According to Lencioni, most teams unknowingly fall victim to five interrelated dysfunctions. Teams who suffer from even one of the five are susceptible to the other four. Solving all five is required to create a high functioning team.

Dysfunction One – Absence of Trust. When team members do not trust one another, they are unwilling to be vulnerable within the team. It is impossible for a team to build a foundation for trust when team members are not genuinely open about their mistakes and weaknesses.

Dysfunction Two – Fear of Conflict. Failure to build trust sets the stage for the second dysfunction. Teams without trust are unable to engage in passionate debate about ideas. Instead, they are guarded in their comments and resort to discussions that mask their true feelings.

Dysfunction Three – Lack of Commitment. Teams that do not engage in healthy conflict will suffer from the third dysfunction. Because they do not openly surface their true opinions or engage in open debate, team members will rarely commit to team decisions, though they may feign agreement in order to avoid controversy or conflict.

Dysfunction Four – Avoidance of Accountability. A lack of commitment creates an atmosphere where team members do not hold one another accountable. Because there is no commitment to a clear action plan, team members hesitate to hold one another accountable on actions and behaviors that are contrary to the good of the team.

Dysfunction Five – Inattention to Results. The lack of accountability makes it possible for people to put their own needs above the team's goals. Team members will focus on their own goals or recognition for their themselves to the detriment of the team.

Being on a Team vs. Being a Teammate

[Thoughts NOT just for athletes....]

- Compiled by John Leonard from *InSideOut Coaching* by Joe Ehrmann

Being on the team benefits your personal goals and ambitions.

Being a teammate benefits the goals and ambitions of your team and your teammates.

Being on the team can make you a bystander.

Teammates intervene in the lives and actions of their teammates.

Being on the team involves personal effort.

Being a teammate involves the efforts of every player.

Being on the team means doing what is asked of you.

Being a teammate is doing whatever is needed for the team to succeed.

Being on the team can involve blaming others and making excuses.

Being a teammate involves accepting responsibility, accountability, and ownership of the team's problems.

Being on the team makes you "me-optic," asking what's in it for me?

Being a teammate makes you "we-optic," asking what's in it for us?

Sometimes players on the team are drawn together by common interests; teammates are drawn together by a common mission.

Sometimes players on a team like one another; teammates respect one another.

Sometimes players on a team bond together because of a shared background or compatible personalities; teammates bond together because they recognize every player is needed to accomplish the goal of the team.

Sometimes players on a team are energized by emotions; teammates energize one another out of commitment.