



SMOKY HILL
SWIMMING & DIVING

**ATHLETE & PARENT
HANDBOOK**

2017-2018

TEAM

T ogether E veryone A chieves M ore

Take time to be together.

Talk about your dreams, your disappointments, and your achievements.

Teach one another.

Tell a joke, make each other laugh.

Touch one another's lives.

Trust your teammates, and be trustworthy.

Treasure one another, each of you makes all of you better.

Empathize with one another, some days are just plain tough.

Expect the best from one another, and forgive one another when you don't get it.

Exaggerate your strengths; minimize your shortcomings.

Energize one another.

Acept one another.

Allow for error, from yourself and your teammates.

Appreciate one another.

Ask questions – honestly and openly.

Avoid judging.

Mimic the things you admire in your teammates.

Mention what you value and appreciate of each other.

Make a difference to one another.

Model what you'd like to see in your teammates.

Smile, especially when your teammates need it.

Survive the tough times – and do it together.

Stand united.

Save one another from embarrassment.

Support one another.

Savor your successes.

A team can make you the best individual you'll ever be!

A Letter from Coach Cohen

Dear Water Buffaloes,

Welcome to the 2017-2018 Smoky Hill High School Swimming and Diving Team! I am excited for this journey together. Each year is a new adventure. Your high school swimming experience will be filled with highs and lows, but we will go through everything together as a team.

Being a part of a winning team is a very difficult task. In fact, winning is not normal and is harder than you ever think it will be. What I ask our athletes to do is not easy and members of this team are not normal. I ask for you to attempt to be exceptional in everything you do. For example:

- Respect and appreciate your family for all they do to allow you to swim or dive.
- Succeed academically in the face of many distractions.
- Push yourself physically and mentally while remaining optimistic when frustrated or uncomfortable.
- Take care of your body and mind while enjoying the high school experience.
- Be a problem solver and develop a plan to navigate the many tough choices headed your way.
- Learn to resolve issues with maturity and consistency.
- Develop an unshakeable confidence in yourself but not becoming arrogant.

The development of discipline, character and consistency is critical to success. Character is doing the right thing when no one is watching and the disciplined person is one who does the right thing all the time - particularly when they don't want to. Having character and discipline is born from consistency.

This pursuit of discipline and character is a common theme throughout our journey here at Smoky Hill. Ultimately, the more consistent you are in the things you do will lead you to results.

It is always inconvenient to be on a team. For this team to be successful, you must make choices, not sacrifices, choices that are for the betterment for the team. It is not convenient to be selfless and not self-absorbed. It is not convenient to hold team goals above your own. Taking the easy way out must be replaced by the acceptance of inconvenience.

Taking ownership of your life and this team is the last hope I have for you. Understanding that you are in charge of your success and failures is a life skill that will serve you well throughout your life. The victim mentality is not one this team accepts. You are in charge of your life and must accept the consequences of your actions, both good and bad. When you invest in the team, you achieve ownership and develop a passion for it and its goals.

Finally, I ask one more thing of you: COMMIT. Commit fully and completely. Commit to excellence in everything you do. This is the time in your life that you can push all your chips into the middle of the table and go all in. I know that if you are all in, magical things will happen.

Discipline, character, acceptance of inconvenience and being comfortable being uncomfortable - I believe that is the difference between being good and being great. Please keep these four characteristics in mind when making this journey this year.

Go Buffs! Bring the FAST!

Scott Cohen

Team Guidelines

- I will remember at all times that it is a privilege, not a right, to be on this team.
- I will be selfless. I will put my team and teammates first.
- I will communicate all problems and personal issues to a member of the coaching staff.
- I will not pity myself and I will not accept it from my teammates. I will not tolerate trash talking, negative attitudes or lack of responsibility from myself and my teammates.
- I will only cry tears of joy for myself or my teammates.
- I will keep the facilities that we use clean and presentable at all times. This includes, but is not limited to: pools, decks, locker rooms, weight rooms, yoga rooms, classrooms, hotel rooms, etc.

Team Expectations

- I will show up daily with the most positive attitude, ready to work hard and bring out the best in everyone around me.
- I will participate in team activities and enjoy my teammates.
- I will represent myself, this team and this high school in a positive manner by excelling in the pool, in the classroom and as a positive and productive member of the community.
- I will contribute to the success of this team.

Training Guidelines

- I will attend all practices with the mindset and purpose to improve, support my teammates and to challenge myself. All outside issues and personal problems are to be left outside the pool.
- If I am sick or injured, I need to contact my coaches and let them know. Injured athletes should see the school trainer for treatment.
- I will come dressed and prepared for the planned workout. Appropriate work out clothing will be worn to yoga and strength training sessions.

Training Expectations

- I will arrive fully prepared for practice and be on the pool deck, in a suit, at the starting time of practice.
- I will be on time. Being tardy is selfish and implies that my time is more important than my teams or the goals my team is trying to accomplish.
- I will have all necessary and appropriate gear with me and ready to go for all practices.

Competition Guidelines

- I understand that we will warm-up together as a team before every competition.
- I will participate with the team cheer before each meet.
- I understand that at the conclusion of the 400 Freestyle Relay, all team members must immediately report to the team area for a cheer, shake hands with the opponents, and proceed to the pool for a team warm down.

Competition Expectations

- I understand that there will always be a team warm-up at the beginning of each meet.
- I understand that there will always be a team warm-down at the conclusion of each dual meet, after shaking hands with the opponents.
- I will prepare myself to race and compete to the best of my ability every single race for myself and my teammates.
- Cell phones should only be used to play music during a competition. No social media during a meet. Give your attention to your performance and your teammates.
- All socializing with parents, friends and others is done after a meet concludes. It is not appropriate for them to be in the team area or for athletes to be in the stands.
- I will talk with my coaches before and after every race.

Communication Guideline

- I am expected to communicate all issues and problems to a coach.
- Communicating with a coach does not guarantee that I will get what I want.
- I understand that the job of the coaches is to deliver the messages that will help me and this team be successful, not to make me feel good all the time.

Communication Expectations

- I WILL NOT LIE. I will not lie to my teammates and I will not lie to a coach. This includes all assistant coaches, school officials and opponents.
- I will use social media wisely and as a representative of this team and this school. My social media settings will be set to private and whatever I post will be appropriate. I will not reply to articles and/or other posts that are not appropriate.
- Whatever you post on social media is a reflection of you, this program and this school.

2017-2018 SCHEDULE OF EVENTS

Date	Day	Opponent/Event	Location	Time
November 6	Monday	First Day of Practice	Smoky Hill	3:45 PM
November 8	Wednesday	Parent Meeting	SH Cafeteria	7:00 PM
November 11	Saturday	Smoky Hill Pentathlon	Smoky Hill	8:30 AM
November 13	Monday	First Split Practice – Varsity & JV	Smoky Hill	3:45/4:45
November 21	Tuesday	Equipment Check-out	Smoky Hill	5:45 PM
November 29	Wednesday	Pasta Party	TBA	5:15 PM
November 30	Thursday	Eaglecrest High School	Eaglecrest	4:30 PM
December 1	Friday	Team Pictures	Smoky Hill	2:45 PM
December 2	Saturday	Denver East High School	Smoky Hill	10:00 AM
December 7	Thursday	Cherokee Trail High School	Smoky Hill	4:30 PM
December 9	Saturday	Angel Invitational	Manual	TBA
December 14	Thursday	Grandview High School	Grandview	4:30 PM
December 16	Saturday	High School Coaches Invitational	Thornton- VMAC	8:30 AM
December 21	Thursday	Cherry Creek High School	Cherry Creek	4:30 PM
December 23	Saturday	Team Holiday Party	TBA	10:30 AM
January 11	Thursday	Mullen High School (Senior Night)	Smoky Hill	4:00 PM
January 12	Friday	Pasta Party	TBA	5:15 PM
January 13	Saturday	Smoky Hill Invitational – Prelims	Smoky Hill	8:30 AM
January 13	Saturday	Smoky Hill Invitational – Finals	Smoky Hill	5:00 PM
January 18	Thursday	Arapahoe High School	Smoky Hill	4:30 PM
January 23	Tuesday	Overland High School	Smoky Hill	4:30 PM
January 27	Saturday	Centennial League “B” Swimming Meet	Smoky Hill	10:00 AM
February 1	Thursday	Pasta Party	TBA	5:00 PM
February 2	Friday	Centennial “A” League Swimming Prelims	Arapahoe	5:30 PM
February 3	Saturday	Centennial League Diving Prelims	Arapahoe	8:00 AM
February 3	Saturday	Centennial League Championship Finals	Arapahoe	3:00 PM
February 9	Friday	5A State Swimming Prelims	EPIC - Ft. Collins	4:00 PM
February 10	Saturday	5A State Diving Prelims	EPIC - Ft. Collins	9:00 AM
February 10	Saturday	5A State Championship Finals	EPIC - Ft. Collins	2:30 PM
February 15	Wednesday	Equipment Check-In	Smoky Hill	2:45 PM
February 20	Tuesday	Team Banquet	Smoky Hill	6:00 PM

Non-School Day Practice Schedule:

<u>Date(s)</u>	<u>Day</u>	<u>Reason</u>	<u>Practice Time</u>
November 22	Wednesday	Non-Contact Day	8:00 – 10:30 a.m.
November 23	Thursday	Thanksgiving Break	No Practice
November 24	Friday	Thanksgiving Break	8:00 – 10:30 a.m.
December 22	Friday	Finals Make Up	2:00 – 4:00 p.m.
December 25 – 27	Mon - Wed	Winter Break	No Practice
December 28 – 31	Thurs - Sat	Winter Break	8:00 – 10:30 a.m.
January 1	Monday	Winter Break	No Practice
January 2 - 6	Tues - Sat	Winter Break	8:00 - 10:30 a.m.
January 16	Monday	MLK Day	8:00 – 10:30 a.m.

Single Practice Dates

All swimmers will practice together on the following dates:

All Saturday Practices

November 6-10	Mon – Fri	First Week	2:45 – 5:00 p.m.
November 29	Wednesday	Pasta Party	2:45 – 5:00 p.m.
December 19-21	Tues – Thurs	Final Exams	1:30 – 4:30 p.m.
All Winter Break Practices			
January 15	Monday	MLK Day	8:00 – 10:30 a.m.

Directions to Schools:**Arapahoe High School**

2201 Dry Creek Road

303-347-6000

South on Parker Road. West on Arapahoe Road. South on University. School is on the right, at the corner of University and Dry Creek Road. Turn West on Dry Creek and park on the Southwest side of the school.

Cherokee Trail High School

25901 East Arapahoe Parkway

720-886-1900

East on Smoky Hill Road to Arapahoe Road. Left on Arapahoe into Cherokee Trail. Park in the upper lot. Pool is in the Northeast corner of the school.

Manual High School

1700 East 28th Avenue

303-391-6300

Denver East High School competes at Manual High School. North on I-225 to Colfax. West on Colfax to Franklin Street. Right (North) on Franklin to 28th Avenue.

Overland High School

12400 East Jewell Avenue

303-696-3700

Overland swims across the street from their school at Utah Park Pool. Utah Park Pool is a short course meters pool (as opposed to yards). Take Parker Road North to Peoria. Left (North) on Peoria. Go 2 – 3 miles to Jewell. Go past the light at Jewell and Peoria into the Utah Park Pool parking lot.

VMAC – Thornton

Veterans' Memorial Aquatic Center - 136th and Holly Street, Thornton

I-225 to I-70 West towards Denver. I-70 to I-270 West. Take exit 2B to merge onto CO-2 N/US-6 E/US-85/Colorado Blvd/Vasquez Blvd. Take the ramp onto I-76/US-6 E/US-85 N. Exit 10 for 88th Ave. Left on 88th. Take the 1st right onto Brighton Road/I-76 Service Road. Take the 1st left onto Monaco Street. Continue onto McKay Road. Continue onto Holly Street to the pool.

Activity Fee: Smoky Hill's \$90 Activity Fee per sport does not go directly towards the girls' swimming and diving team. The money goes into a general athletics budget that pays for all of the athletic programs in the Cherry Creek School District. This fee pays for coaching, transportation costs, dual meet officials, meet entry fees, and reusable team equipment (i.e. kickboards, warm-ups, and bags). CCSD will not allow this money to be spent on any equipment that isn't reusable by athletes (i.e. swim suits, caps, and T-shirts).

Conduct Expectations: All Smoky Hill Swimmers and Divers are expected to conduct themselves in a manner that is compatible with Cherry Creek School District Interscholastic Athletic/Activity Handbook guidelines. All girls are expected to present a positive image of Smoky Hill High School and the girls' swimming & diving program both in and out of the pool. Proper respect towards teammates, coaches, opponents, officials, spectators, and property will be demanded at all times. Conduct violators will be dealt with in an individual fashion by the coaching staff, athletic director, deans, and CHSAA as needed.

Contact Information:	Scott Cohen (Head Coach)	303-478-7479 (Cell) 720-886-5557 (Smoky Hill Activities) scohen3@cherrycreekschools.org (E-mail)
	Meghan Plachy (Assistant Coach)	meghanplachy@yahoo.com (E-mail) 303-905-0850 (Cell)
	Brian Lee (Assistant Coach)	blee41@cherrycreekschools.org (E-mail)
	Erik Seaver - Eaglecrest (Diving Coach)	303-877-1927 (Cell) eseaver@cherrycreekschools.org (E-mail)
	Athletic Department	720-886-5551
	Twitter	@shhswim
	Facebook Fan Page	Smoky Hill Girls' Swimming & Diving

Dual Meets: Because we have such a large team we will swim all of our dual meets as Varsity / JV meets. In these meets there will be three Varsity and three JV athletes competing from each team in each event. The Varsity and JV heats are scored separately as two different meets.

Dual Meet Scoring:	Place:	1 st	2 nd	3 rd	4 th	5 th	6 th
	Relays:	8	4	2	0	0	0
	Individual:	6	4	3	2	1	0

Eligibility: Eligibility standards are outlined in the Cherry Creek School District Interscholastic Athletic Handbook. All students must be enrolled in a minimum of five classes at Smoky Hill. Eligibility is maintained on a weekly basis through Power School. In order to maintain eligibility all athletes must not be failing more than one class at a time. Incomplete grades are considered a failing grade when eligibility is in question. Eligibility is maintained on a Monday-to-Monday basis. Power School automatically forwards all grades of all athletes to the athletic department every Tuesday. Ineligible athletes may practice, but may not compete during the time of ineligibility.

Equipment: Smoky Hill provided equipment will be handed out before our first meet. Equipment (Parka and team bag) will be distributed by class; with the seniors going first.

- Equipment will be checked out on Tuesday, November 21 @ 4:45 p.m.
- Equipment will be checked in on Monday, February 12 @ 3:30 p.m.

We request that you wash the sweats and clean out the bags before returning them to us at the end of the season.

Event Order:	<u>Event #</u>	<u>Event</u>	<u>2017-18 5A State Qualifying Times</u>
	1.	200 Medley Relay	2:03.00
	2.	200 Freestyle	2:03.00
	3.	200 Individual Medley	2:18.50
	4.	50 Freestyle	:25.80
	5.	Diving - 6 Dives	220 pts. (10.3 dd)
		11 Dives	345 pts. (12.3 dd)
	6.	100 Butterfly	1:02.50
	7.	100 Freestyle	:56.40
	8.	500 Freestyle	5:32.00
	9.	200 Freestyle Relay	1:50.00
	10.	100 Backstroke	1:03.00
	11.	100 Breaststroke	1:12.50
	12	400 Freestyle Relay	4:00.00

League Meets: The Centennial League Championship “A” and “B” Meets will take place on different weekends and time standards have been put in place for the “A” League meet. Swimmers may not be entered in the “B” League meet if their time is faster than the “A” League entry time. Teams may enter an unlimited number of entries in the individual events in both meets, but no more than four from each team may compete in the “A” League finals. Teams may enter three relays for the “A” League Prelims, but only one may swim in the finals. Unlimited relays are allowed in the “B” League Meet. “A” League will be run in a two-day prelim and finals format. “B” League will be run as timed finals. “B” League diving will be a six-dive meet, “A” League diving will be an 11-dive meet.

“A” League qualifying times/scores will be as follows:

<u>Event #</u>	<u>Event</u>	<u>2017-2018 “A” League Qualifying Times</u>
2	200 Freestyle	2:17.50
3	200 IM	2:39.00
4	50 Freestyle	:27.80
5	Diving – 6 Dives	150 points
	11 Dives	250 points
6	100 Butterfly	1:14.00
7	100 Freestyle	1:02.00
8	500 Freestyle	6:19.00
10	100 Backstroke	1:14.00
11	100 Breaststroke	1:22.00

League Meet Schedule is as follows:

<u>Date</u>	<u>Event</u>	<u>Warm-up / Start</u>
Saturday, January 27	“B” League Swimming	8:00 AM / 10:00 AM
Friday, February 2	“A” League Swim Prelims	4:15 PM / 5:30 PM
Saturday, February 3	League Dive Prelims	8:00 AM / 9:00 AM
Saturday, February 3	“A” League Finals	1:30 PM / 3:00 PM

Leaving Meets: All swimmers and divers are required to ride the provided bus transportation to away dual meets. If a parent wishes to take their daughter home with them from an away meet, a parent must write a note stating that they are taking their daughter home from the meet, date the note, sign the note, and give the note to a member of the coaching staff. THERE WILL BE NO EXCEPTIONS TO THIS RULE. Thank you for your cooperation.

Letter Requirements: There are several criteria a swimmer or diver may achieve to earn a varsity letter. In order to letter a swimmer or diver must meet one or more of the following requirements:

- Average 3 points or more in each regularly scheduled varsity meet during the season (33 total varsity points at the conclusion of the season).
- Score in an individual event at a championship or invitational meet where six or more schools are competing.
- Be a member of a relay team that places in the top six, where six or more schools are competing.

- Participate in the 5A State Championship Meet.
- Achieve any of the following times or scores during the course of the season:
 - 200 Freestyle 2:22.00
 - 200 Individual Medley 2:44.00
 - 50 Freestyle :28.50
 - 6 Dives 150 points
 - 11 Dives 250 points
 - 100 Butterfly 1:16.00
 - 100 Freestyle 1:03.00
 - 500 Freestyle 6:35.00
 - 100 Backstroke 1:15.50
 - 100 Breaststroke 1:25.00

A letter may be held back at the coach's discretion if a swimmer or diver violates team policy or does not complete the season.

Meet Entries: The coaching staff will determine which meets each athlete will compete in and which events the athletes will enter for each meet. Athletes may compete in a maximum of four events in any single meet, no more than two of which can be individual events. An athlete can compete in three relays and one individual event in a single meet.

Missing Practice: If your daughter is going to miss an afternoon practice, please inform the coaching staff in advance of the absence. Our season is short and intense; therefore the coaching staff urges you to schedule things like dentist appointments during non-school days. Missing more than one afternoon practice within the course of a week, for a reason other than illness or academic activity, will result in your daughter being suspended from competing with the team. Please let Scott Cohen (303-478-7479) know in advance of missing a practice.

Parent Participation: The most important thing you can do to support your daughter and the team is to come to the meets. Almost as important is volunteering your time to help us run various functions, fund-raisers, and meets. We need help at all home dual meets with timing and scoring.

Our big (and only) fund-raiser is the Smoky Hill Invitational. This is a very large and important meet for us. Thanks to the support of our parents this meet has become one of the most competitive and best run meets in the state. We need your help for this tradition to continue. We all need to pitch in for this meet to be a success. The proceeds from the Smoky Hill Invite will fund most of the events and awards we have planned for the girls this year.

Practice Standards: Athletes are expected to be changed and ready to stretch at the start time, not walking into the pool. Students with end of the day classes need to get to the pool as soon as possible after class ends.

All swimmers should come to practice with the following equipment:

* Suits	* Cap	* Towel
* Goggles	* Water Bottle	* Positive Attitude

Morning (Monday – Friday) weight lifting and swimming practices are optional, but highly recommended. The higher our attendance rate at the morning practices, the higher our expectations can be to swim fast at the end of the season. Afternoon practices are mandatory. Please let the coaches know if your daughter is unable to attend ANY afternoon practice.

All swimmers and divers must complete FIVE DAYS of practice before they can compete in a meet. Going to two practices on the same day only counts as one day of practice. This is a state rule.

Practice Schedule:	Monday	A.M.	6:30 – 7:50	Swimming & Dryland
		P.M.	3:45 – 5:45	Varsity Swimming
			4:00 – 6:00	Diving at Smoky Hill
			4:45 – 6:30	JV Swimming
	Tuesday	A.M.	6:30 - 7:50	Swimming & Dryland
		P.M.	3:45 - 6:00	Varsity & JV Swimming
			4:00 – 6:30	Diving at Eaglecrest
	Wednesday	A.M.	6:30 – 7:50	Swimming & Dryland
		P.M.	3:45 – 5:45	Varsity Swimming
			4:00 – 6:00	Diving at Smoky Hill
			4:45 – 6:30	JV Swimming
	Thursday	P.M.	3:45 – 6:00	Varsity & JV Swimming
			4:00 – 6:00	Diving at Eaglecrest
	Friday	A.M.	6:30 – 7:50	Swimming & Dryland
		P.M.	3:45 – 5:45	Varsity Swimming
			4:00 – 6:00	Diving at Smoky Hill
			4:45 – 6:30	JV Swimming
	Saturday	A.M.	8:00 – 10:30	Yoga & Swimming

State Meet: Colorado 5A State Championship Meet qualifying standards are set by CHSAA and are reset every year to limit the number of competitors and ensure an elite competition. Only one relay entry is allowed per team. All individual qualifiers will travel with the team to the state meet. Alternates will be taken for relays only if less than 8 individuals have qualified to compete in swimming events.

Transportation: Transportation to meets will only be provided for non-Cherry Creek School District away meets. Athletes will need to provide their own transportation to dual meets at Cherokee Trail and Overland.

Winter Break: Practice is not allowed from December 24 through 27, or on January 1. There will be practice on December 27 – 30 and January 2 - 6. Practice will be from 8:00 AM – 10:30 AM on these practice days.

Coaching Staff:**Scott Cohen – Head Swimming Coach**

Scott is returning for his 21st season as the Smoky Hill Girls' Swimming Head Coach. This spring will be his the 24th year coaching the boys' program. Scott has been named the 5A Colorado High School Swimming Coach of the Year five times (1996, 2005, 2010, 2011, 2013). He was the John Lynch Foundation Coach of the Year in 2012 and was named the Southwest Region National High School Swimming Coach of the Year by the National Federation of High Schools in 2014. Since 1997, Scott has coached Fourteen Colorado High School Swimmers of the Year, 25 Colorado State Champions, 125 National All-American performances, and 134 National Academic All-Americans. Scott has served a two-year term as the president of the Colorado High School Swim Coaches Association, he lead Mullen High School to back-to-back state championships before coming to Smoky Hill, and he currently coaches the Piney Creek Heat in the summer.

Scott is married to Jennifer Cohen, a former Smoky Hill and Piney Creek coach. Jennifer and Scott are parents of Katie (13 years-old) and Emily (10 years in January).

Scott serves as the Activities Director at Smoky Hill. He graduated from Cherry Creek High School, where his teams won four Colorado State Championships and one NISCA National Power Point Championship. Scott attended Claremont McKenna College where he was a Division III All-American.

Coach Cohen's High School Coaching Record:

<u>Team</u>	<u>Years</u>	<u>Total Varsity Dual Meet Record</u>
Mullen Girls	1995 – 1997	19 – 1
Smoky Hill Boys	1996 – 2017	130 – 51
Smoky Hill Girls	1997 – 2017	117 – 54
Total HS Coaching Record	1995 – 2017	266 - 106

Erin Wehrle – Assistant Swimming Coach**Brian Lee – Assistant Swimming Coach**

Brian joins the Smoky Hill Girls' Swim Team for his second season. He teaches Social Studies at Smoky Hill High School. Brian swam at Cherry Creek High School, where he swam on the same teams as Scott and won four state championships. Brian spent ten years as a high school swimming coach in the state of Washington before moving back home to Colorado in 2016.

Eric Seaver – Diving Coach (shared coach with Eaglecrest)

Eric joins the Smoky Hill girls coaching staff for the third year, but this is his 20th year coaching high school diving. He serves as the diving coach of boy's team at Smoky Hill and also coaches the girls divers at Eaglecrest. Eric was named the 2015 & 2016 Colorado High School Diving Coach of the Year with the boys. He was a Colorado State Champion at Arvada High School and dove at West Virginia University. He teachers pottery at Eaglecrest..

Sherri Ann Clark**Memorial Scholarship:**

This scholarship was established by the family of Sherri Ann Clark in 1986. Sherri was a competitive swimmer from the age of eight and competed for Smoky Hill High School. She graduated from Smoky Hill in 1985 and entered the University of Colorado at Boulder that fall. She died in October of 1985. This scholarship is for a minimum of \$300.00. It is offered to a graduating senior from Smoky Hill. This is the only swimming scholarship at Smoky Hill and one of the few where your family's financial standing is not a consideration. The winner will be announced and presented with an award at the All School Awards Night on May 18. The following explains the application process. Applications must be returned to Scott Cohen by March 27.

Criteria:

1. Applicant must be a contributing member of the Smoky Hill Swimming & Diving Team. Leadership, Attitude, Improvement, and Desire are all contributing factors.
2. Graduating Senior Girl or Boy at Smoky Hill.
3. Individual must have acted as a positive role model and nurtured younger swimmers on the team.
4. Showed a high degree of sportsmanship, enthusiasm and dedication.
5. Be a team player.
6. Manages time well, juggles schoolwork and extracurricular activities.
7. Plans education beyond high school.
8. Minimum grade point average of 3.0 (on a 4.0 scale or unweighted).
9. The scholarship committee is not looking for only the star athlete. We are looking for an all-around student, athlete, and enthusiastic team player.

Sherri Ann Clark Application Process:

1. Applicants must write a letter to the scholarship committee discussing how they have met the criteria for the scholarship.
2. Applications need to be turned in to Scott Cohen by 3:00 p.m., on March 24.
3. Students who apply must make a copy of his/her nomination letter and include three copies of the letter along with one individual picture. The winner is expected to send one copy to the Clark family with a personalized thank you.
4. A committee of three or more staff members at Smoky Hill will review and choose a winner annually between April 3 and April 14.
5. The winner will be announced and presented with an award at the All School Awards Night in May.
6. The winner's name will be added to the plaque honoring the Sherri Ann Clark Scholarship winners that is inside the Smoky Hill Swimming Trophy Case.

Past Sherri Ann Clark Award Winners:

Heidi Brown – 1986	Shelby Clark (Northwestern) – 2000	Wyatt Weiss (Texas Christian) - 2009
Sheryl Brown – 1987	Alaina Hollis (Clemson) – 2000	Rachel Szado (CSU) - 2010
Kendra Hale – 1987	Jenny Coray (Southern Illinois) – 2001	Caroline Piehl (California) - 2011
Sean Wennerstrom – 1988	Bryan Ellis (Princeton) – 2001	Kelse Johnson (Ohio) - 2012
Nicole Yost – 1989	Maren Gunsales (Nevada) – 2002	Mason Markle (Colorado) - 2013
Becky Guttersohn – 1990	Linh Luong (Claremont McKenna) – 2002	Juhan Hong (Arizona State) - 2014
Casey Shroads – 1991	Ian Knack (Clarkson) – 2002	Lizzie Wiley (Cal Poly SLO) - 2014
Todd Krier – 1992	Emily McDonnell (Colorado) – 2003	Alex Kohlman (Emory) - 2015
Cathy McDavid – 1992	Taylor Roberts (Indiana) – 2003	Julia Song (Duke) - 2015
Dave Gore – 1993	Ivey McAlilly (Davidson) - 2004	Ciera Munns (Colorado) - 2017
Lynn Forrea – 1994	Eric O'Callaghan (CO College) - 2004	Sarah Power (Oklahoma) - 2017
Tiffanie Synnott – 1994	Kevin Ellis (Dartmouth) - 2005	Jordyn Richey (Western State) - 2017
Anne Fillmore (Wisconsin) – 1995	Whitney Hannan (Emory) - 2005	
Skip Reynolds (Kansaa) – 1996	Lindsey Fell (Puget Sound) - 2006	
Shannon Clower – 1997	Kevin Shaw (CO School of Mines) - 2006	
Mike Koss (Notre Dame) – 1998	Annie Perizzolo (Claremont McKenna) - 2007	
Becky Wein (Princeton) – 1999	Jenna Hannan (CSU) - 2008	

History of Smoky Hill Girls' Swimming & Diving:

Smoky Hill opened in 1974 and the girls' swimming and diving team has built a very strong tradition of excellence over the years. We look forward to the current herd of Water Buffaloes carrying on this proud and rich tradition.

Year	Points	Place	<u>All-Time 5A State Scoring</u>	
1974	23	16 th	1. Cherry Creek	9,883
1975	36	13 th	2. Arapahoe	5,218
1976	53	7 th	3. Fairview	4,160.5
1977	58	5 th	4. SMOKY HILL	3,839.5
1978	4	40 th	5. Littleton	3,712
1979	0	-	<u>Top-Ten Team Finishes</u>	
1980	32	12 th	1. Cherry Creek	40
1981	32	12 th	2. Arapahoe	32
1982	42	12 th	3. Fairview	31
1983	65	8 th	4. SMOKY HILL	26
1984	75	4 th	5. Littleton	21
1985	91.5	2 nd	<u>State Champions (Individual & Relays)</u>	
1986	94	3 rd	1. Cherry Creek	120
1987	123.5	3 rd	2. Fairview	36
1988	123	4 th	3. Regis	32
1989	Change of season – no meet		4. SMOKY HILL	24
1990	38	9 th	5. Fort Collins	20
1991	145	3 rd	<u>Individual State Champions</u>	
1992	190	3 rd	1980	Rhonda Rape 200 IM *
1993	249	3 rd		100 Back *
1994	274	1 st	1981	Rhonda Rape 200 IM *
1995	195.5	3 rd		100 Back *
1996	0		1982	Rhonda Rape 200 IM * 100 Breast *
1997 – W	37	22 nd	1984	Sarah Ehekircher 100 Breast
1997 – F	70	10 th	1992	Kerri Hale 100 Fly
1998	201	3 rd	1993	Casey Dodge Diving
2000	207	4 th		Allison Hollis 100 Back *
2001	161.5	3 rd	1994	Allison Hollis 100 Back *
2002	142.5	5 th	1995	Lisa Marie 200 Free
2003	116	7 th		500 Free
2004	121	7 th		Anne Fillmore 100 Back
2005	128	5 th	2008	Caroline Piehl 200 IM
2006	112	8 th	2009	Caroline Piehl 200 IM *
2007	17	27 th		
2008	72	11 th		
2009	119	10 th		
2010	103	9 th		
2011	121	6 th		
2012	48	15 th		
2014	15	27 th		
2015	36	17 th		
2016	27	22 nd		
2017	72	12 th		

Relay State Champions

1984	200 Medley Relay	S. Gentry, S. Ehekircher, S. Clark, K. Hale	
1988	200 Medley Relay	S. Gentry, L. Hunziker, S. Hair, S. Sander *	* = Established a new state record
1993	400 Freestyle Relay	L. Fodrea, A. Fillmore, L. Marie, A. Hollis	
1994	200 Medley Relay	A. Hollis, C. Moore, S. Keeler, A. Fillmore	
1994	400 Freestyle Relay	A. Fillmore, L. Fodrea, A. Hollis, L. Marie *	
1995	400 Freestyle Relay	L. Coray, A. Fillmore, L. Marie, A. McFadden	
2000	200 Freestyle Relay	M. Ethridge, J. Coray, A. Hollis, M. Gunsalus	
2000	400 Freestyle Relay	M. Gunsalus, J. Coray, L. Luong, M. Ethridge *	

SMOKY HILL GIRLS' SWIMMING & DIVING NISCA NATIONAL ALL-AMERICANS

Athletic All-Americans (Number of times All-American) – 40 total

Lisa Coray (2)	Susan Keeler (5)
Jenny Coray (7)	Linh Luong (5)
Stephanie Coray (1)	Lisa Marie (11)
Olivia Dean (9)	Allison McFadden (1)
Sarah Ellery (3)	Alyse Miller (3)
Elysia Erickson (4)	Caitlin Moore (2)
Meghan Ethridge (4)	Annie Perizzolo (5)
Anne Fillmore (7)	Caroline Piehl (17)
Lynn Fodrea (3)	Rhonda Rape (6)
Christie Garlington (1)	Amanda Reid (4)
Lisa Gentry (1)	Missy Sander (3)
Stacy Gentry (2)	Crystal Shipps (4)
Maren Gunsalus (10)	Cassy Shroads (1)
Shannon Hair (3)	Tiffanie Synnott (1)
Kerri Hale (2)	Rachel Szado (1)
Alaina Hollis (3)	Carrie Vockrodt (4)
Allison Hollis (6)	Courtney Wedel (5)
Laura Hunziker (2)	Becky Wein (7)
Jessica Johnson (3)	Lizzy Wyman (1)
Kelse Johnson (2)	
Cindy Keeler (1)	

NISCA / SPEEDO 2017-2018 ALL-AMERICAN STANDARDS

<u>Swimming Standards:</u>	<u>Event</u>	<u>Automatic Time</u>	<u>Consideration Time</u>
	200 Medley Relay	1:44.91	1:46.69
	200 Freestyle	1:48.82	1:50.65
	200 IM	2:01.89	2:04.08
	50 Freestyle	:23.24	:23.63
	100 Butterfly	:54.56	:55.75
	100 Freestyle	:50.41	:51.17
	500 Freestyle	4:52.12	4:57.09
	200 Freestyle Relay	1:35.67	1:37.32
	100 Backstroke	:55.05	:56.30
	100 Breaststroke	1:02.82	1:04.26
	400 Freestyle Relay	3:27.95	3:31.42
	(These times will be adjusted for altitude – Top 130 Athletes are All-Americans)		

Diving Standard: Points = 420.0 D.D. = 13.3

Academic Standards:

- Only seniors are eligible to apply.
- Applicants must earn a varsity letter a minimum of 2 years in swimming/diving. One must be the senior year.
- The minimum grade point average necessary for consideration is 3.75 and must be cumulative from the first semester of the freshman year through the first semester of the senior year.

Smoky Hill Academic All-Americans – 86 total

Lisa Allen - 2009
Carlie Andrie - 2017
Katie Anthony - 2017
Emree Bess - 2017
Sara Breen - 2007
Michaela Capps - 2001
Chantal Chaplain - 2000
Jenny Coray – 2001
Stephanie Cung - 2014
Olivia Dean - 2006
Cassie Enix - 2006
Meghan Ethridge – 2000
Lesley Fatica - 2015
Lindsey Fell - 2006
Sarah Fisher - 2000
Jaime Fowler - 2001
Amy Gallas – 2000
Kelsey Gaul – 2014
Kaitlin Gibson - 2014
Jenna Hannan - 2008
Whitney Hannan - 2005
Rina Hayashi – 2002
Cory Hester - 2011
Alaina Hollis - 2000
Lisa Houck – 2002
Cynthia Jennings - 2014
Jessica Johnson – 2005
Madison Karlin - 2014
Cindy Keeler – 1999
Anna Khmil – 2011
Anne Marie Kingsland - 2015
Becca Kingsland – 2010
Laura Kinney - 2005
Rebecca Klein – 2000
Hayley Klotz – 2009
Carly Kosik - 2003
Sophie Lane-Wierzba – 2008
Nadine Lee - 2016
Tia Ling - 2015
Megan Litschewski - 2012
Kathy Liu - 2002
Linh Luong – 2002
Kiley Markle – 2011
Cheyanne MacClain - 2013

Ivey McAliley - 2004
Emily McDonnell – 2003
Kate McDonnell – 2001
Erica McFadden – 1999
Ciera Munns - 2017
Madison Munns - 2014
Audrey Nystrom - 2010
Jessica Paetow - 2007
Jessica Pandorf - 2004
Annie Perizzolo – 2007
Caroline Piehl – 2011
Meghan Plachy – 2011
Sarah Power - 2017
Rachael Price - 2016
Jessica Rathje - 2005
Cristina Rayas - 2007
Caroline Reid – 2005
Lindsay Ross – 2009
Alex Ryan - 2012
Christine Scacco – 2004
Crystal Shipps – 2006
Kayla Solis - 2013
Veronica Solis – 2009
Julia Song - 2015
Jennifer Spranger - 1999
Kristin Stratton – 2000
Jessica Uvarov - 2009
Jenny Vail – 2002
Melanie Vasina - 2015
Rachel Velasquez – 2008
Carrie Vockrodt – 2006
Jianna Walker - 2017
Courtney Wedel - 2011
Becky Wein – 1999
Lizzie Wiley - 2014
Karen Williams - 2013
Julie Woodworth - 2012
Megan Woodworth – 2009
Mackenzie Wyman – 2011
Helena Yang - 2010
Audrey Zurcher - 2014
Lauren Zurcher - 2017

Hoyt Brawner Award Winners (Scholar Swimmer of the Year)

1999 – 2000	Alaina Hollis
2000 – 2001	Jenny Coray
2004 – 2005	Jessica Johnson
2006 – 2007	Annie Perizzolo
2010 – 2011	Caroline Piehl
2013 – 2014	Lizzie Wiley

Colorado 5A Swimmer of the Year Winners

1982	Rhonda Rape
1995	Lisa Marie
2011	Caroline Piehl

Denver Post Student Athletes of the Week

1997	Becky Wein
1999	Becky Wein
2000	Alaina Hollis
2001	Jenny Coray
2002	Linh Luong
2005	Jessica Johnson
2006	Olivia Dean
2006	Annie Perizzolo
2009&11	Caroline Piehl

Fred Steinmark Award Winner – Colorado High School Athlete of the Year – Annie Perizzolo - 2007

SMOKY HILL GIRLS' ALL-TIME TOP 10

200 FREESTYLE

1. Caroline Piehl	1:51.75	2010
2. Lisa Marie	1:53.29	1995
3. Becky Wein	1:55.83	1997
4. Rhonda Rape	1:55.85	1982
5. Natalie Rotondo	1:55.88	2017
6. Maren Gunsalus	1:55.91	2001
7. Olivia Dean	1:55.96	2006
8. Allison Hollis	1:57.63	1994
9. Kendra Hale	1:57.94	1985
10. Anne Fillmore	1:58.40	1995

100 FREESTYLE

1. Caroline Pihel	:50.18	2011
2. Olivia Dean	:52.95	2006
3. Anne Fillmore	:53.02	1995
4. Meghan Ethridge	:53.06	2000
5. Julia Song	:53.12	2015
6. Becky Wein	:53.28	1997
7. Stacy Gentry	:53.48	1988
8. Lisa Marie	:54.00	1992
9. Jenny Coray	:54.08	2001
10. Maren Gunsalus	:54.19	2002

200 INDIVIDUAL MEDELY

1. Caroline Piehl	2:02.96	2009
2. Rhonda Rape	2:07.02	1982
3. Kelse Johnson	2:08.79	2012
4. Susan Keeler	2:09.52	1995
5. Sarah Ellery	2:11.01	1998
6. Natalie Rotondo	2:11.65	2017
7. Kerri Hale	2:11.70	1992
8. Jessica Johnson	2:12.00	2004
9. Olivia Dean	2:12.82	2006
10. Jordyn Richey	2:13.07	2017

500 FREESTYLE

1. Caroline Piehl	5:02.76	2010
2. Lisa Marie	5:06.12	1992
3. Maren Gunsalus	5:08.77	2001
4. Kerri Hale	5:09.20	1991
5. Rhonda Rape	5:10.20	1981
6. Olivia Dean	5:12.17	2005
7. Casey Shroads	5:13.08	1990
8. Blythe Iverson	5:14.18	2017
9. Nicole Yost	5:16.22	1985
10. Kendra Hale	5:17.50	1983

50 FREESTYLE

1. Caroline Piehl	:23.45	2011
2. Anne Fillmore	:24.43	1995
3. Meghan Ethridge	:24.50	2000
4. Julia Song	:24.62	2015
5. Lynn Fodrea	:24.68	1994
6. Gaby Antunez	:24.88	2016
7. Elysia Erickson	:24.91	2012
8. Maren Gunsalus	:25.09	2001
9. Allison Hollis	:25.14	1993
10. Stacy Gentry	:25.20	1988

100 BACKSTROKE

1. Allison Hollis	:57.62	1994
2. Kelse Johnson	:58.01	2012
3. Caroline Piehl	:58.15	2011
4. Anne Fillmore	:58.86	1995
5. Rhonda Rape	:59.30	1980
6. Jenny Coray	:59.48	2001
7. Stacy Gentry	:59.94	1985
8. Natalie Rotondo	1:00.04	2017
9. Jianna Walker	1:00.90	2017
10. Gaby Antunez	1:01.14	2016

100 BUTTERFLY

1. Kerri Hale	:57.46	1992
2. Olivia Dean	:58.18	2006
4. Natalie Rotondo	:58.46	2016
4. Shannon Hair	:58.55	1988
5. Rhonda Rape	:58.80	1981
6. Maren Gunsalus	:59.52	2001
7. Susan Keeler	:59.81	1994
8. Caroline Piehl	:59.95	2011
9.. Linh Luong	1:00.71	2001
10. Suzie Wall	1:01.00	1977

100 BREASTSTROKE

1. Annie Perizzolo	1:05.90	2007
2. Caroline Piehl	1:06.07	2011
3. Rhonda Rape	1:06.28	1982
4. Jordyn Richey	1:07.44	2015
5. Maggie Robben	1:07.62	2017
6. Jessica Johnson	1:08.40	2004
7. Kelse Johnson	1:08.90	2012
8. Kerri Hale	1:08.96	1992
9. Lara Hunziker	1:09.39	1988
10. Sarah Ehekircher	1:09.80	1984

DIVING – 6 Dives

1. Kristin Stratton	281.80	2000
2. Alaina Hollis	260.40	1997
3. Casey Dodge	253.27	1993
4. Heidi Buchholz	250.40	1990
5. Jennifer Sprangers	249.70	1998
6. Micheala Capps	240.35	2000
7. Christie Garlington	227.85	2005
8. Paige Gaydos	227.80	2010
9. Audra Ranisate	226.55	2000
10. Jaclyn Santiago	224.15	2017

DIVING – 11 Dives

1. Casey Dodge	459.55	1993
2. Kristin Stratton	455.40	2000
3. Jennifer Sprangers	450.40	1998
4. Alaina Hollis	440.65	1997
5. Michaela Capps	419.90	2000
6. Heidi Buchholz	407.80	1990
7. Kate Kosik	404.00	2001
8. Paige Gaydos	399.40	2009
9. Christie Garlington	393.50	2005
10. Jaclyn Santiago	377.70	2017

50 FREE – RELAY SPLIT

1. Caroline Piehl	:23.10	2011
2. Julia Song	:23.84	2015
3. Becky Wein	:24.22	1998
4. Jenny Coray	:24.24	2000
Maren Gunsalus	:24.24	2002
6. Gaby Antunez	:24.37	2014
7. Maggie Robben	:24.40	2017
8. Elysia Erickson	:24.42	2010
9. Lisa Marie	:24.46	1995
10. Meghan Ethridge	:24.50	2000

100 FREE – RELAY SPLIT

1. Caroline Piehl	:50.28	2010
2. Meghan Ethridge	:51.65	2000
3. Maren Gunsalus	:51.87	2001
4. Jenny Coray	:52.51	2001
5. Olivia Dean	:52.53	2005
6. Becky Wein	:52.55	1998
7. Lisa Marie	:52.63	1995
8. Julia Song	:53.15	2015
9. Allison Hollis	:53.46	1994
10. Linh Luong	:53.54	2000

50 BACK – RELAY SPLIT

1. Julia Song	:27.36	2015
2. Allison Hollis	:27.42	1994
3. Kelse Johnson	:27.74	2011
4. Stacy Gentry	:28.15	1988
5. Jianna Walker	:28.43j	2017
6. Jenny Coray	:28.47	1998
7. Samantha Leonard	:28.67	2008
8. Ling Luong	:28.69	2002
9. Caroline Piehl	:28.70	2010
Crystal Shipps	:28.70	2005

50 BREAST – RELAY SPLIT

1. Caroline Piehl	:28.95	2011
2. Annie Perizzolo	:30.12	2007
3. Kelse Johnson	:30.27	2012
4. Jordyn Richey	:30.85	2017
5. Jessica Johnson	:31.25	2004
6. Madison Munns	:31.42	2014
7. Lara Hunziker	:31.60	1988
8. Maggie Robben	:31.67	2017
9. Caitlin Moore	:32.49	1994
10. Lindsey Dezman	:32.52	2003

50 FLY – RELAY SPLIT

1. Shannon Hair	:25.75	1988
2. Natalie Rotondo	:25.90	2017
3. Olivia Dean	:25.97	2006
4. Maren Gunsalus	:26.05	2002
5. Caroline Piehl	:26.78	2010
6. Courtney Wedel	:26.94	2011
7. Linh Luong	:26.99	2001
8. Rachel Szado	:27.11	2009
9. Susan Keeler	:27.22	1993
10. Kerri Hale	:27.24	1991

What It Took To Score in 2016-2017

5A State Championship

Event	Winner	8th	16th
200 Medley Relay	1:39.40 Fossil Ridge	1:49.71	1:53.57
200 Freestyle	1:50.46 Brittany Beetcher - Fairview	1:56.08	1:59.43
200 Individual Medley	1:59.48 Zoe Bartel - Fossil Ridge	2:09.86	2:12.87
50 Freestyle	22.64 Kylee Alons - Fossil Ridge	24.02	24.67
Diving - 11 Dives	493.25 Lexie Barker - Douglas County	404.55	379.05
100 Butterfly	53.15 Coleen Gillilan - Fossil Ridge	57.59	59.39
100 Freestyle	49.60 Kylee Alons - Fossil Ridge	52.96	54.88
500 Freestyle	4:57.58 Brittany Beetcher - Fairview	5:14.18	5:19.98
200 Freestyle Relay	1:34.60 Fossil Ridge	1:41.00	1:44.34
100 Backstroke	53.94 Bayley Stewart - Fossil Ridge	57.64	1:00.43
100 Breaststroke	1:00.22 Zoe Bartel - Fossil Ridge	1:06.63	1:08.23
400 Freestyle Relay	3:22.45 Fossil Ridge	3:40.57	3:45.04

Centennial League Championship

Event	Winner	8th	16th	24th
200 Medley Relay	1:47.20 Arapahoe	2:08.13		
200 Freestyle	1:51.73 Delaney Smith - Arapahoe	2:02.67	2:08.39	2:33.27
200 Individual Medley	2:07.32 Laurel Eiber - Arapahoe	2:18.43	2:30.90	2:41.82
50 Freestyle	24.89 Meghan Atwell - Creek	25.73	26.55	27.68
Diving - 11 Dives	543.50 Franny Cable - Arapahoe	377.70	284.25	202.70
100 Butterfly	56.70 Laurel Eiber - Arapahoe	1:02.92	1:06.62	1:13.93
100 Freestyle	52.63 G. Van Anne - Arapahoe	56.41	58.08	1:01.97
500 Freestyle	5:20.86 Robyn Naze - Creek	5:45.14	6:06.35	6:44.30

Event	Winner	8th	16th	24th
200 Freestyle Relay	1:38.86 Arapahoe	2:01.56		
100 Backstroke	57.33 Delaney Smith - Arapahoe	1:02.90	1:05.02	1:12.16
100 Breaststroke	1:05.13 Anna Wetzel - Arapahoe	1:13.24	1:16.50	1:32.43
400 Freestyle Relay	3:30.66 Arapahoe	4:30.38		

Smoky Hill Invitational

Event	Winner	6th	12th	18th
200 Medley Relay	1:48.04 Heritage	1:57.66	2:07.16	2:07.85
200 Freestyle	1:56.64 Natalie Rotondo - Smoky Hill	2:04.68	2:07.47	2:09.84
200 Individual Medley	2:13.33 Maggie Robben - Smoky Hill	2:23.53	2:25.90	2:30.28
50 Freestyle	24.96 Courtney Linton - Legend	25.64	26.59	26.95
Diving - 11 Dives	491.05 Lexie Barker - DC	334.55	298.40	266.15
100 Butterfly	55.38 Kylie Andrews - Heritage	1:04.69	1:06.40	1:08.96
100 Freestyle	54.48 Elsa Litteken - DC	57.16	58.20	59.17
500 Freestyle	5:19.14 CJ Mitchell - Heritage	5:38.53	5:50.32	6:00.33
200 Freestyle Relay	1:41.36 Heritage	1:46.88	1:53.08	2:03.09
100 Backstroke	55.60 Kylie Andrews - Heritage	1:03.37	1:04.53	1:07.23
100 Breaststroke	1:07.44 Emma Spotts - Heritage	1:12.60	1:14.04	1:16.58
400 Freestyle Relay	3:39.18 Heritage	3:57.25	4:05.59	4:55.68

Colorado Coaches Invitational

Event	Winner	10th	20th
200 Medley Relay	1:42.39 Fossil Ridge	1:52.10	1:55.47
200 Freestyle	1:51.17 Brittany Beetcher - Fairview	1:57.99	2:00.37
200 Individual Medley	2:05.20 Bailey Kovac - Fossil Ridge	2:12.56	2:15.92
50 Freestyle	23.50 Laurel Eiber - Arapahoe	24.70	25.23
Diving - 11 Dives	479.10 Lexie Barker - Douglas County	405.20	342.30
100 Butterfly	54.02 Coleen Gilligan - Fossil Ridge	59.30	1:01.05
100 Freestyle	50.28 Kylie Andrews - Heritage	54.06	54.81
500 Freestyle	4:57.20 Brittany Beetcher - Fairview	5:15.55	5:21.54
200 Freestyle Relay	1:33.92 Fossil Ridge	1:42.56	1:45.21
100 Backstroke	55.72 Bayley Stewart - Fossil Ridge	59.76	1:01.17
100 Breaststroke	1:01.88 Zoe Bartel - Fossil Ridge	1:08.50	1:10.32
400 Freestyle Relay	3:30.57 Arapahoe	3:41.89	3:50.67

10 Rules for the Ride of Your Life

1. You are the driver.
2. Desire, vision and focus move you in the right direction.
3. Fuel yourself with positive energy.
4. Invite people on your ride and share your vision for the ride ahead.
5. Don't waste your energy on those who don't get on your ride.
6. Don't allow anyone to steal your energy on your ride.
7. Enthusiasm attracts more passengers and energizes them during the ride.
8. Love your passengers.
9. Drive with purpose.
10. Have fun and enjoy the ride!

SMOKY HILL RACE PREPARATION

“The place is here, the time is now!” - Dr. Ken Ravizza

Stepping up on the blocks to race is a very exciting experience, but can also be a nerve racking one. Here are a few things to keep in mind to help stay calm and perform to your greatest potential.

The Four C's

Commit - fully commit to the task at hand.

Confidence - be confident in your abilities and yourself.

Control - control only the things that you can control.

Concentration - concentrate on the positives.

The Breath

Inhale for energy!

Exhale for relaxation.

When you can't breathe...you're out of control. Take controlled deep breathes before you race.

Key Things to Remember

- Peak Performance is more about refocusing than focusing.
- Failing to prepare is preparing to fail.
- Get to the next stroke.
- Trust yourself! Do what you do.
- Be ready to compensate and adjust.

The Nutrition Manifesto for Young Swimmers - by Jill Castle

- I will eat real food, most of the time.
- I will enjoy what I eat and pay attention to how my body feeling during and after eating, which will help me stay in touch with my appetite.
- I will strike a healthy balance with the foods that fuel my body and the foods I eat purely for taste and enjoyment.
- I will be mindful of the quantities and types of foods I eat that don't offer fuel for my exercising body.
- I will eat 3 meals each day.
- I will include all foods in my diet, as able, and avoid eating patterns that eliminate any food groups.
- I will plan my food intake throughout the day, aiming to eat a meal or snack every three to four hours.
- I won't skip meals.
- I won't overload on snack foods.
- I will try to eat a source of protein, fat or fiber with my snack to help my body feel satisfied afterward.
- I won't rely on overly processed foods.
- I will prepare for my training sessions with a recovery snack that includes protein and carbs.
- I will pay attention to my hydration status by drinking throughout the day, and checking my urine for adequate hydration.
- I will get a good night's sleep so my body can grow and recover from training.

Impact of Alcohol and Marijuana on Athletic Performance

Alcohol

- Drinking to intoxication can negate as much as fourteen days of training effect.
- Training hormones are diminished up to 96 hours (4 days) following alcohol consumption.
- Drinking alcohol after training negates training effect.
- Drinking alcohol after competition hinders recovery.
- Residual effect of alcohol from elite athlete lab test shows effect on Heart Rate, Lactic Acid, Muscle Performance, and Respiratory levels.
- Muscle protein synthesis (repair in muscle fiber) is diminished, predominately in your fast twitch muscle fibers.
- B vitamin deficiency resulting from diuretic effect of alcohol and subsequent dehydration affects recovery and conversion of hormone precursors into androgenic training hormones.
- Reaction time can be affected even twelve hours after alcohol consumption.
- Players that drink alcohol are twice as likely to become injured.
- Alcohol compromises an athlete's already vulnerable immune system.
- The associated residual effect of the alcoholic hangover has been shown to reduce athletic performance by 11.4%.

O'Sullivan, Dennis. "Pure Performance." *American Athletic Institute* (2009), www.aaisport.org.

Marijuana

- Impairs skills requiring eye-hand coordination and fast reaction time.
- Reduces motor coordination, tracking ability, and perceptual accuracy.
- Impairs concentration and time appears to move more slowly.
- Skill impairment may last up to 36 hours after usage.
- Reduces maximal exercise capacity resulting in increased fatigability.
- Long term use can result in chronic respiratory problems, motivational problems, impaired judgment, loss of ambition, and an inability to carry out long term plans/goals.
- Marijuana has no performance-enhancing potential.

Wadler, Gary, M.D.. "Marijuana." September 6, 2010. www.ESPN.com

2017-2018 Season Goals

Name:

Goal Times: 1.
 2.
 3.
 4.

What do you see as the biggest obstacle for you achieving your goals this year? How do you plan to overcome it?

What will you do better than anyone else on the team this year?

What four elements of a championship lifestyle will you commit to for the 2017-2018 season? Keep in mind that “lifestyle” refers to all aspects of your life; your words and actions, both in and out of the pool.

What do you see as your role on this team?

Signature:_____ Date:_____

Team Goals

1.

2.

3.

