

Rochester Century Girls' Swimming & Diving



Student-Athlete Handbook 2020-2021

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Coaches

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Co-Head: Megan Magnuson

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Assistants: Joscelyn Martin, Anna Schmitt

Diving: Brett Maronde

Volunteer Assistant: Alison Bjork, Lori Rogers, Jennifer Strom,

Quick Links

- Century Panthers Athletics: <https://www.centurypanthers.org>
- Century Girls' Swimming & Diving Website: <https://www.centurypanthers.org/page/show/5728864-girls-swim-dive-2020-?subseason=683262>
- Team Store: <https://www.swimoutlet.com/CenturySwimDive>
- Minnesota State High School League (MSHSL): <https://www.mshsl.org>
- Team Facebook Site: <https://www.facebook.com/CenturyGirlsSwimDive>

Philosophy

The Century Swimming & Diving program is focused on helping student-athletes reach their highest potential, both in and out of the pool. We believe it is a privilege to participate in an athletic program. All athletes are expected to abide by the guidelines of the athletic office and by the rules and regulations of the sport. Students are expected to follow the rules of the athletic code from the time they join their first athletic team, until the time they graduate.

Athletes will learn qualities such as self-confidence, self-motivation, enthusiasm, self-discipline, courage, commitment, optimism, respect, etc. We expect that every athlete leaves the program with life-long skills that will benefit them throughout all life experiences.

Participation Requirements

Season Participation: No athlete will be assumed by a coach to be eligible to practice, play, or travel with the team unless the athlete has been cleared by the athletic office.

School Attendance: The athlete must be in attendance at school to participate that day (game or practice) unless excused by the administration.

Rules & Expectations

Practice Expectations

All athletes are expected to be on time for practice every day. Weekly schedules are emailed prior to the start of the week. Athletes will need to determine how early to arrive to be ready to start at the designated practice or meet time.

Due to the current COVID / Pandemic situation, athletes should plan to arrive 15 minutes prior to practice and proceed to the staging area. Coaches will direct athletes to move from the staging area into the pool after the previous group has exited. Athletes will be directed where to place their bags / clothing. All athletes are asked to arrive and leave in their suits. Locker rooms may be used under specific situations. Athletes will be allowed to use the restroom, socially

distanced, and one-at-a-time when necessary. All athletes are expected to bring their own equipment – no equipment can be shared.

Unexcused absences from practices may jeopardize retaining a position on the team, an opportunity to earn a varsity letter, and/or competition at the coaches' discretion.

Excused absences from practices may impact position on the team and position in meets, not as a punitive measure, but for the safety of that individual, fairness to the rest of the team, and strategic reasons.

The coaching staff is responsible for all registered athletes during designated practice times. Please contact a head coach prior to practice if your athlete is not going to be in attendance. In fairness to everyone on the team competing for a limited number of spots, it is important that athletes attend as many practices as possible to achieve the teams' goals.

***** Attendance is mandatory EVERY DAY for all athletes – swimmers and divers! *****



https://docs.google.com/forms/d/e/1FAIpQLScjw4YB_iivKVtwx6UA3fvIrt4zYYgTLy_mEUGxIRq9-qqhg/viewform?vc=0&c=0&w=1&flr=0&usp=mail_form_link

Please use your school district email address!

Meet Expectations

All athletes are expected to participate in all meets in which they are eligible. All athletes will participate in all dual meets.

All athletes participating in meets are expected to wear Century attire only throughout the meet. All athletes are expected to conduct themselves in a positive manner that is reflective of the goals and mission of the Century High School Athletic Department.

Details about meets will be communicated in the weekly schedule.

Varsity versus Junior Varsity

A high school swimming and diving “dual meet” is a meet between two schools. There are two meets happening at the same time, a Varsity(V) meet and a Junior Varsity (JV) meet. Both meets are scored separately and are recorded as wins and losses in the overall season record. The top three swimmers/divers in each event compete in the varsity heat and the next three compete in JV. An athlete can swim both Varsity and JV events in the same meet, as long as they do not swim more than four total events (no more than two individual events).

The fastest four athletes in each event will compete in invitationals, the Big-9 Conference meet, and the Section 1AA meet. The same expectation holds for any athlete who qualifies for the MSHSL AA State meet. The meet schedule can be found both on the team website and the Big-9.org website.

Meet line-ups are completed by the coaching staff. Factors playing into meet line-up decisions include, but are not limited to: opposing team strategy, weekly practice performance, attendance, feedback from swimmers/divers, etc. The coaching staff reserves the final say in all meet line-up decisions.

Due to the current COVID guidelines, we will not be having in-person dual meets this year. All meets will be run virtually and results will be combined after both teams have completed their meets. Some elements of dual meet competition may also need to be adjusted due to current COVID guidelines. Big 9, Sections and State are still to be determined. Details will be communicated as we become aware of them.

Team Captains

Captains are elected by team members and/or appointed by coaches. Prior to the selection, coaches will inform the team members of the selection criteria and obligations of the position. The position of team captain or officer is one of honor, leadership, and responsibility. As a result, students serving in that capacity are expected to conduct themselves in an exemplary manner both in and outside of school. Any student who is involved in a violation of MSHSL or Rochester Public School rules and regulations resulting in a suspension from school, or any student who is found to be involved with drugs, alcohol, weapons, or crimes outside of school will lose the ability to serve as captain or to be appointed or elected to the position of captain of any school sponsored team for the period of one calendar year. Any sitting captain of a Century team will have that position rescinded and will be ineligible to serve for a period of one calendar year.

Lettering Criteria

No violations of Century High School or MSHSL rules

No unexcused absences during the season

And one of the below criteria:

- Qualifying for the section meet
- Qualifying by official time (below) in a meet in at least one event
- Participation on the team for four consecutive years without receiving a previous letter

| Event | Time |
|-----------------------|---------|
| 200 Freestyle | 2:22.99 |
| 200 Individual Medley | 2:42.99 |
| 50 Freestyle | 29.59 |
| 100 Butterfly | 1:19.99 |
| 100 Freestyle | 1:04.99 |
| 500 Freestyle | 6:41.99 |
| 100 Backstroke | 1:14.99 |
| 100 Breaststroke | 1:23.99 |

Team Goal

To promote a fun and life-long learning experience in the sport of swimming and diving.

Health and Wellness

Athletes will learn lifelong lessons and ideas about health and wellness during the course of the season. Links to information about nutrition and wellness concepts to benefit both the athlete in their sport now and in the future will be shared throughout the season.

Equipment

Practice: All swimmers will be provided a swim cap for practices. Athletes are expected to provide their own practice suit, goggles, and water bottle. All athletes are expected to bring their own equipment – no equipment can be shared. Athletes should additionally bring hand sanitizer for use before and after practice.

Current COVID guidelines MANDATE that athletes wear masks when exiting their vehicles as they walk toward the building, when entering into the building, in staging areas, and until the moment they enter into the pool. Upon completion of practice, athletes will immediately replace masks and exit the building to the parking lot. Masks may only be removed when the athlete has entered into his/her vehicle to return home. This policy will be strictly enforced.

Meet: All swimmers will be provided a Century swim cap for meets. All athletes are encouraged to purchase a team suit to be worn at meets only. Alternatively, a solid black or blue suit may be worn for meets. Scholarships are available upon request.

As per COVID guidelines, athletes will also be socially distanced around the pool deck area, masks will be worn when not in the pool for warm-up or competition, and belongings of athletes, including food and drink, may not be shared with other athletes.

Team suits and equipment can be ordered through the team store (<https://www.swimoutlet.com/centuryswimdive/>).