

ARCHER SWIM AND DIVE Informational Night 2021-2022



Use your phone camera to scan and sign in



REGISTRATION FEE

- Returning athletes*: \$275
Team swim cap /team t-shirt / team hoodie
- New athletes*: \$325
Suit / team cap/ team t-shirt/ team hoodie
- New athletes with bag option*: \$380
Team bag / suit / cap / t-shirt / hoodie

*chamois for divers



For all athletes - pool rental, swim meet fees, county & state t-shirts, equipment, candy, banquet for swimmers, awards and more.

NOT included:
Warmups (optional)



Coaches

- Michele Broeg, head coach
- Susan Ethridge & Kasha Dimm, assistant coaches
- Anthony Albanese, dive coach

Booster Committees

- Fair Coordinator
- Class Representative - Freshman, Sophomore, JR, SR
- Social Committee
- Spiritwear
- Sponsorship/Fundraisers
- Dive Parent Rep
- Concessions
- Meet Operations
- Media - Photographer - Website

Booster Board

- Amy Schnupp, President
- Kari Scull, Co-President
- Lisa Swain, Treasurer
- Monica Wright, Secretary

Fair

- Coordinator
- Volunteers - \$5 per hour worked applies to registration
- Dates - Sept 16 - 26
 - Arrive 15 min early (account for traffic / parking)
 - Check in with Sandra Pryor
 - Take up tickets/ scan tickets as people enter fair gates.

Forms

- Registration will be done via SwimTopia in September
- Calendar - **online / copies available**
- Volunteer Form - **copies available**
- Handbook - **copies available**

OTHER REQUIREMENTS TO PARTICIPATE*

1. **Meet Academic Eligibility** (see team rules)
2. **Turn in Physical Form** (including Parental Consent & Insurance Info. on back)

**you will NOT be allowed to start workout until all requirements are satisfied*

The Code for Living

Life Principles Learned Through Sports

- ★ Because I am a role model and have the opportunity and responsibility to make a difference in the lives of others, I commit to this Code. I will take responsibility and appropriate actions when I fail to live up to it.
- ★ As an individual:
 - I will develop my skills to the best of my ability and give my best effort in practice and competition.
 - I will compete within the spirit and letter of the rules of my sport.
 - I will respect the dignity of every human being, and will not be abusive or dehumanizing of another either as an athlete or as a fan.
- ★ As a member of a team:
 - I will place team goals ahead of personal goals.
 - I will be a positive influence on the relationships on the team.
 - I will follow the team rules established by the coach.
- ★ As a member of society:
 - I will display caring and honorable behavior on / off the pool deck and be a positive influence in my community and world, including social media
 - I will give of my time, skills, and money as I am able for the betterment of my community and world.



COMMITMENT TO COMPETITIVE SWIMMING

Swim at least 50 yards (2 laps) legally

Have basic knowledge of all 4 competitive strokes

Must commit to daily training:
-over 2000 yards a day (80 laps)



WHY SWIMMING OR DIVING? LEARN TO SET & ACHIEVE GOALS...

- Get in great physical shape
- Commit to attend all practices
- Improve personal best times
- Letter in Swimming
- Qualify for County Championships
- Qualify for State Championships
- Set new Archer records!



COMMITMENT TO COMPETITIVE DIVING

Willing to become proficient in at least 6 different dives off of a one meter diving board.

Dives include: Front dives, back dives, inward dives, reverse dives, dives with twists and somersaults

Training-

Able to travel to Collins Hill Pool 2-3 times weekly



WHEN IS THE HIGH SCHOOL SWIM/DIVE SEASON?

8 swim meets/ 1 invitational/ 2 championships meets from Oct. 12th - Feb. 5th

Preseason – 10 dryland practices starting Sept 7th
 Water practices - 58 practices until Jan. 15- Last Dual Meet
 61 practices until Jan. 20- County Champs
 70 practices until Feb. 4- State Champs
Finish the Race!

PRACTICE

TRANSPORTATION OPTIONS

No bus transportation provided
 Athletes must provide their own ride

Parent (car pool)
 Student drives alone or with family members, not other team members

HOLIDAY TRAINING

It is important that swimmers attend as many practices as possible during school holidays:



Tentative Dates:
 Nov. 22,23
 Dec. 20-22
 Dec. 27-29
 Jan 3-5

Team Bonding Opportunities

- Zaxby's meet n greet
- Panera
- Chipotle
- Stevie B's after first meet
- Team Holiday Party

SWIMMERS..... TAKE YOUR MARK

Sept 7 – first dry land practice
 – AHS 2:30-3:30

Oct. 12th - 1st Day of swim /
 dive practice:

- **Swimmers:** Mon - Fri
 3:30 – 4:30 PM
 @ Summit Chase Country Club
- **Divers:** Mon/Wed
 6:30 – 9:00 PM
 @ Collins Hill Pool



Stay in touch

- Remind - Grab your phone Remind code @archersd
- www.archerswimanddive.com
- Instagram
- Twitter
- Facebook

NEXT MEETING - Tues, Sept 28 6:30 PM HERE
 for team registration