



Welcome to EHS Girls Swim & Dive

The “Need to Know” Information for The Upcoming 2023 Season

“Excellence is the gradual result of always striving to do better.” -Pat Reilly

HEAD COACH: Andrew Michelson

ASSISTANT COACHS: Karl Kindseth

DIVING COACH: Julie Linschied

STRENGTH & CONDITIONING COACH: Shane Garrahan

communication

There are several ways in which the Coaches, Captains and Booster Club will distribute information important to the athletes and parents (email, Google listserv and Remind).

It is recommended you sign up for all three.

EHS Swim/Dive Email

- Used by Coach Michelson and the Booster Club president to distribute **timely** information pertinent to the girls’ team. Coach Michelson sends out a weekly update each Sunday.
- To be added to our Girls Swim/Dive email group, please email girlsswimdive+subscribe@ehsswimanddiveboosterclub.org
- If you have joined the group and have not received any communication, please check your SPAM folder.

EHS Swim/Dive Website

- All information is kept current on the [EHS Girls Swim & Dive Website](#)

Twitter

- Follow EHS Girls Swim & Dive on Twitter [@EaganSwim_Dive](#) (Managed by Captains/Athletes)

Instagram Swim/Dive

- Follow EHS Girls Swim & Dive on Instagram [@eagan.swim.dive](#) (Managed by Captains)

Instagram Diver account

- Follow EHS Girls Diving on Instagram [@eagangirlsdive](#) (Managed by Athletes)

REMIND

- Text messaging/app notifications about real time changes in practice/meet plans. Text @ehs23sd to 81010. Very important for immediate notifications.

expenses

Booster Club Fee

Although booster club membership is not a requirement, we do strive for 100% participation and would like all families to register by Thursday, September 1, 2023.

Your booster club membership is also a significant part of the money we raise each year to directly support our program by paying for such items as:



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- Team equipment
- Coaching salaries
- Swim & Dive backpacks for first year members and a new individually embroidered team jacket (or suit) each year for each athlete
- Banquet fees for athletes and facility costs
- Away Meet Bagels
- Spirit items
- Eagan Foundation Scholarship
- And many other items – anyone is welcome to reach out to a Booster Club officer for additional information

2023 Booster Club fee is \$140: Due by Sept 1, 2023

If you are experiencing financial hardship, please email Alissa Madden (girlspresident@ehsswimanddiveboosterclub.org)

Team Apparel

- Each athlete is required to purchase certain team apparel; some items are optional.
 - Swimsuit (required)
 - T-shirts (required)
 - Jackets (required - ordered and paid for by Booster Club in 2023)
 - Sweatpants, sweatshirts (optional) - many options

**** Either the jacket or the swimsuit will be paid for with booster fees ****

- Team bags are purchased by the Booster Club for all new members to the team.
- Parents are given the options to purchase apparel during the same time as the athletes

Secret Sister gifts

- Each girl has a secret sister and gifts are exchanged at each home meet. Dollar amounts will be discussed by the team captains.

Meet admission

- Meet admission is \$7 to attend each home and away meet. If you purchase a fall activity pass through EHS, this will cover entry fees.

**** On deck volunteers do not pay admission fee ****

Senior night

- Each family (excluding seniors) contributes \$5/person towards pizza dinner.

Banquet

- The end of season banquet cost is roughly \$25 per person. Your athlete's fee is paid for with booster fees. It is typically a brunch in early December.

Photos

- Photos are taken in the summer and are available for purchase. You can purchase team, individual and/or panoramic photos.

Team bonding events

- Various team bonding events could add additional expenses for the season.



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team bonding

The season begins in August, roughly three weeks prior to the start of school. During this time the captains plan events to encourage “team bonding”.

These events could may include but are not limited to:

- ❖ Bonfires
- ❖ Tie dying
- ❖ Post practice breakfast at Perkins
- ❖ Goal poster making
- ❖ Apple orchards

- Social events are a fun way to bond as a team and promote team spirit.
- Attending team bonding events is encouraged but not required.
- It is a good idea to keep your calendar free of appointments after the start of the season so your daughter can attend as many of these events as possible!!
- Most of these events will be pre-planned but due to weather and change in plans, some flexibility and spontaneity will be needed.
- The older girls will do their best to provide rides to the younger girls, but safety will continue to be the #1 priority and driving rules will be followed.

practice

The swim practice schedule will be posted and available to everyone on the EHS Swim & Dive website. Diving Coach, Julie Linschied, will directly communicate her summer schedule to divers and if the diving schedule will vary from the regular schedule.

- The schedule does and will remain consistent but can change occasionally.
*** Changes will be communicated through Remind, Schoology (for the girls) and through email ***
- Practice over MEA (3rd weekend in October) is **REQUIRED**.
- The girls will have dryland as a part of their practice time. Once school begins, dryland lasts about 30 minutes prior to getting into the pool. Eighth graders are unable to attend dryland as they are not dismissed from school until 3pm.
- Plan your time accordingly- girls will not have much time after school for homework and snacks after dismissal before getting over to the pool for dryland/practice.
- Swim bags can be stored in gym lockers or with their PAWS teacher. The attendance office does not allow bags to be stored there.

swim meets – general information

You can expect at least one (1) meet per week during the regular season. Weekend invites are possible.

*** Swim meets dates and times will be updated on the website ***

Additional Information:

- Conference meets are held during the week, usually on Tuesdays or Thursdays.
- The Junior Varsity (JV) and Varsity meets are run concurrently.



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- o The first heat is JV, and the second heat is Varsity.
- o If there are more than two heats of any event, those heats are Exhibition heats and those are swum prior to the JV heat.
- o JV and Varsity are scored separately.
- Invitationals or True Team meets are held on Saturdays.
- Championship meets are held at the end of the season
 - o JV Champs Saturday afternoon
 - o Sections- Wednesday through Friday - Swimmers and divers qualify for the State meet during the section meet.
- The schedule for the year can be found under the "Schedule" tab on the website.
- Parents are encouraged to cheer and wear their Wildcat apparel to all meets!!!
- Athletes should be on deck around 4pm for meet set up and warm up.
- Make sure to have a healthy snack for after school as well as snacks to eat during the meet.
- Cell phones are not allowed on deck during the meet.

home meets

Home meets begin at 6pm and last about 2 to 2 ½ hours.

- Diving takes place half-way through the meet.
- The order of events follows the record board on the far wall of the pool.

Volunteer Opportunities

- Each family is expected to volunteer a minimum of three (3) shifts per season.
- Home meets are run completely by parent volunteers so there are many opportunities to volunteer.
- Sign up on **SignUpGenius** or ask for shadowing opportunities if unsure about certain volunteer positions.
- Descriptions and **SignUpGenius** link can be found on the EHS Swim/Dive website under the "Volunteer" tab. Any volunteer position on deck for the meet will get you admission to the meet.

Remember: Volunteers do not need to pay admission.

Secret Sister gifts

- Gifts are exchanged between girls for home meets only. Each girl brings her Secret Sister a small gift and discreetly arranges another member of the team to deliver it for them.

Spirit Dressing

- The Captains decide the theme for the season for each meet for Spirit Dressing. Examples include - Merch, Black Out, Pink Out, USA Day, etc. These dates are given to the girls early in the season.



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Potlucks

- Following each home meet the entire team meets in The Commons for a potluck. Each family is assigned an item to bring.

POTLUCKS → BASED ON THE ATHLETES LAST NAME – WHAT TO BRING

These items can be dropped off in The Commons prior to the meet. If you are unable to drop off your item before the meet or unable to attend the meet, please make prior arrangements with the Potluck Coordinator to ensure your item for the meet is covered. Please be aware some of the items assigned for the potluck are perishable and will need to be kept cold. Please bring those items in a cooler on ice for food safety reasons. Potlucks are a fun way to get to know one another outside of the pool and a place where information is communicated from the coaches and Booster Club.

Senior Night

- The senior class is honored at the last home meet of the season.
- There is a short presentation of each senior with her parents prior to the start of the meet (the presentation begins around 5:50).
- We have snacks for the girls following the meet.
- A pizza dinner is scheduled a different day after practice.
- Each senior is honored with a gift and a short speech.
- All swim and dive families are invited to attend the pizza dinner, even if you do not have a senior athlete.

away meets

Dual meets generally start at 6pm.

Invitational meetings generally begin at 1pm if they fall on a Saturday afternoon, however, divers may start earlier.

Details

- The girls take a bus to and from all away meets.
- The bus will leave and drop off at the lower, East entrance of the high school. Remind is a great tool for communication regarding the return time back to school following meets.
- Addresses of the pools where the meets are held are available on the website. Be mindful of the pool locations as the meets are often held at local middle schools instead of high schools.
- For some of the dual meets the divers might compete earlier than 6pm at a different location than the swimming pool. The divers might need to arrange for their own transportation to and from those meets.

booster club

The EHS girls and boys swim/dive teams have a combined Booster Club that supports, encourages, and advances the athletic program and related activities of the EHS Swim and Dive Program.

The Booster Club promotes projects that assist with the financial needs of the EHS swimming and diving programs as well as endeavors to raise the level of competitive swimming and diving in accordance with the rules and regulations of the Minnesota State High School League.



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Booster Club Meetings

- EVERYONE is encouraged to attend monthly Booster Club meetings - Your contribution to the program is priceless!!
- The Booster Club meetings are at 7pm the second Monday of the month August-May. Information can be found under the "Booster Club" tab on the website.
- Officer contact information can be found on the "Booster Club" tab on the website.

Email addresses for Booster Club Officers

- Girls President: Alissa Madden (612) 310-7155
GirlsPresident@ehsswimanddiveboosterclub.org
- Girls Treasurer: Rebecca Schluter (651) 353-1802
GirlsTreasurer@ehsswimanddiveboosterclub.org
- Girls Secretary: Katrina Gerenz (651) 260-6311
GirlsSecretary@ehsswimanddiveboosterclub.org
- Boys President: Gwen Deitering (612) 875-7085
BoysPresident@ehsswimanddiveboosterclub.org
- Boys Treasurer: Kelly Larson (651) 331-1831
Boyssecretary@ehsswimanddiveboosterclub.org
- Boys Secretary: Carine Decattiore (651) 336-7952
Boystreasurer@ehsswimanddiveboosterclub.org

fundraising

Expectations

- The reality of today is that fundraising is necessary to help teams cover costs.
- The boys' and girls' teams fundraise together through the joint Booster Club.
- The girls and boys share many of the same costs - such as third coach/Strength & Conditioning coach salary, swim bags, apparel contribution, food after meets, and upkeep of equipment (such as timing system, diving boards, starting blocks, etc.).
- There are several fundraisers throughout the year and each athlete and family are expected to participate!

Planned Fundraisers

- Gertens Mum Sale: late August
- Concessions at EHS track meets: April/May
- Gertens Spring Flowers Sale: March-May

rookie guide to swimming and diving

Swimming and diving are great sports, but it can be confusing as the meets move quite quickly.

Here is a quick guide to get you started in the sport:



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Swimming Strokes

- Freestyle - "Free"
- Breaststroke- "Breast"
- Butterfly- "Fly"
- Backstroke - "Back"

List of Events

- 200 Medley Relay (4 swimmers combine to swim 50 yards (down and back) of back, breast, fly and free)
- 200 Free
- 200 Individual Medley (each swimmer swims 50 yards of each stroke- fly, back breast and free)
- 50 Freestyle (often has exhibition heats as well as JV and Varsity)
- Diving (divers can perform up to 6 dives at dual meets and 11 dives at invitationals)
- 100 Butterfly
- 100 Freestyle
- 500 Freestyle
- 200 Freestyle Relay (4 swimmers each swimming 50 yards of freestyle)
- 100 Backstroke
- 100 Breaststroke
- 400 Freestyle Relay (4 swimmers each swimming 100 yards of freestyle)

Scoring

Dual Meeting Scoring

- **Individual events**- Top 5 score points – 16 points possible per event
 - 1st → 6 points
 - 2nd → 4 points
 - 3rd → 3 points
 - 4th → 2 points
 - 5th → 1 pointTies split the points
- You can out score the other team without getting first in the event. By not getting 6th place in the event, all three athletes will score. If we don't continually finish 3-4-5, you can gain points without winning the event.
- **Relays** - Only the top 3 relays score points
 - 1st → 8 points
 - 2nd → 4 points
 - 3rd → 2 points
- Only the top 2 of each 3 relays from each team may score points. Here, getting 1st place is the only way to outscore the opponent. Even if we finished 2nd and 3rd, we would still be two points behind (6 to 8).
- Getting 1st and 3rd is the best way to get ahead (10 to 4).



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- The goal is to score more than half of the available points in each event. If we do this, the points will always be in our favor.
- The total points available in dual meets is 186. Once a team scores 94 points, they are unable to lose the meet. In a sign of sportsmanship, the remaining races will run as exhibition events so one team does not “run up the score”.

Invitational Scoring

- The events are the same and they run in the same order.
- Often, each team can enter 4 athletes in each individual event rather than 3 but sometimes only one relay.

Seed times-

- Swimmers are placed in heat and lanes for their events based on their seed times. The seed time is the fastest time the swimmer has swam that event. This will place them in a heat and lane competitive to their time. The faster times will be placed in the center lanes and the faster heats swim last. The seed time does not have any impact in the race but just the placement of the swimmer in the lane.

- Individual Event scoring-example

20 points for 1st
17 points for 2nd
16 points for 3rd
15 points for 4th
14 points for 5th
13 points for 6th
12 points for 7th
11 points for 8th
9 points for 9th
7 points for 10th
6 points for 11th
5 points for 12th
4 points for 13th
3 points for 14th
2 points for 15th
1 point for 16th

- Relays- Same as above- all who place top 16 score, but points are double that of an individual event-example
40 points for 1st
34 points for 2nd
22 points for 8th
18 points for 9th
14 points for 10th etc.



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Diving

- Diving begins following the 50 free.
- Each team is allowed up to 6 divers including 3 varsity divers.
- During diving, athletes and spectators should remain quiet while the diver is preparing for their dive and while in the air.
- In a dual meet, three judges score.
- Each diver will perform up to 6 dives from 5 categories- forward, back, reverse, inward and twisting.
- Each dive is recognized by a dive number as well as the full name.
- The announcer will announce the dive name and the dive number. This is for the judges to know what dive they will be judging as well as for the diver to confirm they are performing the correct dive.
- Dive numbers broken down:
 - 1 → forward
 - 2 → backward
 - 3 → inward
 - 4 → reverse
 - 5 → twisting
- Middle digit will almost always be a "0" (ask a diver to explain when it is a "1" :-))
- Last digit is the number of somersaults divided in half
- Dive letters broken down:
 - A → straight
 - B → pike
 - C → tuck
 - D → free (used in most twisting dives)
- Twisting dives add one more digit- number of twists, divided in half

Example- 104B → Forward 2 somersaults, pike

Example- 5132D → Forward 1 ½ somersaults, 1 twist, free

- Each dive has an associated Degree of Difficulty (DD). The more difficult the dive, the higher the DD is.
- Diving is scored by adding up the scores and multiplying those scores by the DD.

Example:

$$5.0 + 5.0 + 4.5 = 14.5$$

DD: 1.5

$$\text{Score} = 21.75$$

Example:

$$5.0 + 5.0 + 4.5 = 14.5$$

DD: 2.4

$$\text{Score} = 34.8$$

**** Degree of Difficulty can make a big difference ****