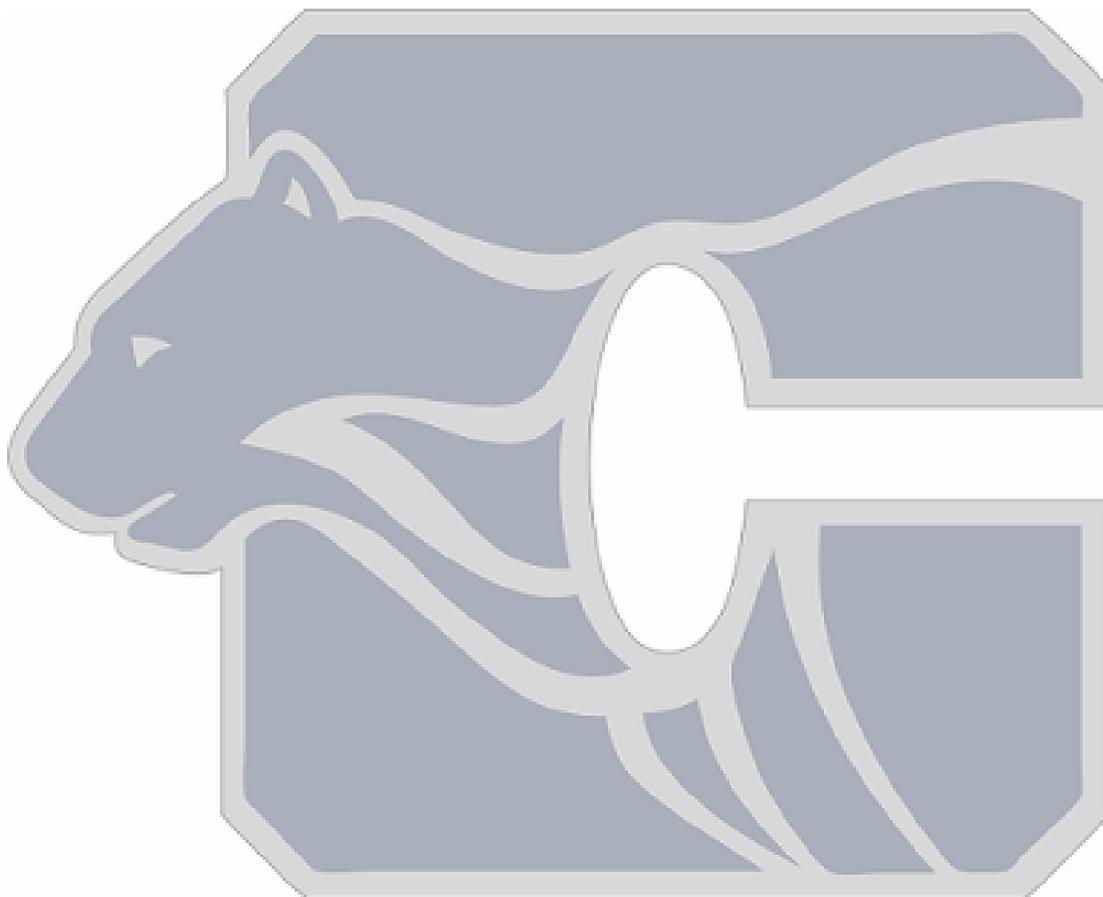


Rochester Century Girls' Swimming & Diving



**Student-Athlete Handbook
2025-2026**

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PANTHER P.R.I.D.E

OUR COMMITMENT TO BEING RESPECTFUL, RESPONSIBLE AND SAFE IN OUR COMMUNITY AND BEYOND

Positive

- I will be a positive role model in the classroom, hallways and in our global society.
 - I will use my words to engage in positive and meaningful conversations
 - I will be a positive role model to my peers and others in the community by demonstrating leadership
 - I will demonstrate pride in our community by doing my part to take care of our common places (cafeteria, hallways, parking lot, events)

Respectful

- I will demonstrate respect, courtesy and compassion for the rights, beliefs, and property of others
 - I will respect others by understanding the importance of equity and inclusion for all
 - I will engage and participate in respectful conversations and learning opportunities
 - I will demonstrate respect for all members of our school and community at all times

Integrity

- I will demonstrate integrity by demonstrating: honesty, respect, trustworthiness, pride and helping others.
 - I will demonstrate ownership of my responsibilities and actions
 - I will be honest and truthful with others
 - I will act in a way that demonstrates pride in our community

Dedication

- I will demonstrate dedication to all aspects of my educational plan to achieve the goal of graduation
 - I will be on time and attend all of my classes in full
 - I will demonstrate dedication in completing my work as assigned
 - I will actively monitor my progress in every class and seek support when needed

Excellence

- I will demonstrate individual and group excellence in our community
 - I will demonstrate excellence in the classroom, performance opportunities and sports by continuously working to improve my individual skills
 - I will demonstrate excellence in our community by supporting members of our community and seeking ways to be in service to others
 - I will demonstrate excellence by balancing my social and emotional well-being by making healthy choices

Coaches

Co-Head: Dale Magnuson

- Email: damagnuson@rochesterschools.org
- Phone: 507-269-8133

Co-Head: Megan Magnuson

- Email: memagnuson@rochesterschools.org
- Phone: 507-288-8434

Diving: Greg Andrews (grandrews@rochesterschools.org)

Quick Links

- [Century Panther Athletics](#)
- [Century Girls' Swimming & Diving Website](#)
- 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: All athletes 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.

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.

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.

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.

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.

High School Dual Meet Format & Scoring

Order of Events	Entry/Scoring Rules
<ol style="list-style-type: none"> 1. 200 Medley Relay JV 2. 200 Medley Relay Varsity 3. 200 Freestyle JV 4. 200 Freestyle Varsity 5. 200 Individual Medley JV 6. 200 Individual Medley Varsity 7. 50 Freestyle JV 8. 50 Freestyle Varsity 9. Diving JV 10. Diving Varsity 11. 100 Butterfly JV 12. 200 Butterfly Varsity 13. 100 Freestyle JV 14. 100 Freestyle Varsity 15. 500 Freestyle JV 16. 500 Freestyle Varsity 17. 200 Freestyle Relay JV 18. 200 Freestyle Relay Varsity 19. 100 Backstroke JV 20. 100 Backstroke Varsity 21. 100 Breaststroke JV 22. 100 Breaststroke Varsity 23. 400 Freestyle Relay JV 24. 400 Freestyle Relay Varsity 	<p>Entry Rules</p> <ul style="list-style-type: none"> • Athletes can compete in a maximum of four events, no more than two individual events. • Entries in an event can be changed by the coach up until the event prior. <p>Scoring</p> <ul style="list-style-type: none"> • Individual Events: 6-4-3-2-1 (A team cannot score more than three individuals per event.) • Relays: 8-4-2 (A team cannot score more than two relays per event.) <p>Diving</p> <ul style="list-style-type: none"> • Diving is run as one event with JV and Varsity diving concurrently.

Scoring - JV						
Home Points		Places	Event	Places	Away Points	
			1 - 200 MR			
			3 - 200 Free			
			5 - 200 IM			
			7 - 50 Free			
			9 - Diving			
			11 - 100 Fly			
			13 - 100 Free			
			15 - 500 Free			
			17 - 200 FRR			
			19 - 100 Back			
			21 - 100 Breast			
			23 - 400 FRR			

Scoring - Varsity						
Home Points		Places	Event	Places	Away Points	
			2 - 200 MR			
			4 - 200 Free			
			6 - 200 IM			
			8 - 50 Free			
			10 - Diving			
			12 - 100 Fly			
			14 - 100 Free			
			16 - 500 Free			
			18 - 200 FRR			
			20 - 100 Back			
			22 - 100 Breast			
			24 - 400 FRR			