



**WEST HIGH SCHOOL
SWIM & DIVE
TEAM HANDBOOK
2014-2015**

Welcome to
West High School Swimming and Diving
2014-2015 Season

We are so pleased to have you join our wonderful swim and dive team!

This folder holds the information you will need to help guide you through the season.

West High School Swimming and Diving is offered as a club sport. Membership is open to any 9th through 12th grader who has an interest in competitive swimming or diving. The Knox-area Interscholastic Swim League (KISL) regulates, controls, and governs Knoxville area high school competition and acts as the Knoxville area representative body to the Tennessee Interscholastic Swim Coaches Association (TISCA). These organizations' web sites are www.kisl-swim.com and www.tisca.net. KISL requires that swimmers and divers meet all academic and residency requirements of their schools as for any other interscholastic sport. **Knox County DOES NOT provide funds for coaches, water time, or supplies; therefore, our team is responsible for all these expenses.**

Meet our Coaches

We are very happy to welcome back Head Coach Stephen Fortney! This will be Stephen's 6th season with the team. He is from Sacramento, California. He was an All-American swimmer during high school and was a letterman at the University of Tennessee for 4 years. He graduated with a degree in Logistics from UT and is currently working for the logistics/brokerage company CH Robinson.

We are very pleased to welcome to the team our new Assistant Coach Corey Snyder. Corey grew up in Wisconsin and swam for the University of Wisconsin-Stevens Point. She has an extensive coaching background with US swimming, YMCA and High School teams in Wisconsin. Corey is currently at the University of Tennessee, Knoxville, working on her Masters of Science and Social Work. She was a Manager at the Peninsula Club over the summer and has already become acquainted with several West High swimmers.

Finally, we are very happy to introduce to you Mike Wright, the Dive Head Coach for the High School Dive Program. This is the 2nd year Coach Mike is working this program.

West High School Swim and Dive Board
2014-2015

<u>BOARD MEMBERS</u>			
President	Beth Banick	680-9583	bethbanick@att.net
Vice President	Kim Kredich	771-9277	kimkredich@gmail.com
KISL Representative	Maria Jernigan	693-9837	tmjernigan@att.net
Secretary	Sylvie Mathot	696-0136	sylviem@hanset.org
Treasurer	Tim Tidwell	310-3629	ttidwell@tva.gov
Communications Coordinator	Maria Jernigan	693-9837	tmjernigan@att.net
Social Events/ Recruiting Committee	Dana Smith	406-2485	danachambleesmith@gmail.com
Head Coach	Stephen Fortney	678-983-8558	sfortney87@gmail.com
Assistant Coach	Corey Snyder	262-745-5490	snyder.corey.j@gmail.com
Head Diving Coach (at UT)	Dave Parrington Michael Wright	974-4644	DParrington@utk.edu Coachmichael@tenndiving.com
Teacher Representatives	Mari Brooks Stacey Doyle	719-6068 363-6239	Mari.Brooks@knoxschools.org stacey.doyle@knoxschools.org
<u>NON-BOARD VOLUNTEER POSITIONS</u>			
Meet Director/ Volunteer Coordinator	Maria Jernigan Stacey Doyle	693-9837 363-6239	tmjernigan@att.net stacey.doyle@knoxschools.org
Spirit Wear	Shannon Catron Kim Kredich (tee-shirts)	414-8776 771-9277	scatron865@gmail.com kimkredich@gmail.com
Fundraisers: Coupon Books/ Donuts	Mari Brooks Jodie McIntyre (& Team Captains)	719-6068 322-1336	Mari.Brooks@knoxschools.org jodiellillian@yahoo.com
State Meet Committee	Shannon Catron Stephanie Speckhart	414-8776 684-6004	scatron865@gmail.com msspeckhart@gmail.com
Bulletin Board & Trophy Case	Stacey Doyle Beverly Reeves	363-6239 414-9014	stacey.doyle@knoxschools.org reeveshome1@comcast.net

2014-2015 CALENDAR/ IMPORTANT DATES

Friday, August 1, 2-6pm – West Fest

Friday, August 8, 8:30am-12pm – Freshman Orientation

Thursday, August 28, 6-8pm – WHS Open House

Tuesday, September 2, 7pm – Sign Up Meeting @ West High Library

Thursday, September 4, 7-8pm – High School Diving Meeting for Divers/parents @ AJIAC (in the stands at the diving end of the pool)

Sunday, September 7, 4-7pm – Swim Party at Banicks – 2301 Craig Cove Road,
Knoxville, TN 37919 (Beth Banick: 680-9583)

Tuesday, September 9 – first **dive practice**;

Dive Practice days/times: Tuesdays, and Thursdays, 6:30-8:30pm @ AJIAC
Optional practice on Fri @ AJIAC (time to be announced)

Tuesday, September 23 – first **swim practice** (includes 30 min land training prior to swim)

Swim Practice days/times: Mondays, 8-9:30pm @ AJIAC
Tuesdays, Wednesdays and Thursdays, 7-8:30pm @ SAC

AJIAC (= Allan Jones Intercollegiate Aquatic Center): 2200 Andy Holt Ave, Knoxville, TN 37996 SAC (= Student Aquatic Center): 2106 Andy Holt Ave, Knoxville, TN 37996

Parking is available at UT by purchasing a parking pass (see Parking Info on p. 9)

Early September – Coupon Book Sales – upper classmen swimmers will assist Mrs Brooks (Room 114) with organization and distribution

Tue, Sept 30, Oct 7, 21, 27 – Krispy Kreme Donut Sale @ West High, 8:10-8:25am. Jodie McIntyre is the contact person for this great and fun event.

FYI – there will be various 'social' events during the season that will occasionally request a dollar amount or donation of items if you choose to participate

2014-2015 High School Meet Schedules

SWIM MEETS

Sun, November 9, 2014 - Swim Meet West HS vs Berean vs Bearden HS, 1-5pm

Sun, November 16, 2014 - Swim Meet West HS vs CAK, 5pm

Sun, December 7, 2014 – Swim Meet West HS vs Catholic HS vs Notre Dame, 1-5pm

Sun, January 11, 2015 – Swim Meet West HS vs Webb High School, 1-5pm

Sun, January 25, 2015 – Swim Meet West HS vs Maryville (@ Maryville), 2pm

Fri - Sat, January 30-31, 2015: KISL City Meet Championship@ UT Allan Jones Pool

Fri - Sat, February 13-14, 2015: TISCA State Championship @ UT Allan Jones Pool

DIVE MEETS

Please note that all diving for that weekend of competition is done at the same time. All meets will go from 12:30-2pm on the day of competition. Following the diving event; diving scores will be given to swim coaches to be added with team totals. Dual meets will consist of 6 dives, Championship meets such as City Meet or State meet will consist of 11 dives. Coaches will decide what dives are competed based on what is learned at practice.

Time line of competition:

12:30am Divers will arrive and fill out diving competition forms with coaches.

12:45am Divers will start to stretch and warm up in the water.

1:15pm: Divers will start competition.

11/9: Bearden vs Berean vs West. Catholic vs STEM vs CAK (Student Aquatic Center)

11/16: Webb vs HVA. West vs CAK (Allan Jones Aquatic Center)

12/7: West Valley vs Farragut. Catholic vs West vs Norte Dame (Allan Jones Aquatic Center)

1/11: West vs Webb. Catholic vs HVA (Allan Jones Aquatic Center)

1/31-2/1: KISL Championships* (more information will be announced at a later date. All divers must be in attendance to qualify for state meet!

2/13-14: TISCA State Championships!

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VOLUNTEERING

Parent volunteers are a very important part of your swim/dive team commitment. By volunteering, you will get to know the team families, coaches, and learn more about swimming/diving in the process. You will be receiving an email for each meet with a link to volunteer [* must be KISL certified].

* **Meet Referee:** has authority over all meet officials, leads all discussions regarding rules, makes final decisions concerning any protest, interprets applicable rules for the meet.

* **Starter:** lines up and starts all events, calls false starts, and is responsible for the smooth flow of the meet.

* **Stroke and Turn Judge:** must have gone to one KISL training workshop to learn the details of all of the strokes and the turns; observes swimmers in lanes designated by Referee and calls rules infractions (swimming or turning or touching incorrectly).

Lane Timer/ Scribe: times events using stop watch, records time on event card.

Runner: picks up the event cards from the timers along with the DQ Judges slips and carries them to the scoring table for recording. Good exercise and fun.

Head Timer: oversees Lane Timers, signals Starter that Timers are ready for event start, provides back-up timing for Lane Timers.

Finish Judge: writes down the order of the winners of the races. There are two finish judges and one overcall finish judge (tiebreaker judge) to handle problems with human error and discrepancies, so you don't have to worry about being perfect.

Jump Judge: works only during the relays; makes sure all swimmers take off at the appropriate times (ie. 2nd, 3rd, 4th swimmers do not take off before preceding swimmer has touched). Has to DQ if someone takes off too early. Gives DQ slips to runners. Doesn't happen very often at high school level.

Sorter: sits at scoring table and aligns score cards in order of finish for scorer; attaches any DQ sheets to event cards and gives event cards to the Scorer. First time you do this you will need some instruction but you will catch on very quickly. Gets to sit down.

Scorer: records the official times and calculates the score for each team; keeps the information for KISL. Gets to sit down.

Timekeeper: sits at scoring table and writes down times for 2nd and 3rd heats only; records the times directly from the score cards. Simple record keeping. Gets to sit down.

Meet Photographer: takes photographs at the meet for team publicity purposes, website and year-end slideshow. Any one is WELCOME to take pictures throughout the season!

FEES

SWIMMER Fees: The yearly team fee this year is \$230 and is due at time of registration. This includes a non-refundable fee of \$50. After a two-week trial period (October 7th), if the swimmer decides not to remain on the team, the \$230 less the \$50 will be refunded. This fee covers coaching fees, pool fees, meet entry fees, and includes 5 coupon books and a team t-shirt.

Please make your checks payable to West High School (WHS) Swim and Dive.

DIVER Fees: The yearly non-refundable team fee of \$50 is due at time of registration. This includes 5 coupon books and a team t-shirt.

** Divers will also owe additional fees directly to UT for the Diving Program (see below).

UT DIVING PROGRAM

High School diving is offered at UT (AJIAC) and is coordinated by Dave Parrington, Head Diving Coach TN Diving, and by Mike Wright, Head Coach of the High School Program.

1. DATES: there will be a meeting with additional and more specific information for all divers/parents on Thursday September 4th at 7pm. The first day of High school diving will be Tuesday September 9th and will run through the State High school meet. There will be no class on Thanksgiving Day and you will receive notification of Christmas break dates with modified training days and times closer to the time.

2. COST: Total UT Diving Program cost for the season is \$300. This covers coaching for all practices, home meets and the pool use fee. A \$100 non refundable deposit per athlete is due no later than the 2nd day of class for the first 8 classes which will be applied to the total amount due, for the divers remaining in the program after October 7th. For those not remaining with the program the \$100 serves as the cost for the 8-day class trial period. After the first 8 classes, any divers who wish to continue through the high school season will be billed \$200 (balance of \$200 due by November 25th, 2014).

Please make checks payable to Volunteer Diving!!

USA DIVING REGISTRATION: All divers will be required to join USA Diving for insurance purposes! Instructions and specific details will be sent before that date.

FUNDRAISING and SPONSORSHIPS

1. Fundraising is always an important part of our swim and dive season and some of it is included in the initial fees. We have 2 main fundraisers: donut sales and coupon books.

Sell a Donut for a Dollar: This year we will launch the 'Sell a donut for a dollar' initiative every Tuesday before school (9/30, 10/7, 10/21, 10/27). Sale price will be \$1.00 per donut. Our total dollar goal is \$800. All team members should be prepared to volunteer. Jodie McIntyre will be the contact person. Please call, text, or e-mail with any questions (865-322-1336; jodielillian@yahoo.com)

Coupon Books: Your swim/dive team fees include \$50 for each swimmer/diver to "pre-pay" for five coupon books. If/when your swimmer/diver sells these coupon books, please keep the money as a "rebate" toward your swim/dive fee. We can also arrange for additional coupon books if you wish to sell more than five.

2. Sponsorship: In an effort to help all swim/dive team members to lower the yearly team fees, we are offering you the option of getting community sponsors for the team. The WHS swim team "Sponsorship Campaign" is now in its fourth year.

In this Handbook is a letter that you can use to ask individuals and companies to sponsor the team. Every sponsor who donates \$100 will get their name on the back of our team t-shirt and a \$200 donation will get their name and a company logo.

Ask your family members, neighbors, church members, and all the companies with whom you do business – restaurants, hair salons, banks, etc. It doesn't hurt to ask - the worst that can happen is someone says no. **But some of them may say YES!**

If you have any questions, please feel free to contact Shannon Catron (scatron865@gmail.com)
All extra money we raise will go toward scholarships for our team members who need financial assistance.

Refer to separate sponsorship information.

CITY MEET AND STATE MEET INFORMATION

The Knoxville Interscholastic Swim League (KISL) high school Championship Swim and Dive Meet will be held January 30-31, 2015 at the Allan Jones Intercollegiate Aquatic Center.

The 2015 Tennessee State High School Swimming and Diving Championship will be hosted by Knoxville this year, on February 13-14, 2015 at the Allan Jones Intercollegiate Aquatic Center. More details on workers needed for both of these meets and the fun events preceding them will be posted in the future.

In order for a swimmer to qualify for the City Meet, h/she must have participated in at least 2 regular season meets and must have a qualifying time, if applicable. These times for individual events must have been met during the current high school swimming season. Times may be achieved in high school competition or other meets consistent with high school rules and regulations such as USA swimming, AAU or YMCA.

In order for a swimmer to qualify for the State Meet, he must have participated in at least 2 regular season meets and achieved a State Meet qualifying time.

Qualifying times may change each year for both the City and State meets. Each competitor may be entered in a maximum of 4 events; however, not more than 2 may be individual events.

The UT Diving Coach will have the information you will need for City and State meet qualifications.

TEAM REPRESENTATIVES

We are very pleased that Mari Brooks and Stacey Doyle will be our faculty representatives this year and will serve as our school contacts. Mrs Brooks has dedicated 16 years to this team as either a parent volunteer or a faculty rep. Her email is Mari.Brooks@knoxschools.org and her classroom is 114. Mrs Doyle is new to this position, but not new to swimming. Her email is stacey.doyle@knoxschools.org and she is the person who welcomes you every day in Student Services. She and her daughter joined the Team in 2011.

ODDS AND ENDS

Team Apparel: a team T-shirt is included with your team fees and will be distributed prior to the first meet. Other 'spiritwear' will be available for purchase through Swim and Tri. These items are purchased by each family individually if they want.

Equipment: swimmers are required to have equipment with them at every practice (kickboard and fins). These items can be purchased at Swim and Tri or ordered online at swimoutlet.com.

Photography: West High Swim and Dive Team will use the Release/Authorization to Publish form required by West High School for each student. **Make sure this form is signed and filed at school!!**

Website: our Swim and Dive Team website will be up and running pretty soon (under Athletics), and will be regularly updated by Stacey Doyle. It will include our practice schedule, meet schedule and coaches' information for both swimmers and divers. Please check it out regularly for announcements throughout the season.

Communication: important announcements, reminders, dates etc will be sent through e-mail by our communications coordinator (West High Swim westhighswim@gmail.com)

UT Parking: Permits are available at UT Parking and Transit Services, 2121 Stephenson Drive, Knoxville, TN 37996 (off Neyland Drive), 974-6031, 7:30am-4:45pm. Fill out the 'green' form included and bring it to the UT Parking and Transit Services with the following information: license plate number; license plate expiration date; vehicle year, make, style and color. They will help you to fill out the form. The cost of the tag is \$38,- for you to park in designated area(s) during practices and meets. Parking at a meter on the street is also an option.

FORMS AND DUES

The following forms are needed **by the first practice:**

- Team Registration form
- Team Registration Fees (either \$230 for swimmers or \$50 for divers)
- Physical Forms (History, Physical Exam)
- Clearance and Consent (must be signed by parent and swimmer)
- Knox County Concussion Form
- Copy of Insurance Card (**both sides**)

Please turn these forms to Stacey Doyle (Student Services) or bring to the first practice. There will be someone there to collect them for you.