



# Student-Athlete Newsletter // 2019 – 2020

## Welcome

We would like to welcome all of you to the 2019 – 2020 Season of the Haverford High School Swimming & Diving Team. The coaching staff is eager to start the season and begin building what we hope will be a rewarding and awesome experience for you at Haverford High School. Please read this newsletter to help prepare you for the season ahead. We are looking forward to working with each of you.

Sincerely,

Matt Stewart  
Head Coach – Swimming & Diving

## Our Team Rule

- Honor each other with your effort

## Core Values

- ☰ Be Water
- ▽ Sweep the Decks
- ⊕ Feed the Positive Dog
- 🔥 Crimson & Gold, Triumphant Evermore
- ⊕ Honor Your Teammates with Your Effort

## Eligibility, Physical, Contract

To even be permitted to enter the water for the first practice, swimmers must have the following three forms completed and submitted to Coach Stewart:

- Athletic Eligibility, PIAA Physical Form, Signed Athlete/Parent Contract, ImPact Testing, Assumption of Risk

## General Team Structure

Our swimming and diving team is generally composed of the following number of student-athletes:

- 18 – 22 Swimmers per team
- 3 – 5 Divers per team
- Dive Tryouts on Saturday 11/17
- Swim Tryouts will take place on 11/18 and 11/19
  - Time Trials (50 Free, 100 Free, 100 Choice 1, 100 Choice 2)
  - Endurance Test on Sunday: 6 x 200’s on 0:30 Rest, Kick Test [Timed 400 Kick]

**We will notify everyone about making the swim team via an email or team letter on Wednesday, Nov. 20<sup>th</sup>.**

## Swimming and Diving Practices

- Swimming: Located at The Haverford School in Haverford, PA
- Diving: Lower Merion HS / Haverford School
- Mon. – Thurs. evenings, and Sat. mornings
- If you arrive on time, you are already late
- Communicate absences – **NO MESSAGERS**
- Keep all belongings on deck at practice
- Keep the facility clean; respect the environment
- Vacate the premises quickly at end of practice

**Week 1 Practice Schedule**  
11/18: Swim 7:30 – 9:30 PM, Dive 7:30 – 9 PM (@ LM)  
11/19: Dive 5:30 – 7 PM (HS), Swim 7:00 – 9:00 PM  
11/20: Swim 7:30 – 9:30 PM  
11/21: Dive 5:30 – 7 PM (HS), Swim 7:00 – 9:00 PM  
11/22: OFF  
11/24: Swim 6:30 – 8:00 AM

## The Season Format

- Dual Meet Season (December 10 – January 31)
- Upper Dublin Cardinal Invite (December 21)
- Silver Meet Championships (February 7, 8)
- CL Diving Championships (February 11/12)
- Central League Championships (Feb. 14, 15)
- District 1 Diving (February 21/22)
- District 1 Championships (2/27, 2/28)
- PIAA State Championships (March 12th – 13th)



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## Meet Policies

- All swimmers/divers are expected to stay for the duration of a meet
- Swimmers/divers cannot travel home with parents unless **PRIOR**, WRITTEN NOTIFICATION has been provided to the coach and athletic office
- Coaches will not accept travel excuse notes during or after a meet; there are too many things that can go wrong

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## Club Swimmers

- Make a choice; keep your days consistent as much as possible
- Notify us of an absence, even if you are going to your club practice
- Required to attend at least two days per week
- Must have club coach fill out club swimmer form, once a week
- Swimmers need to be in the water at least 5 days a week
- SAL Meets / USA Meets

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## Team Apparel

- "How and When" Coming Soon
- All team members must have a team suit
- All other items such as warm-ups, t-shirts, etc., are optional
- Tie-back/fastening suits are ILLEGAL (Unsportsmanlike Conduct – cannot swim in next meet)
- Freshmen/New Team Members – wait until you know you made the team

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## Outside of the Pool

- Academics
- Family/Social Life
- Strength Training
- Nutrition
- Sleep

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## Communication

We do the bulk of our communication using team emails from [fordswimdive@gmail.com](mailto:fordswimdive@gmail.com). If you are not on our email list, please email [fordswimdive@gmail.com](mailto:fordswimdive@gmail.com) to add yourself to the list as soon as possible.

We also do Remind.com communication text; text **@fordsw** to the 81010 to receive these texts.

You can also follow us on Twitter and Instagram using @fordswimdive.

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## Meet Schedule for the Season

### REGULAR SEASON

12/10	Garnet Valley (Away, 4:00 PM)
12/12	Upper Darby (Away, 3:45 PM)
12/17	Radnor (Home, 7:00 PM)
12/19	Penncrest (Away, 4:15 PM)
12/20	Upper Dublin Cardinal Invite (Diving, 4:00 PM)
12/21	Upper Dublin Cardinal Invite (Swimming, 10:00 AM)
1/3	Conestoga (Away, 3:45 PM)
1/9	Harrilton (Home, 7:00 PM)
1/13	Strath Haven (Away, 3:45 PM)
1/17	Springfield (Home, 7:00 PM)
1/22	Ridley (Away, 3:45 PM)
1/28	Marple (Home, 7:00 PM) – SENIOR NIGHT
1/31	Lower Merion (Away, 3:45 PM)

### POSTSEASON

2/7	Boys Silver Meet @ Strath Haven TBA
2/8	Girls Silver Meet @ Strath Haven TBA
2/11	Centrals Diving - Boys @ Ridley TBA
2/12	Centrals Diving - Girls @ Ridley TBA
2/14,2/15	Central League Swim Championships @ Radnor TBA
2/22	Boys District 1 Diving Championships @ North Penn
2/23	Girls District 1 Diving Championships @ North Penn
2/27,2/28	District 1 Swimming Championships at LaSalle University
3/12,3/13	PIAA State Swimming/Diving Championships at Bucknell University