



Team Newsletter

Welcome

I would like to welcome all of you to the 2008 – 2009 Season of the Haverford High School Swimming & Diving Team. I would like to officially welcome two new assistants to the team this year – Matt Krouse ('04) and Megan McCormick ('04). Matt and Megan both swam for Haverford during their career at Haverford, and John Scholtz and I are thrilled to have them helping us this year. The coaching staff is eager to start the season and begin building what we hope will be a rewarding and awesome experience for your children at Haverford High School. Please read this newsletter to help prepare you for the season ahead. I am looking forward to working with each of you.

Sincerely,

Matt Stewart
Head Coach – Swimming & Diving

Bathing Suits, Caps, Team Gear

The purchasing of team suits is being handled by Kathy Keehn. The suits are priced as follows:

Female Suit:	\$51
Male Jammer:	\$28
Male Drag Suit:	\$22

Payments can be sent to Kathy Keehn, 313 S. Manoa Road, Havertown, PA 19083. Kathy will speak more about this during the Parent Meeting

We are also going to be ordering caps soon; each swimmer will receive one cap; if swimmers would like to purchase any additional caps, they will be available for \$5 each.

We are also ordering team warm-ups and T-Shirts this year. Details are coming soon.

Practice Gear

I am strongly recommending that all swimmers purchase their own training equipment for use during practice. Please refer to the handout in the Parents Packet that details these items.

Eligibility, Physical, Contract

In order to even be permitted to enter the water for the first practice, swimmers must have the following three forms completed and returned to me by Monday, November 17th:

- Athletic Eligibility
- PIAA Physical Form
- Signed Athlete/Parent Contract

Making the Team

Due to the large number of swimmers who are trying out for the team, we may have to potentially make cuts for the team. Qualification to swim on the team will be based on your ability to swim more than one stroke, keep up with the work in practice, and swim an adequate time for a 50 or 100 Yard Freestyle. The coaching staff will evaluate talent for the week of the season before making cuts.

Email Communication

I am a big believer in email communication amongst the swimmers and parents on a team. I am asking that all swimmers provide a working, valid email address that you will check regularly regarding this swim team.

If you have not received any team emails yet, then either I do not have your correct email or you have not provided an email address. Email me at stewart@havsd.net to get on the list.

Our team website is also under construction, and should be updated soon. You can find it now at:

www.havsd.net/~Stewart/hhsswimming.html



Practice Schedule, Rules

We will be practicing at the Haverford School this season. Our days of practice will be Monday through Thursday at night and Saturday mornings from 8 – 10 AM. Refer to the attached team calendar for all specific practice times.

We will also be holding mandatory Dryland/Weight Training at least one day each week. The main focus of dryland (besides conditioning and strength-building) will be developing team unity. All swimmers are required to attend dryland.

All club swimmers are required to attend at least one practice per week. We are encouraging swimmers to train with our team to allow for better communication, goal-achievement, team unity, etc. Club swimmers must submit a form each week detailing their participation at club practices, with a signature from their coach.

All non-club swimmers are expected at all practices. If you have a conflict with a practice, you will need to ask for permission in writing to be excused from practice.

Unexcused absences from practice can result in suspension or dismissal from the team. Repeated excused absences may result in suspension or dismissal from the team.

I am requesting that parents/guardians provide transportation to and from practice for all swimmers. If a student is going to drive to practice, he or she needs to fill out a Student Driver Permission Form. If students are going to be carpooling to practices, the parents/guardians of all swimmers involved will need to fill out a Carpooling Permission Form.

I am also asking that we represent Haverford well and take care to make sure that we take care of our use of the Haverford School. Any incidents involving abuse of the locker rooms, facilities, etc., may result in dismissal from the team. **Also, we have been advised to keep all belongings on the deck while at practice.**

Meet Rules

- All swimmers must ride the team bus to all meets. Students are not permitted to drive to away meets unless a situation has been reviewed by the athletic office **prior to the contest.**
- All swimmers must ride the team bus back to Haverford High School after each swim meet. Students are not permitted to leave an away meet with a parent/guardian without prior written notice to both the coach and the athletic office.
- Swimmers are also forbidden to wear any jewelry. Any swimmer or diver reporting to their event wearing an illegal suit or jewelry will be disqualified from that event.
- All swimmers are responsible for respectful behavior at swim meets – towards teammates, opponents, coaches, officials, and fans.
- Swimmers are responsible for maintaining a clean locker room at all meets.
- All swimmers are to remain on deck for the duration of a swim meet (this includes diving). Swimmers are not permitted to visit with family and friends during a meet.
- All swimmers are required to remain in uniform for the duration of a meet.
- All swimmers are required to remain in the water during an event until all competitors have finished the event.

MRSA

With the risk of MRSA on the rise in the area, we must be conscientious of this virus. Please be sure to make sure that you CLEAN your practice gear and suits. Please try not to wear the same bathing suit to practice everyday – wash it!

Log Books

I am recommending that all swimmers employ the use of a log book to keep track of their achievements (both at practice and meets) for the season. This is especially important with logging progress at practice and keeping track of data such as 100-yd pace times and stroke count.