

LAKE WASHINGTON



Lake Washington High School Swim and Dive

July 13, 2009

Dear Athletes and Parents,

This spring, you probably heard about the school district's budget cuts and how high school athletics, especially swimming and diving, might be affected. After a tense couple of months, we are greatly relieved (and very excited!) that we will have a team, and Juanita Pool will remain open. This letter is intended to give you as much information as possible, early in the summer, so you can prepare for the upcoming season. If you have any questions after reading this letter and the enclosures, please feel free to contact us.

The first day of practice is August 24. Eligibility forms can be picked up from the LWHS athletic office beginning August 17, or downloaded and printed from our team website (URL below). Please have your eligibility paperwork turned in to the athletic secretary at LWHS and come to the pool prepared to swim on August 24. We want the team to be open to everyone who wants to participate; if the fees this year are a hardship for your family, please contact us.

From August 24 through August 27, we will practice from 4:30-6:30pm at Juanita Pool. On Friday, August 28, there is no practice; everyone going on the Team Retreat should meet at LWHS at 1:00pm.

Our second annual **Team Retreat** will be held at Camp Casey from August 28-30 (please see enclosed flyer). This is not a required event, but all swimmers and divers are encouraged to attend. We get to spend a lot of time swimming, but there's also free time for games, movies, etc. It's great fun!

The parent-run **booster club** will be organizing some fundraisers over the summer to help pay for the Team Retreat, including a car wash on August 22 and two or three other events, so check your emails and the team website for more information about those events. If you are a parent that would like to help with fundraising, just let us know. We would be glad to have your help.

We hope to see all parents at the **Fall Sports Parents Night**, August 27 at 6:30pm in the Cadle Theater at LWHS. It's for all LW parents with children playing a fall sport, and will include a swimming-specific breakout session.

As already mentioned, we have a team **website** that will help you stay informed:

www.digitalsports.com/team/id/651702.aspx

During the summer, please check for information about fundraisers, practice times, and other things. We will also post some sample workouts that you could use to get in shape before our first practice. After the season starts, look for meet results and other news.

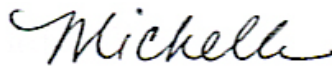
The **lettering policy** and **attendance policy** are both enclosed so that you will understand what's expected of team members.

Finally, we would appreciate it if you would **encourage your friends to join** the team. We would like to see at least ten new athletes join us this year, and we can reach that goal if you spread the word about how much fun swim team is.

If you have any questions, please contact us. We know that there are a lot of different things you could do with your time, but we're glad that you choose to swim or dive. See you at the pool!



Johnny van Velthuyzen
Head Coach
john@vanv.org
(C) 425.495.0381

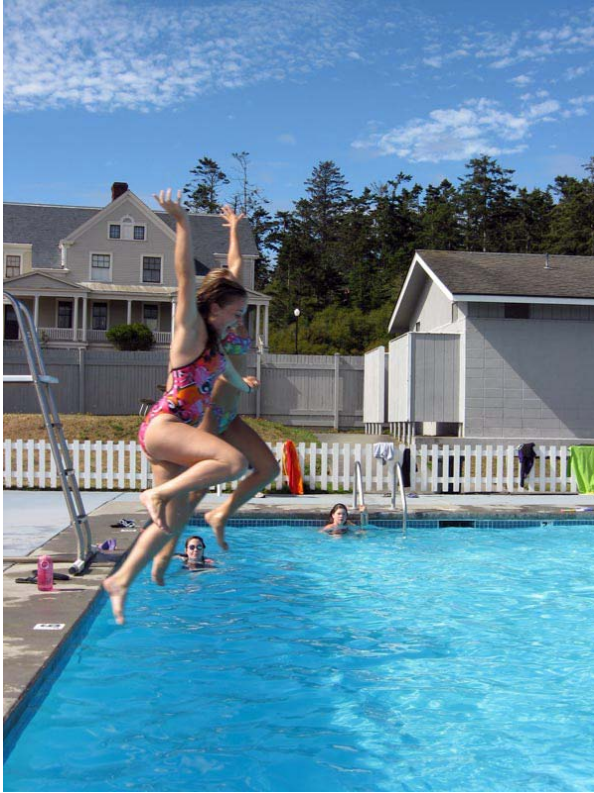


Michelle McRae
Asst. Coach - Swimming
(H) 425.898.9791



Mike Fahrenbach
Asst. Coach - Diving
mfahrenbach@lwsd.org
(W) 425.820.3390

Lake Washington Swim & Dive 2009 Team Retreat August 28-30, 2009



Mark your calendars for our second annual Team Retreat! This event gives us extra time for swimming instruction, fosters team unity, and is fun for everyone.

Dates/Times: Depart LWHS 1:00pm, August 28; Return 12:30pm, August 30

Place: Camp Casey, Whidbey Island

Cost: Approx. \$135

The final cost depends on the number of athletes attending and how much we receive from fundraising. The cost includes 2 nights lodging, transportation, 5 meals, snacks, 4 hours of pool instruction, dryland and classroom instructional sessions, and much more.

We would like all athletes to attend. If the cost will be a hardship for you, please contact one of the coaches.



Lake Washington Swim & Dive Lettering Policy

Any student is welcome to join the Lake Washington Swim & Dive team. Those athletes who distinguish themselves through their athletic ability, commitment to the team, and attitude may earn a Lake Washington High School Varsity Letter. To receive a Varsity letter, you should demonstrate:

ATHLETIC ABILITY

Swimming

- Earn 40 points for the team in Varsity swimming events at dual meets (Individual places are scored 6, 4, 3, 2, 1; Relay places are scored 8, 4, 2).
*In the event that fewer than 12 swimmers earn 40 points, the team's top 12 point scorers will be considered to have met this part of the lettering policy.

Diving

- Earn 20 points for the team in the Varsity diving event at dual meets; AND compete in two 11-dive qualifying meets;

COMMITMENT

- Compete in all dual meets;
- Compete in all post-season meets for which you qualify;
- Participate fully in at least 85% of all practices offered. Full participation includes being on time and not leaving early, and applies equally to dryland and swimming;

ATTITUDE

- Consistently display good sportsmanship and a positive, respectful, supportive attitude towards teammates, coaches, and opponents;
- Regularly push yourself to be a better athlete, both in meets and in practices.

Coaches have the final say in any and all lettering decisions.

In some situations, an athlete who does not meet every tenet of this policy may still receive a letter. When making such a decision, the coaches will look at any other facts that may be relevant, including: injury, illness or other extenuating circumstances; whether the athlete qualified for post-season competition; the number of years an athlete has been on the team; or whether the athlete is a Captain. Coaches may make exceptions to tenets of this policy on a case-by-case basis in order to reach a result that is fair and just.

Lake Washington Swim & Dive Attendance Policy

The coaches of the Lake Washington Swim & Dive Team feel that consistent attendance at practice is essential to your individual athletic success and is necessary to create a positive team spirit. Please follow these rules:

1. Try to attend every practice offered;

Every practice is important. Consistent training will improve your endurance and make you a faster swimmer. Regular practice also gives you opportunities to refine and improve your technique. Swimming is different than some exams – you can't "cram" a season's worth of training and technique improvement into the last couple of weeks of the season and expect to "ace" your races.

There are many individual aspects to swimming, but the camaraderie and team spirit that happens when a group of athletes work side-by-side, challenging and encouraging each other to be better and faster, is one of the greatest experiences of the sport. Support your teammates by coming to practice.

Although athletes who want a Varsity letter should have 85% attendance, your goal should be 100%. Set your goals high and strive for excellence.

2. Start on time and stay until practice ends;

Doing the entire warmup helps you be mentally and physically prepared for that day's workout. Having the entire team start at the same time makes practices run more smoothly.

Leaving early may affect your endurance and often means that you miss some of the recovery work we do at the end of practice. You may also miss out on game time or other fun things that we do near the end of practice.

3. If you will miss a practice, please tell the coaches in writing 24 hours in advance;

We expect that you are mature enough to decide what is important in your life. By joining the team, you are making a commitment to yourself and to the team that for a few months, swimming will be one of your top priorities. Nevertheless, on some days you might decide that something is more important on that day – time to rest and recover from illness, time to study and do homework, or time with your family, to name a few examples. If you are going to miss a practice, please let one of the coaches know in writing, at least a day in advance if possible. This will allow us to make adjustments to workouts if necessary. Try to avoid missing practice the day before a meet. On the day before a meet we often discuss the lineup and spend time working on skills that will make you a better competitor, so it's important to be there. Your absence from practice may affect which events which events you swim in the meet.

4. If you will be absent from a meet, please let the coaches know at least 3 days in advance.

Prior to a meet, the coaches spend many hours scouting the competition and drafting lineups that accomplish our goals for that meet. Trying to make last minute lineup substitutions is very difficult, stressful, and usually has a negative impact on relays, placing, and the overall score of the meet. If you suddenly come down ill the day before a meet, or even on the day of a meet, please call the coaches as soon as possible. We don't always check email on the day of a meet, but we need to hear from you as soon as you know that you won't be competing.

Not following this policy may affect what events you get to swim in meets. Athletes who want to receive a Varsity letter should also be aware that absences, starting late, or ending early may prevent you from lettering.

***Note for athletes who also participate on a club or year-round team:**

Every high school sports team in the State of Washington is expected to follow the Washington Interscholastic Activities Association (WIAA) handbook. The WIAA Handbook states:

18.22.0 NON-SCHOOL PARTICIPATION - During any sport season after joining a school squad, students may also participate on a non-school team or teams.

18.22.3 Schools may not give students special treatment or privileges on a regular basis to enable them to participate in non-school athletic activities, such as reduced practice times, special workouts, late arrivals, or early dismissals.

The rule gives several examples of "special treatment," and another example would be awarding a club swimmer or diver a Varsity letter even though they did not meet the same attendance expectations as other Varsity athletes.

The coaches understand that practicing with your club team is important to you, and we are happy to talk with you about ways to meet your obligations to both teams. However, please be aware that the WIAA rule prohibits us from giving you special treatment on a regular basis to allow you to go to your other team's practices.