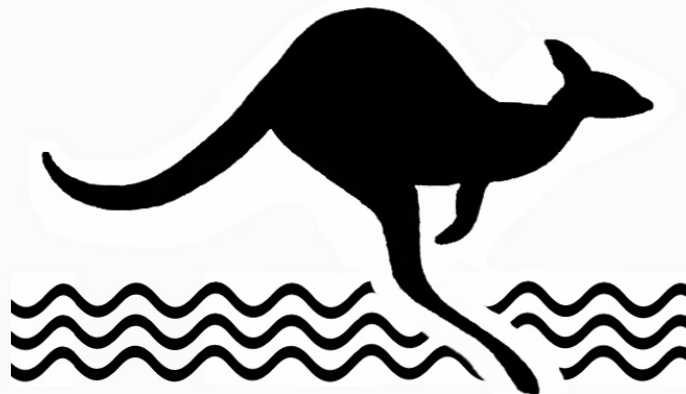


**LAKE WASHINGTON**



**Lake Washington  
Women's Swim & Dive  
2009**

# Lake Washington Women's Swim & Dive

Welcome to another fun season of swimming and diving!

It's great to see all of you who were on the team last year come back for another season. We're also glad to see so many new athletes and are looking forward to getting to know you this year. Besides meets and practices, we have lots of fun things planned for this season, including pasta feeds and games each week.

This handbook should give you information about our team. Inside you'll find:

- Meet & Practice Schedules
- Team Code of Conduct
- Attendance Policy
- Lettering Policy
- Expectations for Captains
- Guide to Stretches
- Season Best Times Worksheet

Read each page carefully, and if you have any questions, feel free to ask.

Please encourage family and friends to help at meets. For home meets, our team is required to provide twelve people to time the swimmers, a starter, two people to score the meet, and several other helpers for various positions, including the diving scoring desk. We can't host a meet without their support, and we can even use people who have no previous experience.

We'll post meet points, a weekly attendance summary, and other news on our team website. Be sure to bookmark it and check it often:

[www.digitalsports.com/team/id/651702.aspx](http://www.digitalsports.com/team/id/651702.aspx)

This is a fun and exciting time of year for us, as it should be for you. If you have any questions, please ask. Thanks for coming out to swim and dive!



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## Lake Washington Swim & Dive 2009 Practice & Meet Schedule

### Regular Practices (Starting September 1)

Mondays 3:20-5:15 – dryland 3:20-3:50, 10 min to change, swim 4:00-5:15  
 Wednesdays 2:20-4:15 – dryland 2:20-2:50, 10 min to change, swim 3:00-4:15  
 Tue, Thur, Fri 4:00-5:15 – swim

### Special Practices

Friday, October 2 8:00-9:15am  
 Tuesday, October 13 Time and location TBA

### Dual Meets

Day	Date	Meet	Pool	Start Time
Friday	Sep. 11	LW @ Inglemoor	Juanita Pool	3:30pm
Tuesday	Sep. 15	Woodinville @ LW	Juanita Pool	3:30pm
Thursday	Sep. 24	Ballard @ LW*	Juanita Pool	3:30pm
Tuesday	Sep. 29	Bellevue @ LW*	Juanita Pool	3:30pm
Tuesday	Oct. 6	Mercer Island @ LW	Juanita Pool	3:30pm
Friday	Oct. 9	LW @ Roosevelt	Evans Pool	3:30pm
Thursday	Oct. 15	LW @ Bothell*	Juanita Pool	3:30pm
Tuesday	Oct. 20	LW @ Juanita	Juanita Pool	3:30pm

\* Double Dual meets

### KingCo Championship

Dates, Times, and Location(s) – TBA. Probably October 29-31.

### District Championships

Dates, Times, and Location – TBA. Probably November 6-7.

### State Championships – King County Aquatic Center, Federal Way

November 12-14 – Exact Dates & Times TBA

**District Qualifying Diving Meets:** Saturday, October 3 – Juanita Pool – Time TBA  
 Saturday, October 17 – Juanita Pool – Time TBA

**Team Awards Night** – Wednesday, November 18 – LWHS – 7:00 pm

# **Lake Washington Swim & Dive**

## ***Code of Conduct***

The swim & dive teams have a reputation for being among the nicest, most well-behaved, and most fun teams at the high school – and the athletes are some of the best people! That is a well-deserved reputation, and one we want to keep. Following this Code of Conduct will help you be a better person and athlete, and create an fun, healthy, supportive atmosphere for everyone.

### **Expectations**

- Have fun!
- Attend all classes and school activities each day.
- Maintain at least a minimum level of academic accomplishment. (Traditionally, the swim teams have one of the highest team GPA's in the school!) Your education is very important.
- Attend all practices and do your best.
- Participate fully in every practice by being on time, putting forth a good effort for the entire workout, and staying until practice ends.
- Maintain a positive attitude. Talk with the coaches and/or team captains if you have problems or suggestions.
- Be healthy. This includes getting enough sleep, eating a proper diet, staying hydrated, keeping a positive attitude, etc...
- During the season, try to avoid activities that have a high risk of injury. If you are injured, you let the whole team down, not just yourself.
- Demonstrate good sportsmanship – win or lose – toward your teammates and opponents.
- Use appropriate language and behavior in school, in and around the pool, and in the community.

### **Rules**

- The consumption or possession of alcohol, tobacco, controlled substances (including steroids), drug paraphernalia, or weapons will automatically result in removal from the team and any other penalties brought on by the school and local, state, or federal policing agencies.
- Hazing, initiations, or demeaning acts are not allowed.
- Support and encourage your teammates.
- Set a good example at all times. You represent Lake Washington High School and LW Swimming & Diving through your words and actions.

## 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.

## 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**

## ***Expectations for Captains***

You have been selected to be captain because of your proven leadership and swimming ability. Therefore you should be a good example to your team by:

1. Making attendance a high priority.
2. Being on time to practice.
3. Encouraging younger swimmers. Let them know you understand them.
4. Doing all workouts and giving 100%.
5. Helping keep the team “on track” and organized at meets.
6. Supporting the coaches.
7. Setting the proper tone and developing pride in team unity. This includes showing how to be a mature winner & loser and how to deal with a loss or poor swim properly.
8. Being responsible and diligent.

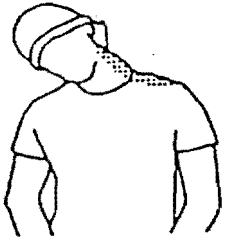
Actions speak louder than words. Be an example by what you do! Thanks for your help and good luck!

# EVERYDAY STRETCHES

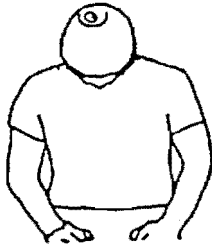
Approximately 10 - 15 minutes

Use this stretching routine to increase your flexibility and decrease the tension you might experience from daily activities. When you begin a stretch, go to the point where you feel a mild tension in the muscle then relax as you hold the stretch. No stretching activity should be done to the point of pain.

Hold each stretch for 30 seconds.



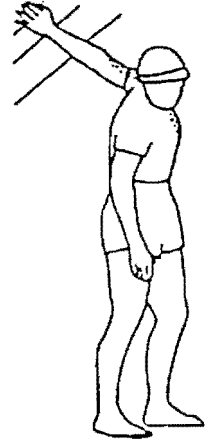
NECK



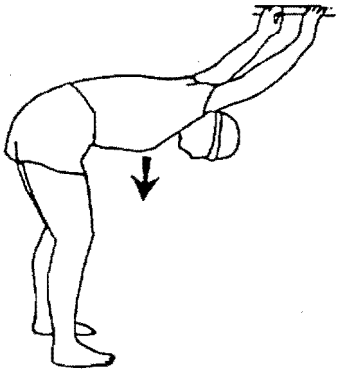
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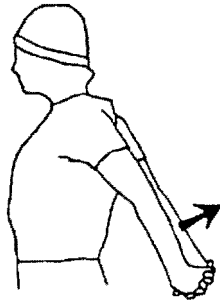
POSTERIOR SHOULDER



ANTERIOR SHOULDER



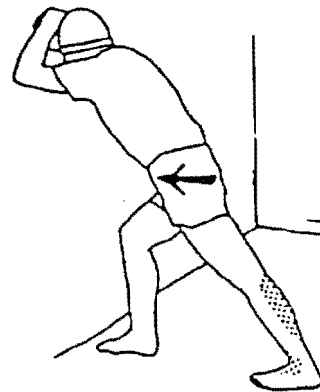
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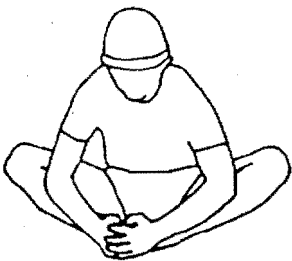
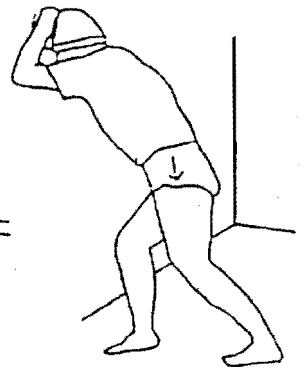
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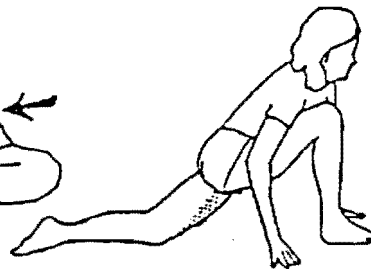
CALF STRETCH



ADDUCTOR



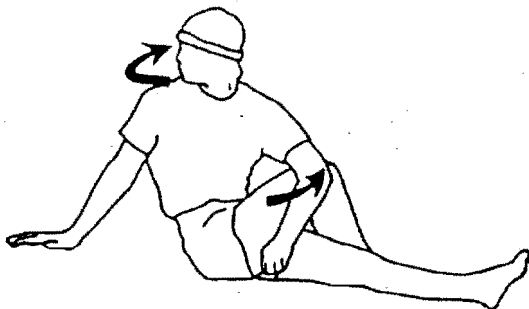
LOW BACK & HAMSTRING



GROIN



LOW BACK



LOWER BACK - ADDUCTOR



ABDOMINALS

2009 Season Best Times – Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Meet	FREESTYLE						STROKES				RELAY SPLITS				
	50 Free	100 Free	200 Free	500 Free	100 IM	200 IM	100 Fly	100 Back	100 Brst.	50 Back	50 Brst	50 Fly	50 Free	100 Free	
Inglesmoor															
Woodinville															
Ballard															
Bellevue															
Mercer Island															
Roosevelt															
Bothell															
Juanita															
KingCo Champs															
Districts															
State!															