

General Pre-Season Information New Swimmers

We are a family committed to the success of each individual and as a team academically, athletically, and mentally. We strive for excellence and commitment.

Coaches: Janel Coppens, Mike Miller, Chuck Daniel & various volunteer assistants.

Recent Accomplishments:

Back-to-Back MAC Gold Dual Meet Season Champions (2008, 2009)

Three-peat MAC Gold Divisional Meet Champions (2007, 2008, 2009)

90% of team received MAC All-Academic Team; four years running

Ranked 18th in MISCA Academic Team ratings for Division III

2 individuals awarded All-State Academic honors

2 Regional Qualifiers for Diving (2010)

1 State Qualifier for Diving (2010)

2008 School Record set in 400 Free Relay

Individuals continue to break personal bests.

**Check us out on the web:
www.marinersswim.weebly.com**

Varsity Team Standards:

- There are no cuts in swimming, if you join and participate; you are a member of the team.
- Must be able to swim one length of front crawl (freestyle) or backstroke. Each swimmer will be trained and placed according to their ability and strength throughout the season. You do not need competitive swim experience, although it is highly recommended.
- Must be willing to try and dedicated to your own improvement and growth.
- Must be prepared to be pushed and work harder than you think possible.
- Must be a team player and supportive of others.
- Must hold passing grades and superior citizenship.

Team Expectations & Rules:

Detailed team rules will be distributed on the first day for you and your parent, but here are the key rules!

- Allowed six absences before removal from team.
- Must practice and remain eligible to compete in meets.
- Behave and act like a respectable young woman.
- Team will designate rules and consequences at team camp.

Season:

- 1st practice, Wednesday August 10th
- Summer Practices: PM practices on Mon ; AM and PM practices on Tue, Wed, Thur; AM practices Fri
- 1st Meet; September 2nd
- After School Practices: Study hall till 3:00, 3:00-6:00 dry land and water
- No Friday practices during school due to band conflicts; instead we practice Sunday evening. Divers may practice Fridays instead of Sundays depending on Chuck's schedule
- Meets are held on Tues & Thurs starting at 6pm (warm up at 5pm)
- League Championships are Nov. 4-6th
- States (you must qualify for) Nov. 18 & 19

Events:

(Note: 25 yards is one lap; 50 yds is 2 laps; 100 is 4 laps; and so forth)

- 200 Medley Relay (50 each of back, breast, fly, free)
- 200 Freestyle (8 laps)
- 200 IM (individually 50 each of fly, back, breast, free)
- 50 free
- Diving (6 dives in dual meets and 11 dives in championship meets)
- 100 Butterfly
- 100 Free
- 500 Free (20 laps)
- 200 Free Relay (50 each person)
- 100 Backstroke
- 100 Breaststroke
- 400 Free Relay (100 each person)

Costs:

- Team Camp??? (between \$20 -\$50)
- Pay to Participate
- Goggles
- Practice Swim Suits (1 piece) – usually need 2 for the season
- We will fundraise (Car Wash and Little Caesar's Pizza Kits) for the following team apparel:
 - Team Swim Suit (approx \$40-\$60)
 - Team T-shirts and sweats

Questions, Concerns, or additional information....

Try the website 1st: www.marinersswim.weebly.com

Try an upperclassman or our captains Gabbi Glodich or Breanne Frost

Email Coach Janel @ jmcoppens11@gmail.com

Attend the parent meeting with your parents.