

# SWHEN Swim & Dive Booster Club

## Parent Handbook – Frequently Asksed Questions

1. **Where is the Southwest pool?** The entrance to the pool is found through Door 17, accessed via the parking lot on the east side of the school, off Abbott Avenue between 46<sup>th</sup> and 47<sup>th</sup> Streets.
2. **What should be brought to practices?** For each practice, swimmer should have water bottle/sports drink, healthy snack, practice suit, drag suit (if desired), practice cap, goggles, towel(s), shorts, t-shirt and gym shoes (the last three items for dry land activities).
3. **When are practices?** See calendar.
4. **How long do meets last?** Typical dual meets last between 1 ½ and 2 ½ hours. Invitational meets will last proportionately longer, depending on the number of teams competing.
5. **What should be brought to meets?** Bring team suit, team cap, extra cap, goggles (2 pair), towel(s), warm-ups, healthy snacks/sack dinner, and water bottle.
6. **How do the athletes get to/from meets?** A bus is provided by the school district. All athletes MUST travel TO and FROM the meet unless permission has been obtained from the athletic office. The bus always departs directly from Southwest High School.
7. **Does it cost spectators to attend/watch meets?** Yes, typical entrance fees to high school meets are \$6-8. Sometimes a program is extra. There are sometimes multi-event tickets to cover several meets within the same conference/school.
8. **What are the events for each meet?** Most high school meet events take place in the same order. Occasionally, meets will be formatted with diving taking place before swimming events. If this is the case, you will receive communication from the coach informing you of diving and swimming schedules. You will find the order of events posted in almost every pool near the scoreboard.

### OFFICIAL ORDER OF EVENTS:

1. 200 Yard Medley Relay (4 swimmers: 50 yard back, breast, fly and free)
2. 200 Yard Freestyle
3. 200 Yard Individual Medley (1 swimmer: 50 fly, back, breast free)
4. 50 Yard Freestyle
5. 1 Meter Diving
6. 100 Yard Butterfly
7. 100 Yard Freestyle
8. 500 Yard Freestyle
9. 200 Yard Freestyle Relay
10. 100 Yard Backstroke
11. 100 Yard Breaststroke
12. 400 Yard Freestyle Relay

Most high school meets take place in “short course” or 25 yard length pools.

### SCORING:

- Points for individual events: 1st = 6, 2nd = 4, 3rd = 3, 4th = 2, 5th = 1
- Points for relays: 1st = 8, 2nd = 4, 3rd = 2

The second time you face a team in conference competition the scoring is:

- Points for individual events: 1st = 4, 2nd = 3, 3rd = 1
- Points for relays: 1st = 6, 2nd = 3, 3rd = 1

9. **Why can my swimmer be disqualified (DQ)?** Typical reasons for being disqualified include jewelry, hand touches (fly and breast stroke), flinch at start, early relay starts, touching the bottom.
10. **What's the difference between a dual meet and an invitational?** A dual meet is a competition with only 2 teams participating. An invitational meet is held by a host team and will often have 8 or 9 teams competing in the meet.
11. **How do they sign up for meets?** Meets and events a swimmer will compete in are determined by the head coach.
12. **What is the team website?** [www.minneapoliswimanddive.com](http://www.minneapoliswimanddive.com)
13. **How do I get on the google group?** Visit [SWHEN\\_swim\\_and\\_dive\\_boosters@googlegroups.com](mailto:SWHEN_swim_and_dive_boosters@googlegroups.com) for the girls team and [swwimfans@googlegroups.com](mailto:swwimfans@googlegroups.com) for the boys. Click the "Apply for Membership" link and provide all information required. Our Communications parent volunteer will review your information and add you to the Google Group. Access to the group is by approval only, to ensure the privacy of our athletes, coaches and their families. Our Communications parent can also assist you if you have any difficulty getting added to the group.
14. **Is there a list of parent emails/contact info?** The team roster will be published online via Google Docs each season. It can be used to coordinate carpools, plan for pasta parties, etc. **The information in the roster may not, under any circumstances, be used or sold for any purpose other than official team activities.**
15. **How do we order a team suit or warm up jacket?** Team suits and jackets are ordered from our team page on the Elsmore Aquatics website. For boys, either a brief or jammer (to the knee) style is a matter of personal preference.
16. **How do we order dryland apparel, like sweatshirts and tee shirts?** Dryland apparel for athletes will be designed by captains. Orders will be coordinated by our Dryland Apparel parent volunteer. You will receive a list of available items and the order form at the Parent Meeting at the start of the season. These forms will also be made available online for download and printing at home.
17. **What other gear do swimmers need to purchase?** Every swimmer will need to purchase their own goggles. All other swim equipment is provided at the pool. As a convenience, goggles can be ordered from our team page on Elsmore Aquatics website.
18. **What about for team members who can't afford the team suit or warm up jacket?** The booster club provides scholarship for any swimmer that cannot afford the team suit. Sometimes scholarships are available for team jackets, sometimes there are loaner jackets that can be signed out if a student or family cannot afford or doesn't want to order a jacket. If a team member cannot afford a jacket or swimsuit, please talk with the head coach directly. Your financial information will be kept completely confidential.
19. **Is there a parent tee shirt we can purchase?** Dryland apparel for fans may be offered by the Booster Club for purchase each season. Orders will be coordinated by our Dryland Apparel parent volunteer. You will receive a list of available items and the order form at the Parent

Meeting at the start of the season. These forms will also be made available online for download and printing at home.

**20. How long do pasta parties last?** Pasta parties generally do not last very long - 1 to 1.5 hours - as the kids usually have to get home to do homework. Swimmers typically arrive around 6PM, just after practice is finished, and leave by 7:15PM.

**21. Do people sign up to bring food to pasta parties or do the hosts provide everything?**

Usually 2 or 3 families will host a pasta party and provide all the food. There is a guideline available on the website for how much food to prepare. The menu is usually pretty standard fare: pasta, a choice of sauces, salad/veggies, desserts. Your swimmer will be able to guide you as to what is usually provided.

**22. Is there a website which has all the meets, sign-up sheets, practice schedules etc.?**

The team website can be found at [www.minneapoliswimanddive.com](http://www.minneapoliswimanddive.com). This site is maintained by the Booster Club and is independent of the school's website. General team information is also available on the SWHS website under the "Athletics" tab. The team website listed above will provide a complete season competition schedule, practice schedule, links to helpful documents, and more.

**23. How much do people usually give towards the coaches' gifts?** This is at the discretion of each family, but typical donations range from \$5 to \$50. There is no requirement to contribute.

### Booster Club Board Members - 2015-2016

Position	Girls	Boys
President (typically parent of captain)		
Treasurer	Fiona LeFebvre/Erik Schwarzkopf	Fiona Lefebvre/Erik Schwarzkopf
Website	Randi Graves/Leigh Ann Schwarzkopf	Randi Graves/ Leigh Ann Schwarzkopf
Communication/ Public Relations		
Pasta Parties		
Annual Banquet		
Concessions		Vivian Smith (home meets) Laker Invite - needed
Meet Coordinator/Logistics	Laura Baxley	
Sponsorships	N/A	N/A
Team Apparel Coordinator		
Dryland Apparel Coordinator		
Parent Meeting		
Photographer		
Captains 2014-15 Season	Maddie Kaye, Lily Lengvenis, Olivia Mitchell, Katherine Spaeth	Harrison Rademacher and Liam Wulfman