

Manhattan High School

Swim & Dive 23-24

Packet Includes:

- Rules of Conduct/General Information
- Team Suit/Spirit Wear Order Information
- ~~Preseason Info Sheet~~
- Meet Schedule
- Practice Schedule

“I come to practice everyday with the mindset that I am there to get better.” - Caeleb Dressel

“Be a yardstick of quality. Some people aren’t used to an environment where excellence is expected.” – Steve Jobs



Rules of Conduct & Expectations

As an athlete of Manhattan High School, your character and conduct is an example to others and should be of the highest quality. Do not forget that you are a representative of your community, school, and your team.

1. Be on time for practice. This means changed and in the water by 3:15.
2. Let a coach know ***before*** practice if you will not be there and why.
3. **DO NOT** sit or lay on lane lines. If they break, you pay for them. (~\$500 each)
4. One of the few ways you can be cut from the team is because of your behavior—in and out of the pool. This includes anywhere within the pool, locker room, the bus, at school, or any other pool where the team is together.
5. Swimming and diving are tough—especially the first few weeks. It takes hard work to be your best.
6. We expect you to swim all yards in practice. If you are not doing this, you will not compete. If you are injured, you need to see our trainer, Krista and she (or a doctor) can clear you to compete.
7. The coaching staff is here to make you faster. We know what we are talking about. A word from an assistant coach is as important as a word from the head coach.
8. You must pass 5 classes this semester and be enrolled in 5 next semester.
9. Unexcused absences from practice will prevent you from swimming in meets. A note (hand note, email, text, etc.) from a parent/guardian is required to get an absence excused, NOT just you telling us. We keep track of all absences.
10. You must be coming to our scheduled practices in order to get excused from school to compete in meets. *Clarification:* Unexcused absences automatically prevent you from going to meets but you may only have so many excused absences to be eligible for meets as well. If you are not coming to practice, you will not be getting out of school to compete! 9 completed practices are required before you can compete!
11. Unexcused absences from classes will prevent you from swimming in meets and a multitude of unexcused absences from practice can get you dismissed from the team.
 - Alcohol, smoking, juuling, chewing, and any drug use will NOT be tolerated. You participate in these things and you jeopardize your membership to the team.
12. We are guests of this facility. Your behavior determines if we get to stay. If you choose to have rude, disrespectful, or inappropriate behavior you are abusing the privilege we have to use this facility. You need to be on your best behavior at all times.
 - If you choose to not follow this rule, you will be suspended or dismissed from the team. Help hold others accountable!

General Information

What to have at practice every day:

Practice suit, goggles, towel, water bottle, and equipment (if bringing your own).

Daily Practice Routines:

When the bell rings at the end of the day, be prompt about getting out of school and to Genesis. Our practice time begins at 3:15. If you are riding the bus, you will take **bus #10**. This bus will leave West campus at 2:58 and then take athletes to Genesis. Bus #10 loads in Zone 4, which is behind the school by the tennis courts/small student parking lot. If you are riding with someone else or driving yourself be prompt (but safe) about getting there. Park somewhere besides the spots in front of the entrance to Genesis. When everyone arrives at Genesis, you will need to scan your card (if a member) to check in and head straight to the locker room to get changed. Once changed, take your stuff out to the pool deck and set it at the bleachers (don't take up the lockers). We need to be **in the water by 3:15** to maximize our time here. Athletes getting picked up need to have rides here by 5:00. Some days we will be done earlier, so let your rides know if that is the case. White group is done ~4:40, Red group ~4:50, and Navy Group ~5:00.

Inclement Weather:

If there is inclement weather that would prevent us from being able to practice, you will be notified through the group chat, parents through email, and likely there would be an announcement at school. Winter weather - the hill up to Genesis is pretty steep, if practice is still on and you do not feel comfortable driving that hill, let a coach know, you'll be excused.

Weekend Flex Workouts (Swim & Weights):

If you choose to purchase an optional Junior membership, there are swim & weight lifting sets listed on the team website that you can go to Genesis to do any time. Athletes that have memberships may certainly meet up to go do these workouts together. While these are optional, it is strongly recommended to do this to maximize your training throughout the season. The passcode for that section of the team website is Marty.

What do you need at meets?

Bag, team suit (it is good practice to have a back up suit as well), goggles (have an extra pair), team cap, team jacket (checked out), dry clothes to change into, towel, water (may want gatorade as well), and any snacks you want during the meet.

Meet Day Routines:

Depending on what classes you are going to miss, talk to your teachers AHEAD of time about missing work. Being at a meet does not excuse you from doing assignments/lessons covered in the classes you miss. Be sure to have all your items packed the day before and with you at school the day of. You will get dismissed from school and may be told to eat an earlier lunch, depending on how early our leave time is. We will meet in the back of West campus (by the new gym) and the bus will leave at our indicated departure time. When we get to the meet, we

will check in and head to our team area. From there, you can get changed into your team suit and we will wait for our warmups. When the meet starts, you need to check the heat sheet/pay attention to when your events are up. It is your responsibility to be at your race on time! During the meet, watch the races, cheer for your teammates (don't sit on your phone in the team area, be an actively supportive teammate), and give it your all when racing, every time. Cool downs can be done at some pools during meets and are expected when possible. At the end, ONLY a parent/guardian can sign you out and take you home or you can ride back on the bus with the team. Meets that are NOT in Topeka or Salina, the team will usually feed you/stop somewhere to eat after.

Sick:

If you are sick, stay home. Do NOT risk getting the rest of the team sick or others having to quarantine due to being exposed. If you are sick, please let Coach Alex know ASAP.

Swim Letterman Requirements:

Top 3 in an individual event, compete at Varsity league OR State, or score 60+ team points.

- Athletes must also be a strong team member who is in good standing on the team - this is determined by coaches - in addition to one of the 3 listed above.

Group Chat:

If you are not in the team GroupMe, see someone that is in there already to get you added ASAP. Captains/Coach Tori will relay messages from Coach Alex to athletes through that.

Meet Policies:

How is it determined who swims what at meets and how do high school meets work?

The determination of who swims what at meets is made by coaches, but sometimes will involve Coach Alex talking with athletes about events. At high school meets, athletes may compete in up to 4 events that can include 2 individual events and 2 relays OR 3 relays and 1 individual event. At a majority of meets, there is a restriction on how many athletes a team may enter in one event, with the exception of the 50/100 Free. So not all athletes will swim 4 events every time. There is also usually a restriction on how many relays we can enter per relay. Who gets to be in what event will be at Coach's discretion but factors such as times, attendance, effort in practice, legality of strokes, what events we need filled, etc will be some of the primary determining factors.

At high school meets, there will be a heat sheet that coaches and managers have. While managers/coaches may help with athletes determining when their races are, it is the responsibility of the athlete to be at their race, in the correct heat and lane, on time. Veteran athletes should be helping new swimmers make sure they are where they need to be.

There are 12 events in high school that include 8 individual swim events (50/100/200/500 Free, 200 IM, 100 Back/Fly/Breast), 3 relays (200 Medley, 200 Free Relay, and 400 Free Relay), and 1 meter diving.

If there is a new event you want to try, ASK, there is a good chance Coach can get you in it.

Spirit Wear & Team Suits

Team Suits:

All athletes have the option to purchase a team suit. These are not required but strongly recommended. The suits are red/navy color Speedo Endurance+. Caps are part of the competition swimwear and are given to new athletes for free (the first cap is free, costs \$10 after that).

NEW TEAM SUITS THIS YEAR! If you are purchasing a team suit, the cost is \$60.

These can be paid in cash or with a check written to Manhattan High School. Those items can be turned into Coach Alex.

Last year's team suits can be purchased at a GREAT discount from Coach Alex, \$30 for one of last year's team suits. Those are available on a first come first serve basis for sizes, NO guarantees!

Athletes that wish to just use the suit from last year OR buy a team suit from last year are absolutely welcome to use those for practices and/or meets.

Spirit Wear:

We will have an online team store. You can order spirit wear through there. Coach Alex will pick this up and hand it out at practice when orders are ready.

We are getting a few things finalized with NZone and the team store at this time. We will share a physical paper with team store info at practice next week, share the team store link via the team group chat, and post the team store link on the team website - www.mhsswimanddive.com.

2024 Manhattan High Girls Swim/Dive Schedule

Thurs, March 21 - Emporia Invite @ Emporia High School; 4:00 PM (Dive time TBA)

Sat, March 23 - Lansing Relays @ Lansing High School; NOON

Tues, March 26 - Topeka High Quad @ Capitol Federal Natatorium; 5:00 PM (Dive 1:30)

Thurs, April 4 - Salina South Invite @ Salina South High School; 3:30 PM (1:30 Dive)

*Sat, April 6 - Trinity Academy Invite @ Wichita Swim Club; 1:00 PM

Wed, April 10 - Topeka West Invite @ Capitol Federal Natatorium; 5:00 PM (Dive 1:30)

Wed, April 17 - Hayden High Invite @ Capitol Federal Natatorium; 5:00 PM (Dive 1:30)

Fri, April 19 - Marion Invite @ Marion Community Center; 3:00 PM

*Thur, May 9 - Centennial League Meet @ Capitol Federal Natatorium; 4:00 PM (Dive Noon)

*Thurs, May 16 - 6A State Diving Prelims/Semis @ SMSD Aquatic Center, Time 4:30 PM

*Fri, May 17 - 6A State Swim Prelims @ SMSD Aquatic Center, Time 4:00 PM

*Sat, May 18 - 6A State Swim & Dive Finals @ SMSD Aquatic Center, Time 4:00 PM

* Varsity Only Meet - Qualifying and/or Varsity Times Required

Meet Addresses:

Salina South HS - 730 E Magnolia Rd, Salina KS 67401

Lansing High School - 1412 147th St, Lansing KS, 66043

Capitol Federal Natatorium - 530 SW Gage Blvd, Topeka KS, 66606

Barton CC - 245 NE 30 Rd, Great Bend KS, 67530

Wichita Swim Club - 8323 E Douglas Ave, Wichita KS, 67207

Emporia High School - 3302 W 18th Ave, Emporia KS, 66801

Marion Community Center - 203 N. Third St Marion, KS 66861

March 2024

February '24							April '24									
S	M	T	W	T	F	S	S	M	T	W	T	F	S			
				1	2	3					1	2	3	4	5	6
4	5	6	7	8	9	10	7	8	9	10	11	12	13			
11	12	13	14	15	16	17	14	15	16	17	18	19	20			
18	19	20	21	22	23	24	21	22	23	24	25	26	27			
25	26	27	28	29			28	29	30							

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26 First Day Girls Season Practice @ Genesis 3:15-5:00 PM	27 Practice @ Genesis 3:15-5:00 PM	28 Practice @ Genesis 3:15-5:00 PM	29 Practice @ Genesis 3:15-5:00 PM	1 Practice @ Genesis 3:15-5:00 PM	2
3	4 Practice @ Genesis 3:15-5:00 PM	5 Practice @ Genesis 3:15-5:00 PM	6 Practice @ Genesis 3:15-5:00 PM	7 Practice @ Genesis 3:15-5:00 PM Time Trials - White Group	8 No School Spring Break Practice @ Genesis 3:15-5:00 PM Time Trials - Red/Navy Groups	9
10	11 No School Spring Break Practice @ Genesis 3:15-5:00 PM	12 No School Spring Break Practice @ Genesis 3:15-5:00 PM	13 No School Spring Break Practice @ Genesis	14 No School Spring Break No Practice	15 No School Spring Break No Practice	16
17	18 Practice @ Genesis 3:15-5:00 PM	19 Practice @ Genesis 3:15-5:00 PM	20 Practice @ Genesis 3:15-5:00 PM	21 Emporia Invite @ Emporia HS 4:00 PM	22 Practice @ Genesis 3:15-5:00 PM	23 Lansing Relays @ Lansing HS NOON
24	25 Practice @ Genesis 3:15-5:00 PM	26 Topeka High Quad @ Cap Fed Natatorium 5:00 PM	27 Practice @ Genesis 3:15-5:00 PM	28 Practice @ Genesis 3:15-5:00 PM	29 Practice @ Genesis 3:15-5:00 PM Red/Navy Groups Only No White Group Practice	30
31	1 Practice @ Genesis 3:15-5:00 PM	Notes				

April 2024

March '24							May '24							
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3	4	5	6	7	8	9	5	6	7	8	9	10	11	
10	11	12	13	14	15	16	12	13	14	15	16	17	18	
17	18	19	20	21	22	23	19	20	21	22	23	24	25	
24	25	26	27	28	29	30	26	27	28	29	30	31		
31														

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Practice @ Genesis 3:15-5:00 PM	2 Practice @ Genesis 3:15-5:00 PM	3 Practice @ Genesis 3:15-5:00 PM	4 Salina South Invite @ Salina South HS 3:30 PM	5 Practice @ Genesis 3:15-5:00 PM Red/Navy Groups Only No White Group Practice	6 Trinity Academy Invite @ Wichita Swim Club 1:30 PM
7	8 Practice @ Genesis 3:15-5:00 PM	9 Practice @ Genesis 3:15-5:00 PM	10 Topeka West Invite @ Cap Fed Natatorium 5:00 PM	11 Practice @ Genesis 3:15-5:00 PM	12 Team Pictures @ MHS Gym After School Dryland Practice in Weight Room After	13
14	15 Practice @ Genesis 3:15-5:00 PM	16 Practice @ Genesis 3:15-5:00 PM	17 Hayden Invite @ Cap Fed Natatorium 5:00 PM	18 Practice @ Genesis 3:15-5:00 PM Last Day for Non League Swimmers	19 Marion Invite @ Marion Com Center 3:00 PM Last JV Meet	20
21	22 Practice @ Genesis 3:15-5:00 PM	23 Practice @ Genesis 3:15-5:00 PM	24 Practice @ Genesis 3:15-5:00 PM	25 Practice @ Genesis 3:15-5:00 PM	26 Practice @ Genesis 3:15-5:00 PM	27
28	29 Practice @ Genesis 3:15-5:00 PM	30 Practice @ Genesis 3:15-5:00 PM	1 Practice @ Genesis 3:15-5:00 PM	2 Practice @ Genesis 3:15-5:00 PM	3 Practice @ Genesis 3:15-5:00 PM	4
5	6 Practice @ Genesis 3:15-5:00 PM	Notes				

May 2024

April '24							June '24						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6	2	3	4	5	6	7	8
7	8	9	10	11	12	13	9	10	11	12	13	14	15
14	15	16	17	18	19	20	16	17	18	19	20	21	22
21	22	23	24	25	26	27	23	24	25	26	27	28	29
28	29	30					30						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
	Practice @ Genesis 3:15-5:00 PM	Practice @ Genesis 3:15-5:00 PM	Practice @ Genesis 3:15-5:00 PM	Practice @ Genesis 3:15-5:00 PM	Practice @ Genesis 3:15-5:00 PM	
5	6	7	8	9	10	11
	Practice @ Genesis 3:15-5:00 PM	Practice @ Genesis 3:15-5:00 PM	Practice @ Genesis 3:15-5:00 PM <i>Last Day Non State Swimmers</i>	Centennial League @ Cap Fed Natatorium 4:00 PM	Practice @ Genesis 3:15-5:00 PM	
12	13	14	15	16	17	18
	Practice @ Genesis 3:15-5:00 PM	Practice @ Genesis 3:15-5:00 PM	Practice @ Genesis 3:15-5:00 PM	<i>Last Day for MHS</i> Practice @ Genesis 3:15-5:00 PM	State Swim Prelims @ SMSD Aquatic Center 4:00 PM	State Swim Finals @ SMSD Aquatic Center 4:00 PM
19	20	21	22	23	24	25
			Last Day of School	Girls Swim/Dive Team Banquet Time TBA		
26	27	28	29	30	31	1
2	3	Notes				