

Manhattan High School Swim & Dive 22-23

Packet Includes:

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

“If you haven’t failed, you aren’t pushing hard enough.”

- Adam Peaty



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 3:35.
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!
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.

General Information

What to have at practice every day:

Practice suit, goggles, towel, water bottle, equipment (if bringing your own) and dryland clothes (shirt, shorts, tennis shoes/socks) - dryland days will be indicated ahead of time.

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 3:30. If you are riding the bus, you will take **bus #10**. This bus will leave East campus at 3:15 and then head to West campus and then take athletes to Genesis. If you are riding with someone else or driving yourself be prompt (but safe) about getting there. 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. We need to be **in the water by 3:35** to maximize our time here. Athletes getting picked up need to have rides here by 5:15. Some days we will be done earlier, so let your rides know if that is the case.

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 front loop of West campus and the bus will leave at our indicated departure time. 9th graders, we will pick you up on 9th street next to East campus after we leave from West Campus. 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, 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 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 OR compete at Varsity league OR State.

- 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 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**. 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 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.

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. These are the same suits as last year, so athletes do not need to buy another if the one they have is still in good condition. The suits are navy color Speedo Endurance+ that have our team logo on them. Caps are part of the competition swimwear and are given to athletes for free.

If you are purchasing a team suit, the cost is \$45 for a jammer and \$40 for a brief/speedo.

These can be paid in cash or with a check written to Manhattan High School. Those items can be turned into Coach Alex. We have many suits already ordered, but if lots of people need the same size, there may be a delay while we order more of those sizes.

Spirit Wear:

We have an online team store. Those are all at the link below including pictures.

The team store will be open from until **Wednesday, November 16.**

When orders are ready, Coach Alex will pick them up and distribute them at practice.

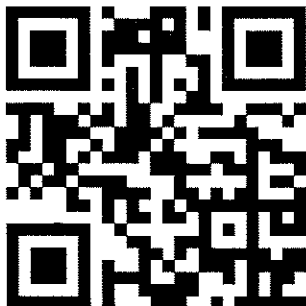
YOU MAY HAVE TO CLICK ENTER USING PASSWORD TO ACCESS STORE.

*TEAM STORE PASSWORD: swim22

Link to the team store:

<https://mhsswim.myshopify.com/>

QR Code for team store:



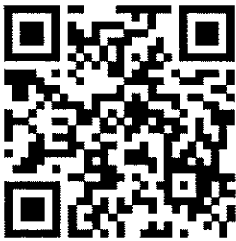
Manhattan High School Swim Team Information

Thank you for your interest in joining the Manhattan High School Swim Team!

Before the season starts you must have turned in your physical/athletic packet to the athletic office at West Campus (fall sport athletes have already done this). If you do not have these in, you will **NOT** be allowed to participate until they are turned in! These forms can be picked up in the athletic office, printed from the MHS school website under athletics, or picked up at our meeting [today].

The physical/athletic packet gets turned into the athletic office at West Campus (S-102, across from gyms). Coaches will NOT collect these!

Prospective Athlete information link (need to fill out):



Scan the QR code to the left or type the url below to get to the Office Form to fill out the prospective athlete information link. Fill out NOW and send to anyone that is not present today, I need to send names on this list to Genesis.

Link: <https://tinyurl.com/3kznxksw>

Mandatory Preseason Check Out Meeting: Athletes will be required to attend the checkout meeting after school on **Thursday, November 10** in the West campus Cafeteria. During this meeting, we will discuss practice policies/rules in greater detail, give athletes the in-depth season information packet, check out gear (jackets/bags) for the season, and more. Freshmen can ride any bus up to West Campus and then join the meeting.

Practice Schedule:

First day of practice is **Monday, November 14**, starting at 3:30.

All practices this season will take place at Genesis Health Club (2800 Allison Avenue).

Monday - Friday: 3:30 - 5:15 PM. There is a fitness classroom that we will be able to use for dryland workouts. As long as no fitness classes are going on, we will use it occasionally, depending on the fitness class schedule, which varies each month.

Transportation/Changing:

There will be a bus to transport athletes to the Genesis from West/East Campus. Athletes may drive themselves or ride with another person, if they choose. Athletes may change at Genesis in the locker rooms. The locker room has entrances that lead straight to the pool deck.

Waivers for Genesis:

All athletes that are NOT Genesis members need to fill out a liability waiver. Handed out at today's meeting, this MUST be signed by a parent or guardian and turned into Coach Alex (can turn in at the check out meeting on Nov 10). This MUST get done before the first day of practice.

Junior Memberships at Genesis:

Genesis is offering an OPTIONAL junior membership for athletes. These are \$30/month and are month to month, so can be canceled any time, per the club manager. These are NOT required to get, but would allow athletes to go use any part of the facility, any time, including on weekends. These are individual memberships for the athlete, not a family membership. If you are able to, get in the water before the season starts! Even a couple of weeks will make a HUGE difference! These are NOT required to join the team and practice/go to meets.

What do you need at practice?

Everyday you will need a swimsuit, towel, goggles, a water bottle, and a bag (we will check these out in our preseason mandatory checkout meeting if you do not have one already).

Dryland clothes (tshirt, shorts, tennis shoes) will be needed on certain days - these will be specified ahead of those days.

A Manhattan High swim cap will be given to all athletes, for free.

Additional practice equipment (kickboards, buoys, paddles, fins, etc.) will be stored at Genesis and available for athletes to use. If athletes have their own equipment, they are strongly recommended to bring it every day.

Team Stores:

We will have an online team store through a local company, NZone Sportswear. The team store is getting finalized at this time. The link to the team store will be given out at the preseason mandatory meeting or through the team group chat if it is ready early.

Team Suits:

Team suits are optional to purchase, but recommended. We already have many team suits ordered and available. Once you pay, we will give you your suit (unless we are out of the size you need in which case it will be getting ordered)! Team suit costs are \$45 for jammers and \$40 for briefs/speedos. Those can be paid in cash or with a check written to Manhattan High School - give that to Coach Alex. Our team suits are Speedo Endurance+ brand and have our swim logo on them. We are using the same team suit as last year, so returning athletes that have a suit do not have to purchase another, unless a new one is needed. These are usually just for meets, but can be worn at practice if an athlete chooses.

Group Chat:

There is a team group chat that is for athletes only. Upperclassmen in this group can get you added. Any communication that needs to go to parents will be sent out from Coach via email. Please get added to this before you leave today even if you are unsure about swimming.

Additional questions, feel free to contact Head Swim Coach Alex Brown:

alexanderb@usd383.org 913-314-8976 (include your name if contacting via text)

Room E-207 - Manhattan High - West Campus

Team website - www.mhsswimanddive.com - has schedules, results, state times, etc

Twitter - @tribeswimming Instagram - Manhattan High Swim (manhattan_high_swim)

The most important thing to do right now is to get your school paperwork completed! If this is not turned in, then you will NOT be able to practice or participate in any manner.

If you are not planning to come to practice every day, ready to work hard, without messing around, then Swim is not going to be the best sport for you. We do not have space in our limited practice lanes for people that are not here to do this. We want this to be a fun, positive, and challenging experience for everyone but we will not tolerate any behavior that goes against rules set by coaches/Genesis/other pools or behavior that can potentially not allow us to have a season.

Document Updates:

Things are subject to change from what is listed in this document. Please access the QR code below to see any updates that may arise. A notification will be sent through the group chat if this does update. This informational handout will also be linked on the team website.



2022-23 Manhattan High Boys Swim/Dive Schedule

Wed, November 30 - Topeka West Invite #1 @ Capitol Federal Natatorium; 5:00 PM

Sat, December 3 - Lansing Relays @ Lansing High School; NOON

Looking to add a meet either Tues, Dec 13 or Thurs, Dec 15

Tues, January 10 - Topeka West Invite #2 @ Capitol Federal Natatorium; 5:00 PM

Thurs, January 12 - LFS Meet @ Lawrence Indoor Aquatic Center; 3:30 PM

Fri, January 20 - Shawnee Mission DIVE Invite @ SMSD Aquatic Center; 4:00 PM

*Sat, January 21 - Shawnee Mission SWIM Invite @ SMSD Aquatic Center; 8:00 AM

Mon, January 23 - Great Bend Tri @ Barton CC Natatorium; 4:00 PM

Sat, January 28 - Emporia Invite @ Emporia High School; NOON

Thurs, Feb 9 - Centennial League Meet @ Capitol Federal Natatorium; 4 or 5:00 PM

*Fri, Feb 17 - 6A State Swim Prelims @ SMSD Aquatic Center; 9:00 AM

*Sat, Feb 18 - 6A State Swim Finals @ SMSD Aquatic Center; 9:00 AM

*Varsity Only Meets - qualifying time requirements

Meet Addresses:

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

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

Lawrence Indoor Aquatic Center - 4706 Overland Dr., Lawrence KS, 66049

SMSD Aquatic Center - 17251 W 87th St, Lenexa KS, 66219

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

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

November 2022

October '22							December '22						
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23	24	25	26	27	28	29	25	26	27	28	29	30	31
30	31												

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14 First Day Boys Season Practice @ Genesis 3:30-5:15	15 Practice @ Genesis 3:30-5:15	16 Practice @ Genesis 3:30-5:15	17 Practice @ Genesis 3:30-5:15	18 Practice @ Genesis 3:30-5:15 TIME TRIALS	19
20	21 Practice @ Genesis 3:30-5:15	22 Practice @ Genesis 3:30-5:15	23 Practice @ Genesis 3:30-5:15	24 NO PRACTICE THANKSGIVING BREAK	25 NO PRACTICE THANKSGIVING BREAK	26
27	28 Practice @ Genesis 3:30-5:15 Winter Sports Parent Meeting, 7:00 PM @ MHS West Main Gym	29 Practice @ Genesis 3:30-5:15	30 TW Invite #1 @ Cap Fed Natatorium 5:00 PM	1 Practice @ Genesis 3:30-5:15	2 Practice @ Genesis 3:30-5:15	3 Lansing Relays @ Lansing High Noon
4	5	Notes				

December 2022

November '22

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January '23

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Practice @ Genesis 3:30-5:15	29 Practice @ Genesis 3:30-5:15	30 TW Invite #1 @ Cap Fed Natatorium 5:00 PM	1 Practice @ Genesis 3:30-5:15	2 Practice @ Genesis 3:30-5:15	3 Lansing Relays @ Lansing High Noon
4	5 Practice @ Genesis 3:30-5:15	6 Practice @ Genesis 3:30-5:15	7 Practice @ Genesis 3:30-5:15	8 Practice @ Genesis 3:30-5:15	9 Practice @ Genesis 3:30-5:15	10
11	12 Practice @ Genesis 3:30-5:15	13 Practice @ Genesis 3:30-5:15 May add a meet this day	14 Practice @ Genesis 3:30-5:15	15 Practice @ Genesis 3:30-5:15 OR may add a meet this day	16 Team Pictures @ MHS West Gym Dryland Practice after pictures	17
18	19 Practice @ Genesis 3:30-5:15	20 Practice @ Genesis 3:30-5:15	21 Practice @ Genesis 3:30-5:15	22 Practice @ Genesis 3:30-5:15	23 NO PRACTICE WINTER BREAK	24
25	26 NO PRACTICE KSHSAA MORATORIUM	27 NO PRACTICE KSHSAA MORATORIUM	28 NO PRACTICE KSHSAA MORATORIUM	29 Practice @ Genesis 3:30-5:15	30 Practice @ Genesis 3:30-5:15	31
1	2 Practice @ Genesis 3:30-5:15	Notes				

January 2023

December '22

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February '23

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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8		9 Practice @ Genesis 3:30-5:15	10 TW Meet #2 @ Cap Fed Natatorium 5:00	11 Practice @ Genesis 3:30-5:15	12 LFS Meet @ Law Indoor Aquatic Center, 3:30	13 Practice @ Genesis 3:30-5:15	14	
15		16 Practice @ Genesis 3:30-5:15	17 Practice @ Genesis 3:30-5:15	18 Practice @ Genesis 3:30-5:15	19 Practice @ Genesis 3:30-5:15	20 Practice @ Genesis 3:30-5:15	21 **SMSD Invite @ SMSD Aquatic Center 9:30 AM	
22		23 Great Bend Triangular @ Barton CC Natatorium 4:00	24 Practice @ Genesis 3:30-5:15	25 Practice @ Genesis 3:30-5:15	26 Practice @ Genesis 3:30-5:15	27 Practice @ Genesis 3:30-5:15	28 Emporia Invite @ Emporia High School NOON	
29		30 Practice @ Genesis 3:30-5:15	31 Practice @ Genesis 3:30-5:15	1 Practice @ Genesis 3:30-5:15	2 Practice @ Genesis 3:30-5:15	3 Practice @ Genesis 3:30-5:15	4	
5		6 Practice @ Genesis 3:30-5:15	Notes					
		** Varsity Only - certain time standards required						

February 2023

January '23

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March '23

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Practice @ Genesis 3:30-5:15	31 Practice @ Genesis 3:30-5:15	1 Practice @ Genesis 3:30-5:15	2 Practice @ Genesis 3:30-5:15	3 Practice @ Genesis 3:30-5:15	4
5	6 Practice @ Genesis 3:30-5:15	7 Practice @ Genesis 3:30-5:15	8 Practice @ Genesis 3:30-5:15 Last practice for non state qualifiers	9 Centennial League Meet Cap Fed Natatorium 5:00	10 Practice @ Genesis 3:30-5:15	11
12	13 Practice @ Genesis 3:30-5:15	14 Practice @ Genesis 3:30-5:15	15 Practice @ Genesis 3:30-5:15	16 Practice @ Genesis 3:30-5:15	17 6A State Swim Prelims @ SMSD Aquatic Center 9:00 AM	18
19	20 NO MHS	21 NO MHS	22 NO MHS	23 NO MHS	24 NO MHS	25
26	27 First Day Girls Season Practice @ Genesis 3:30-5:15	28 Practice @ Genesis 3:30-5:15	1 Practice @ Genesis 3:30-5:15	2 Practice @ Genesis 3:30-5:15	3 Practice @ Genesis 3:30-5:15	4
5	6 Practice @ Genesis 3:30-5:15	Notes				