

# 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!
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 5:15. 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 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 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 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 silicone cap is free, costs \$10 after that).

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

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, \$20 for speedo/brief and \$25 for jammers. Those are available on a first come first serve basis for both size and type, NO guarantees!.

### **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. The store is open until Wednesday, November 15. Please be prompt about getting orders in. The early deadline is so we can get these in by the first or second meet.

Team Store: <https://mhsswim.myshopify.com/>; if a password is needed it is **swim23**.

QR Code Option:



# Manhattan High School Swim/Dive Team Information

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

Before the season starts you must have turned in your physical/athletic packet to the athletic office (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 (S-102, across from gyms, around the corner from the library). 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.

Link: <https://forms.office.com/r/cCu0SVMANk>

**Mandatory Preseason Check Out Meeting:** Athletes will be required to attend the checkout meeting after school on **Thursday, November 9** in Coach Alex's room, E-207. 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.

## **Practice Schedule:**

First day of practice is **Monday, November 13**, starting at 3:15.

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

Monday - Friday: 3:15 - 5:00 PM. Varsity (Navy Group) practices will typically end ~5:15.

## **Transportation/Changing:**

There will be a bus to transport athletes to Genesis from MHS. Athletes may drive themselves or ride with another person, if they choose. Athletes may change at Genesis in the locker rooms but must bring their belongings to the pool deck. The locker room has entrances that lead straight to the pool deck. Athletes need to have their own ride home from practice.

### **Waivers for Genesis:**

All athletes need to fill out a liability waiver (even if you are a Genesis member). 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 9). 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 \$35/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 practice 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). One Silicone 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, it is 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. Team suit costs are \$40 for brief/speedo or \$45 for a jammer. We have NEW team suits this year, please indicate in the prospective athlete form what size/type you need so we can get these ordered! 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 will hand out suits to athletes that have paid once they are in. There is no deadline for when to pay, but the sooner you pay, the sooner you get a suit.

Extra Suits - we have quite a few of last year's team suits still available, those are now reduced greatly in price - \$20 for speedo/brief and \$25 for the jammers - these are first come first serve and no guarantee on sizes/types - these are Endurance+ suits and have our team logo. These can be great, affordable practice suits.

**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.

Prospective Divers - talk to Coach Alex directly as we no longer have a diving well at our practice location.

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

[alexanderb@usd383.org](mailto: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](http://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 athletic packet/physical 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 or just sitting out, 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 work everyday. 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 inhibits the ability of others to excel.

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.





## Manhattan High Boys Swim Schedule 23-24

Wed, Nov 29 - Topeka West Invite #1 @ Capitol Federal Natatorium, 5:00 PM

Sat, Dec 2 - Lansing Relays @ Lansing High School, NOON

Tues, Dec 12 - SM West Pentangular @ SMSD Aquatic Center, 3:30 PM

Tues, Jan 9 - Topeka West Invite #2 @ Capitol Federal Natatorium, 5:00 PM

Thurs, Jan 11 - LFS Quad @ Lawrence Indoor Aquatic Center, 3:30 PM

\*Sat, Jan 20 - Shawnee Mission Invite @ SMSD Aquatic Center, 10:00 AM

Mon, Jan 22 - Great Bend Quad @ Barton Community College Natatorium, 4:00 PM

Sat, Jan 27 - Emporia Invite @ Emporia High School, NOON

\*Thurs, Feb 8 - Centennial League Meet @ Capitol Federal Natatorium, 4:00 PM

\*Fri/Sat, Feb 16/17 - KSHSAA 6A State Championships @ Capitol Federal Natatorium, Time TBD

\*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 2023

December '23

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

29 30 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13 First Day of Boys Season Practice @ Genesis 3:15-5:00 PM	14 Practice @ Genesis 3:15-5:00 PM	15 Practice @ Genesis 3:15-5:00 PM	16 Practice @ Genesis 3:15-5:00 PM Varsity Time Trials	17 Practice @ Genesis 3:15-5:00 PM JV Time Trials	18
19	20 Practice @ Genesis 3:15-5:00 PM	21 Practice @ Genesis 3:15-5:00 PM	22 Practice @ Genesis 3:15-5:00 PM	23 NO PRACTICE Thanksgiving Day	24 NO PRACTICE	25
26	27 Practice @ Genesis 3:15-5:00 PM	28 Practice @ Genesis 3:15-5:00 PM	29 Topeka West Invite @ Cap Fed Natatorium 5:00 PM	30 Practice @ Genesis 3:15-5:00 PM	1	2 Lansing Relays @ Lansing HS NOON
3	4 Practice @ Genesis 3:15-5:00 PM	Notes				

# December 2023

November '23

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

January '24

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 7 8 9 10 11 12 13  
 14 15 16 17 18 19 20  
 21 22 23 24 25 26 27  
 28 29 30 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 Practice @ Genesis 3:15-5:00 PM	28 Practice @ Genesis 3:15-5:00 PM	29 Topeka West Invite @ Cap Fed Natatorium 5:00 PM	30 Practice @ Genesis 3:15-5:00 PM	1 Practice @ Genesis 3:15-5:00 PM	2 Lansing Relays @ Lansing HS NOON
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	8 Practice @ Genesis 3:15-5:00 PM	9
10	11 Practice @ Genesis 3:15-5:00 PM	12 SM West Meet @ SMSD Aquatic Center 3:30 PM	13 Practice @ Genesis 3:15-5:00 PM	14 Practice @ Genesis 3:15-5:00 PM	15 Practice @ Genesis 3:15-5:00 PM	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 Practice @ Genesis 3:15-5:00 PM	22 Practice @ Genesis 3:15-5:00 PM	23
24	25 NO PRACTICE KSHSAA WINTER MORATORIUM	26 NO PRACTICE KSHSAA WINTER MORATORIUM	27 NO PRACTICE KSHSAA WINTER MORATORIUM	28 NO PRACTICE KSHSAA WINTER MORATORIUM	29 Practice @ Genesis 3:15-5:00 PM	30
31	1 NO PRACTICE New Year's Day	Notes				

# January 2024

December '23

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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 NO PRACTICE New Year's Day	2 Practice @ Genesis 3:15-5:00 PM	3 Practice @ Genesis 3:15-5:00 PM	4 Practice @ Genesis 3:15-5:00 PM	5 Practice @ Genesis 3:15-5:00 PM	6
7	8 Practice @ Genesis 3:15-5:00 PM	9 Topeka West Invite #2 @ Cap Fed Natatorium 5:00 PM	10 Practice @ Genesis 3:15-5:00 PM	11 Lawrence FS Quad @ Law Indoor Aq Center 3:30 PM	12 Practice @ Genesis 3:15-5:00 PM	13
14	15 Practice @ Genesis 3:15-5:00 PM	16 Practice @ Genesis 3:15-5:00 PM	17 Practice @ Genesis 3:15-5:00 PM	18 Practice @ Genesis 3:15-5:00 PM	19 Practice @ Genesis 3:15-5:00 PM	20 Shawnee Mission Invite @ SMSD Aquatic Center 10:00 AM
21	22 Great Bend Tri @ Barton CC 4:00 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 Last Practice for Non League Swimmers	27 Emporia Invite @ Emporia HS NOON
28	29 Practice @ Genesis 3:15-5:00 PM	30 Practice @ Genesis 3:15-5:00 PM	31 Practice @ Genesis 3:15-5:00 PM	1 Practice @ Genesis 3:15-5:00 PM	2 Practice @ Genesis 3:15-5:00 PM	3
4	5 Practice @ Genesis 3:15-5:00 PM	Notes				

# February 2024

January '24

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 14 15 16 17 18 19 20  
 21 22 23 24 25 26 27  
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March '24

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 10 11 12 13 14 15 16  
 17 18 19 20 21 22 23  
 24 25 26 27 28 29 30  
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 Practice @ Genesis 3:15-5:00 PM	30 Practice @ Genesis 3:15-5:00 PM	31 Practice @ Genesis 3:15-5:00 PM	1 Practice @ Genesis 3:15-5:00 PM	2 Practice @ Genesis 3:15-5:00 PM	3
4	5 Practice @ Genesis 3:15-5:00 PM	6 Practice @ Genesis 3:15-5:00 PM	7 Practice @ Genesis 3:15-5:00 PM Last Practice for Non State Qualifiers	8 Centennial League @ Cap Fed Natatorium 4:00 PM	9 Practice @ Genesis 3:15-5:00 PM	10
11	12 Practice @ Genesis 3:15-5:00 PM	13 Practice @ Genesis 3:15-5:00 PM	14 Practice @ Genesis 3:15-5:00 PM	15 Last Day MHS Boys Practice @ Genesis 3:15-5:00 PM	16 State Swim Prelims @ Cap Fed Natatorium Topeka - Time TBA	17 State Swim Finals @ Cap Fed Natatorium Topeka - Time TBA
18	19 NO MHS Between Seasons	20 NO MHS Between Seasons	21 NO MHS Between Seasons	22 NO MHS Between Seasons	23 NO MHS Between Seasons	24
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	Notes				