HOLT JUNIOR HIGH SWIMMING & DIVING 2019-20

Dear Parents and Athletes,

Thank you for showing an interest in Holt Junior High Swimming and Diving! Our goals for the season are:

- To provide a safe, disciplined, and friendly learning environment for the athletes.
- To encourage and support athletes to attain their highest level of achievement.
- To build a sense of team and camaraderie among athletes.
- To educate parents and siblings about swimming and diving.
- To make practices fun and instructional as a team, while developing individual athletes.

STEPS TO A SUCCESSFUL SEASON:

1) Attend the **Holt Junior High Swim & Dive Parent Meeting** on **Monday, Nov. 11th, in the HJH library.**

2) **Physicals are due for all athletes participating in swimming and diving. If you have a physical on file from another sport, that is good for the whole year.**

3) Complete & turn in to your coaches by **Tuesday, November 26th, 2019**:
   a. Swimmer contact/Emergency info form
   b. Registration fee: $90 (check payable to Holt Swim Boosters)
   c. Parent volunteer sign-up form
   d. Apparel forms will be handed out to swimmer/divers the first week of practice

4) **Swim practices will begin on Monday, November 25th from 3-5pm, at Holt Jr High Pool. Divers start Monday, Nov. 25th, from 5-6:30pm, at Holt High School Pool.**

5) If you have any questions, please contact Coach Dyne by email: dynejones@gmail.com, or Diving Coach Kristin Nelson: kristinbloomquist@yahoo.com.

ELIGIBILITY:

- 5th, 6th, 7th, and 8th grade students (boys and girls) are welcome to join the team, even if they aren't very strong swimmers or divers – we will teach you! Students may remain on the team so long as:
  - Students attend practices and give notice if they will be absent from a practice.
  - Students put forth good effort on a daily basis.
  - Students are respectful to teammates, coaches, and each other's property.
  - Students maintain acceptable academic standards

- In the past, some athletes have tried to skip workouts to socialize rather than practice with their teammates. Students have also been caught stealing things from teammates in the locker rooms. Neither of these are acceptable behaviors. **Any student who is caught stealing, who skips practice repeatedly, or exhibits continual unacceptable behavior may be asked to leave the team** (No refund is given for students who are asked to leave the team).

- Discipline actions are as follows:
  - A warning to student is given.
  - A phone call home.
  - 3-day suspension from team.
  - Student may be asked to leave the team.

PRACTICE INFO:

HJH Swim/Dive Staff: Dyne Jones (administration/assistant coach), Kristin Nelson (diving coach), Alex Coleman (head coach), Marissa Mongeau (head coach)

- Boys and girls will practice swimming at the Holt Jr High school pool have dive practices at Holt High School.
  - **Swim practices will be held from 3-5pm, Monday/Tuesday/Thursday/Friday.** (please see attached calendar for specifics, including practice times over Winter Break).
  - **Dive practices will be held from 5-6:30pm Mon/Wed/Fri** (please see attached calendar for specifics, including practice times over Winter Break).
  - Students are responsible for bringing a swimsuit, cap, and goggles to practice with them **every day**. Swim practice will be very difficult without goggles – please make sure your student has **at least** one pair! Divers will not need goggles or a swim cap.
  - **For girls:** a **ONE PIECE** swimsuit – no bikinis, tankinis, or any other type of suit where the top is not connected to the bottom!
  - **For boys:** swimming trunks, jammers, or a generic "speedo"
  - **For both:** it is recommended that students bring a lock for their swim lockers. Parents/guardians should make sure to have their child picked up no later than 5:15pm.

    If there is a SNOW DAY for HOLT PUBLIC SCHOOLS, practice is canceled. If there is supposed to be a meet on a snow day the meet is also canceled.

MEET INFO:

- Home swim meets will take place at the Holt High School Pool.
  - Please see the team calendar for a list of this year's swim meets. Athletes can participate in up to 4 events per meet (2 individual and 2 relay). **Final decision for individual events and relay teams is up to the coach's discretion.**
- **Students need to bring the following to swim meets:**
  - An extra towel and sweats to keep warm on the pool deck
  - Cap and goggles
  - **Healthy** snacks, such as granola bars, fruit, or sandwiches. Any candy, pop, pizza or breadsticks will be confiscated by the coaches and not given back to the swimmer until after the meet – these are not appropriate snacks for before a race!
  - **Lots of water** (Gatorade or other sports drinks and juices are also acceptable)
  - Many swimmers like to bring their iPods or phones to swim meets to keep them occupied. Swim team policy is **no phones** on deck. **Holt Junior High Swimming is not responsible for any lost/stolen items.**
  - **We will be in need of parent help for any home swim meets**. Help would include timing races, admissions, working in the "crow's nest" with the timing system.
  - League members: DeWitt, East Lansing, Haslett, Holt, Okemos, St. Johns, Waverly, Williamston, Grand Ledge, Mason, and Eaton Rapids.
- 5th, 6th, 7th, and 8th grade students are eligible for dual meet competitions; only grades 6-8 can compete in Leagues and the MISCA State Championship meet. Any 6th, 7th, and 8th grade students who meet the time standards are eligible for the MISCA State Championship meet. **All swimmers and divers are required to have physicals to be on the team.**

So, how much will swimming cost me?!

Team Registration Fee: $90 (check payable to Holt Swim Boosters, includes swim cap)
Goggles (swim only): $20 (please buy your own at Dick's, Dunham's, or online)
Swimsuit: use your own: $0
Team Swimsuit (optional):

- Girls' Team Suit: **$63** (pricing may vary)
- Boys' Team Suit: **$40** (pricing may vary)

Swim cap for practice: **$10** (please buy your own at Dick's or Dunham's)
Swim Apparel (optional) approximate costs:

- Sweat shirt: $25
- Sweat pants: $20
- T-shirt: $15

VOLUNTEER SIGN UP SHEET

Dear Parents/Guardians,
We are in need of your support to make the swim season a success! There are several categories listed that you can volunteer for – the MISCA meet is a **MANDATORY** volunteer event, whether your swimmer/diver qualifies or not. Choose at least one, other than the MISCA meet.

____X____ Working the MISCA meet (February 1st, 2020) **MANDATORY**

_____ Timing at home swim meets (if you've never timed before, we will help you through it)

_____ Admissions at home swim meets

_____ Apparel orders (collecting order forms and $$, and dispersing apparel when ready)

_____ Working in the crow's nest for home swim meets (we will train you)

_____ Helping with team bonding event

_____ Junior High Swim Team Booster Rep (preferably a 5th or 6th grade parent to help for the next couple of years)

PARENT SIGNATURE_____DATE_____

SWIMMER/DIVER NAME_____

Swimmer Information/Emergency Form

Please Print Clearly

Swimmer's name_____

Date of Birth_____ Gender_____ Age_____ Grade_____

Address_____

_____

Phone number_____ E-mail_____

Father's name _____Address (if different)_____

_____

Phone (H)_____ (W)_____ (Cell)_____

Father's e-mail_____

Mother's name_____ Address_____

_____

Phone (H)_____ (W)_____ (Cell)_____

Mother's e-mail_____

Emergency contact_____ Phone No._____

Allergies or Medical Conditions_____

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HJH 2019-20 Season Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov. 24	25 Swim practice 3-5pm JH Diving 5-6:30PM	26 Swim practice 3-5pm JH Diving 5-6:30PM	27 THANKS NO	28 GIVING PRACTICE	29 HOLIDAY	30
	Dec 2 Swim practice 3-5pm JH Diving 5-6:30PM	3 Swim practice 3-5pm JH	4 Diving 5-6:30PM	5 Swim practice 3-5pm JH	6 **Holt @ East Lansing** WU 530pm Start 615pm	7
8	9 Swim practice 3-5pm JH **Swim suit fitting 5pm @ Holt JH**	10 Swim practice 3-5pm JH	11 Diving 5-630pm	12 **Holt @ Dewitt** WU 530pm Start 630pm	13 Swim practice 3-5pm JH Diving 5-630pm	14 **League Kick-off meet @ Haslett High School** Time TBD
15	16 Swim practice 3-5pm JH Diving 5-6:30PM	17 Swim practice 3-5pm JH	18 Diving 5-6:30PM	19 Swim practice 3-5pm JH	20 Swim practice 3-5pm JH Diving 5-6:30PM	21
22	23 Swim/Dive practice 11:30am - 130pm	24 **Christmas Eve No Practice**	25 **Merry Christmas No Practice**	26 Swim/Dive practice 11:30am - 130pm	27 Swim/Dive practice 11:30am - 130pm	28
29	30 Swim/Dive practice 11:30am - 130pm	31 **New Year's Eve No Practice**	JANUARY 1 **Happy New Year No Practice**	2 Swim/Dive 1130am-130pm	3 Swim/Dive practice 1130am - 130pm	4

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan. 5	6 Swim practice 3-5pm JH Diving 5-630pm	7 Swim practice 3-5pm JH	8 Diving 5-630pm	9 Swim practice 3-5pm JH	10 Swim practice 3-5pm JH Diving 5-630pm	11 **Okemos @ Holt** WU 9am Start 10am
12	13 **Haslett @ Holt** WU 545pm Start 630pm	14 Swim practice 3-5pm JH	15 Diving 5-630pm **½ day - exams**	16 Swim practice 1130am-130pm **Team Bonding** 6pm at High School **½ day - exams**	17 **Swim practice 6-730pm@High School** Diving 5-630pm **½ day - exams**	18 **St Johns @ Holt** WU 930 am Start 1030am
19	20 **NO SCHOOL** **MLK Jr. Day** **Swim practice 6-730pm@High School** Diving 5-630pm	21 Swim practice 3-5pm JH	22 Diving 5-6:30PM	23 Swim practice 3-5pm JH	24 **Diving League Meet** Swim practice 3-5pm JH	25 **League Meet @** **Boys: 8am WU** **9am Start** **Girls: 1230pm WU** **130pm Start**
26	27 Swim practice 3-5pm JH Diving 5-6:30PM	28 Swim practice 3-5pm JH Diving 5-6:30PM	29 Diving 5-6:30PM	30 Swim practice 3-5pm JH Diving 5-6:30PM	31 Swim practice 3-5pm JH **MISCA State Diving @ Holt High School** **4:30pm WU** **6:00pm start**	**FEBRUARY 1** **MISCA State Swim meet @ Holt High School** **Boys: 8:00am WU** **9:00am start** **Girls: 12:30pm WU** **1:30pm start**
2	3	4	**5**	6	7	8