

Battlefield High School



2023-2024 Swim Team & Dive Information Packet

WELCOME

Welcome to the 2023-2024 High School Swim & Dive season. Below you will find important information regarding the Battlefield H.S. Swim & Dive Teams. This information will help familiarize you with what will be expected of all swimmers and what responsibilities these athletes will have through the course of the season.

Philosophy

High school sports play an important role in the continuing development of students. The Battlefield coaches recognize this and stress a set of core values designed to help the student-athlete become a stronger individual and team member. The team's core values are commitment, teamwork, integrity, and accountability. These core values are expected of all athletes at all times. The coaching staff is committed to providing an atmosphere where our athletes can be successful and thrive. This is accomplished by providing a facility that offers a safe and healthy environment for practices and competitions, providing workouts designed for high school athletes, and teaching advanced stroke techniques and race strategies. We view ourselves as teachers first and strive to make each swimmer better. We believe that valuable lessons can be learned from each win, loss, accomplishment, setback, and situation that arises during the course of the season. Athletes in all sports should not only learn the sport, but should also use the athletic experience as a learning tool, to gain beneficial skills applicable to life.

The Swim and Dive program is committed to helping athletes improve in the competitive sport of swimming and diving in a fun and team orientated environment. Please remember that the team is a competitive team and athletes will be expected to train and work with coaches accordingly.

Coaches:

Coach Jay Thorpe – Swimogre@msn.com

Coach Evan Brandt – Evan_Brandt@aol.com

Team Eligibility Requirements

The requirements listed here must be met in order to be eligible to participate on the Battlefield High School Swim Team. The Physical and Concussion Training must be completed and turned in prior to tryouts.

Academics - Students must meet a set of academic standards in order to participate in high school athletics. A student must be enrolled in and passing at least five classes, with a minimum of two C's and three D's per semester.

Physicals - all swimmers must have a sport physical dated after May 1, 2023. Mrs. Christi Nelson will be collecting sports physical forms and concussion completion certificates for winter sports. Students will receive a yellow form after all forms are received by Mrs. Nelson. These yellow forms must be handed to Coach Jay or Coach Evan on the first day of your tryouts. Students should drop off forms to Mrs. Nelson in the training room after school. **If an athlete does not bring the yellow form to tryouts, they will not be permitted to tryout.** For your convenience, the physical forms can be downloaded from the www.bobcatspride.org site under the "Quick Links" section or on the battlefieldswimming.com site under the "Forms" section.

Concussion Training – All athletes must complete the yearly concussion training as mandated by PWCS. This training is online and you can find the link under the "Forms" section of the battlefieldswimming.com website.

Blue Cards – This form will be distributed after the swim team has been selected. The blue card lists the athlete's guardians and provides the coaches with important information in the event an athlete is injured at an athletic event. Divers will receive the Blue Card prior to tryouts and will need to present it with the yellow form to the dive coach.

Tryouts

Swim Tryouts will be held November 6th -9th from 7:30 – 9:00PM. Girls tryouts will be on Monday and Wednesday at the Freedom Aquatic & Fitness Center. Boys tryouts will be on Tuesday and Thursday at the same venue. Swim and Dive is a Varsity sport and is very competitive. All interested students will be required to complete a 100 yard swim in all four competitive strokes. Following is the schedule:

November 6th – Girls 100 Freestyle and 100 Butterfly
November 7th – Boys 100 Freestyle and 100 Butterfly
November 8th – Girls 100 Backstroke and 100 Breaststroke
November 9th – Boys 100 Backstroke and 100 Breaststroke

It is important that parents volunteer to time and or record at tryouts.

Dive Tryouts – To be determined. This section will be updated once information is received.

Swim Team Selection - Each swim will be ranked by gender. A first place finish will receive 1 point, a second place finish will receive 2 points, etc. Each swimmer will receive a total score that includes points achieved from all four swims. Total points scored will be ranked in order and will determine who makes the team. After 18 selections, individuals will be selected based on event needs. Extra consideration given to returning 3 year lettermen.

A listing of the 2023-2024 team will be posted on the main page of www.Battlefieldswimming.com no later than 11/12/2023. In addition, an email will be sent to every participant that provides an email prior to or during tryouts. Each swimmer should plan to attend practice on Monday 11/13/23. This will be our first team. Parents should also plan to attend a school and team Parents meeting the week of 11/13. This meeting is typically scheduled for 6:00 at the school. Notification of date and time of this meeting will be provided once known.

Registration

Battlefield Swim and Dive Registrations are now being done online through the school. You will register online at www.Battlefieldswimming.com in the Team Info section under “Forms”. Registration fees cover the following: 1 1/2 hours of lane time per evening (4 lanes), all meet costs, team t-shirt, 1 silicone swim cap, and all other event costs.

Boosters – The Battlefield Boosters Club is an outstanding organization that does great things for all students and teams. The Battlefield swim teams have participated in several “Booster” activities and it not only helps the school, but also helps the teams and individuals. We always like to be well represented through Boosters so parents are encouraged to become members.

Practices:

Battlefield Swim Team will practice Monday through Thursday from 7:30-9:00 with all practices held at the Freedom Aquatics & Fitness Center. All practices are mandatory for non-club swimmers unless excused by one of the coaches. Illness, academic matters, and conflicts with other school sponsored activities will be considered “Excused Absences” and will not affect attendance requirements. All absences **MUST** be communicated to the coaching staff 3 days in advance of the absence except in the case of illness.

COVID Protocols:

With COVID still a major concern for everyone, we will need to follow any protocols required to participate. Protocols could be mandated by the State, County, School, or facilities. Sometimes the protocols will vary so everyone will need to be flexible. We will pass along the protocols once the season starts. Keep in mind that the protocols can change during the season as the pandemic changes.

Meets:

Swimming and Diving at Battlefield H.S. is a varsity sport. Coaches will do their best to get every swimmer into the meets, but there are no guarantees that a swimmer will compete in a specific event or a meet. The coaches recognize that conflicts between “Club” and “High school” swimming seem to happen every year. Club teams typically will participate in multiple championship meets during the month of December where the swimmers will be “rested” or “tapered” in an effort to qualify for Spring Championship meets. This year our District dropped one team and it brought us to a seven team district. Again, we will not be holding the Freestyle Frenzy this year and we recognize that there will be some conflicts in early December with club championship meets. For this season, we will need to work through this

and will excuse club swimmers from HS meets. However, if a swimmer participates in prelims for a club championship meet, but does not qualify for finals, they will be expected to compete in a high school meet later that day. High school meets in January through the State Meet in February should take priority over club meets.

A complete practice and meet can be found on the www.Battlefieldswimming.com website. Swimmers that have club championship conflicts must advise the coaches during the first week of practices.

Team Swimwear

Each swimmer should come to practices and meets representing Battlefield H.S. For practices, any suit can be worn, but only Battlefield H.S. caps should be worn. For meets, a Battlefield suit and cap are required. No “Club team” apparel including: shirts, shorts, caps, backpacks, or suits, should be worn at Battlefield swim meets. Wearing club logo suits and caps (showing) in a high school meet is an automatic disqualification.

Spiritwear

In addition to suits and caps, there are several other Battlefield apparel items that are available for purchase. Typically, we carry backpacks, hoodies, shorts, sweatshirts, pajama pants, and warm-up suits all with the Battlefield logos. The best part is that a percentage of the proceeds go back to the team.

Transportation

There is no team provided transportation for most meets or any practices. This year we have one travel meet scheduled to South Riding which is probably closer than Colgan. Swimmers and Divers should plan their own transportation to practices and meets.

Code of Conduct:

Always remember that you represent Battlefield Swim Team. Our team members will be held to the highest standard of sportsmanship. You are expected to treat team members, coaches, parents, officials, and opponents with respect. Swimmers will conduct themselves in a manner consistent with Virginia High School Swim Rules and PW County Code of Conduct during practices and meets.

Coaches Expectations of Swimmers

1. Be on time – Early is on time, on time is late, and late is unacceptable.
2. Listen to coaches, officials, and school administrators
3. Bring enthusiasm to the pool and have fun.
4. Understand that you are part of a team. Treat team members with respect.
5. No cameras, phones, or ipods behind the blocks.
6. No deck dressing. This is a disqualification.
7. Know when you swim.
8. Never waste an opportunity to swim fast.
9. No drugs, alcohol, or tobacco.
10. No swearing or obscene gestures.
11. At practices and meets we do everything as Battlefield H.S. swim team. Only BHS caps and apparel will be worn at practices and meets. Only BHS apparel will be worn at meets.
12. Bullying will not be tolerated.
13. Be prepared for all competitions. This will include shaving for post season championship meets such as Regionals and States

Parent Volunteers

The Battlefield Swim Team depends a great deal on their parent volunteers. Bottom line, our volunteers make our meets run. Each family is asked to commit to volunteering in at least three meets or team activities. Volunteer opportunities include: timers, runners, stroke and turn judges, referee,

starter, computer rep, pasta parties, fundraising, community service, senior night and more. Please help support our team by volunteering your time.