



Cretin-Derham Hall

Boys'

Swimming* & Diving*

2023-2024

Culture Creates Champions

Welcome to the team!

Please sign in at the back table.

Students - please include if you are a swimmer or a diver.

Parents - please include what email you would like us to use to contact you.

Please complete online registration!

CDH Swimming* & Diving*

Courage

Trying Again

Self Confidence

Self-Motivation

Self Discipline

Decision Making

Asking Questions

Being Curious

Taking Charge

Creative

Organized

Outgoing

Coaching Staff

- Mike Steineman '92 – Head Coach (28)
 - msteineman@c-dh.org
- Kate Steineman '94 - Asst. Coach (27)
- Shannon Van Oosterom – Asst. Coach (20)
- Adam Weis '05 (14)
- Luke Schuster '00 (9)
- Hannah Zobitz '13 (7)
- Ryan Bonikowske (Coach B) (3)
- Diving Coach - TBD

Team Culture (Creates Champions!)

- All grades must be at least a C, or better, in order to participate in meets at end of T1 and at mid-tri of T2. We will check!
- Be on time...ALL THE TIME!
- Be respectful of the facilities we use.
- Listen when a coach is talking.
- Have all of your equipment at practice.
- Take care of yourself! Hydrate, rest, food, etc.
- We (the coaches) expect that you will be at all practices.

Tryouts/Team Selection

If you can make it one length of the pool without drowning or fall off the board and hit water...you are on the team! **We don't cut!**

For Sections...we go with the best combination of guys that will score us the most points for swimming. Diving is dependent on the number of required dives and if the dives are all legal.

Communication

- Calendar, Website, Google Classroom, & X (formerly Twitter) (@RaidersSwimDive)
- Emails from me and the Captain's Parents
- If there are questions...please have your son speak with me.
- If necessary...a swimmer, parent(s), & coach meeting.
- If necessary...Parent(s), Coach, & A.D.

Things to know...

- You represent CDH at ALL times!
 - What other folks are saying about us!
- Who swims/dives?
 - You must be at 80% of all practices to swim in a meet.
 - It depends on the meet. We have dual meets and invites scheduled this season.
- Costs/Equipment - \$225 Registration Fee
- Parent's Role

Things to know...

Lettering Policy

- Grades must be at least C or higher at Trimester 2 mid-tri. in all classes
- 80% practice attendance
- 80% participation in meets
- Positive attitude
- No Suspensions from School
- No Chemical Violations.
- Coaches discretion

Team Website

- <http://www.cdhraiders.org>
- There you will find:
 - Schedule
 - Spirit Wear
 - Team Suits & other necessary gear!

Team Calendar

We are still finalizing:

- Late January - End of Season.
- End of Season Banquet.

Team Suits & Team Gear

Please start checking & responding to your CDH E-mail and Google Classroom! I will be sending you important information.

- Everyone needs to have a warm-up & a team suit!
- Order your gear soon!

**ANY SOLID ALL-BLACK SUIT (RACER OR JAMMER)
WILL WORK FOR YOUR TEAM SUIT!**

Team Captains

- Matt Baumberger '24
- Finn Dougherty '24
 - Captain's Practices...
- If you have not signed in please do so!
We want to get a parent email set-up!

Questions?

THANK YOU FOR ATTENDING! See you on
November 27th! That's **34 DAYS** !!!