

ARCHER SWIM AND DIVE Informational Night 2023-2024



Let us know you're here by having the athlete complete this google form

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Coaches

- Michele Broeg
- Josef Fessenden
- Coach Bennett, Coach Krimm, dive coaches

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Booster Board

- Carlene Mureithi, President
- Theresa Robinson, Vice President
- Sohna Sow, Treasurer
- Secretary - open position

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REGISTRATION FEE

- Returning athletes*: \$400
Team swim cap / team t-shirt / team hoodie
- New athletes*: \$450
Suit / team cap / team t-shirt / team hoodie
- New athletes with bag option*: \$500
Team bag / suit / cap / t-shirt / hoodie

*chamois for divers



For all athletes - County fees, pool rental, swim meet fees, county & state t-shirts, equipment, banquet for swimmers, awards and more.

NOT included:
Warmups (optional)

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Team Swim Suits

Ladies' Suits



Jammer



Brief



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● Warmups

Team spiritwear

Shirts / hoodies



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Additional Fees

- Volunteer Fee - \$100 per athlete (completely refundable once volunteer obligations are met)

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Booster Committees

Class Representative - Freshman, Sophomore, JR, SR

Social Committee

Spiritwear

Sponsorship/Fundraisers

Dive Parent Rep

Concessions

Meet Operations - many roles included for helping run a meet.

Media - Photographer - Website

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Forms

- Registration will be done via SwimTopia at next meeting Sept 28
- Calendar - **awaiting practice confirmation**
- Volunteer Form - **online, copies can be emailed**
- Handbook - **online, copies can be emailed**

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The Code for Living

Life Principles Learned Through Sports

- ★ Because I am a role model and have the opportunity and responsibility to make a difference in the lives of others, I commit to this Code. I will take responsibility and appropriate actions when I fail to live up to it.
- ★ As an individual:
 - I will develop my skills to the best of my ability and give my best effort in practice and competition.
 - I will compete within the spirit and letter of the rules of my sport.
 - I will respect the dignity of every human being, and will not be abusive or dehumanizing of another either as an athlete or as a fan.
- ★ As a member of a team:
 - I will place team goals ahead of personal goals.
 - I will be a positive influence on the relationships on the team.
 - I will follow the team rules established by the coach.
- ★ As a member of society:
 - I will display caring and honorable behavior on / off the pool deck and be a positive influence in my community and world, including social media
 - I will give of my time, skills, and money as I am able for the betterment of my community and world.

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WHY SWIMMING OR DIVING? LEARN TO SET & ACHIEVE GOALS...

- Get in great physical shape
- Commit to attend all practices
- Improve personal best times
- Letter in Swimming
- Qualify for County Championships
- Qualify for State Championships
- Set new Archer records!



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OTHER REQUIREMENTS TO PARTICIPATE*

1. **Meet Academic Eligibility** (see team rules)
2. **Turn in Physical Form** (including Parental Consent & Insurance Info. on back via Rank One APP)

***you will NOT be allowed to start workout until all requirements are satisfied**

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COMMITMENT TO COMPETITIVE SWIMMING

Swim at least 50 yards (2 laps) legally

Have basic knowledge of all 4 competitive strokes

Must commit to daily training:
-over 2000 yards a day (80 laps)



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COMMITMENT TO COMPETITIVE DIVING



Willing to become proficient in at least 6 different dives off of a one meter diving board.

Dives include: Front dives, back dives, inward dives, reverse dives, dives with twists and somersaults

Training-
Able to travel to Collins Hill Pool 2-3 times weekly




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USS Swimmers / AAU Divers

- Must attend all Club practices.
 - Please provide your club team name and coach contact info.
- State and County cuts can replace missed meets due to schedule conflicts and athlete must then attend County and State meets.
- Must see Coach Broeg the Monday before meets to sign up for meet events.

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WHEN IS THE HIGH SCHOOL SWIM/DIVE SEASON?

8 swim meets/ 1 invitational/ 2 championships meets from Oct. 10th - Feb. 10th

Preseason – 8 dryland practices starting Sept 12th

Water practices - 55 practices until Jan. 12- Last Dual Meet

57 practices until Jan. 17- County Champs

68 practices until Feb. 3- State Champs

Finish the Race!

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HOLIDAY TRAINING

It is important that swimmers attend as many practices as possible during school holidays:


Tentative Dates:

Nov. 20,21

Dec. 18-20

Dec.27-29

Jan 1-3



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SWIMMERS..... TAKE YOUR MARK

Sept 12 – first dry land practice – AHS 2:30-3:30

- **Swimmers: First Practice Tues. Oct 10th** Still waiting on details from county of time and location
- **Divers: First Practice Mon. Oct 10th** Mon/Wed 6:30 – 9:00 PM @ Collins Hill Pool



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PRACTICE TRANSPORTATION OPTIONS

No bus transportation provided to practice
Athletes must provide their own ride

Parent (car pool)
Student drives alone or with family
members, not other team members

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Team Bonding Opportunities

- Spirit nights – to be determined
- Stevie B's after first meet
- Team Holiday Party
- Community Benefit Volunteer Opportunities

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Tiger Trick or Treat

- Tuesday, October 30 5:30-7:30 PM in Archer Commons
- Students work the booth, hand out goldfish crackers or Swedish Fish as our treat.
- Activity of "go fish" for the treats.
- Each athlete needs to donate package of Halloween individual packed treat bags



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Fundraiser – Double Good Popcorn

Week in October – Details to come



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Meet Helpers

- Home meets –
 - Meet director, 13 timers,
 - computer operator,
 - Timing console operator,
 - dive scorer verifier
- Away meets – 2 runners, 12 timers,
 - 2 score table verifiers,
 - dive scorer, announcer



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Stay in touch

- Parent Square – be sure to have your parent info updated – also be sure to have settings to receive push notifications (not delayed)
- www.archerswimanddive.com
- Instagram - linked on team site
- X / Twitter - linked on team site
- Facebook - linked on team site

Next meeting - Thursday, September 28 6:30 PM in Media Center

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