

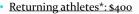
Coaches

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

Booster Board

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

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



<u>For all athletes</u> - 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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Additional Fees

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

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

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.
- - I will display caring and honorable behavior on / off the pool deck and be a positive influence in my community and world, including social
 - 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!



OTHER REQUIREMENTS TO PARTICIPATE*

- Meet Academic Eligibility (see team rules)
- 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



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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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.

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

SWIMMERS......

TAKE YOUR MARK

Sept 12 - first dry land practice
- AHS 2:30-3:30
• Swimmers: First Practice

• 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

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



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