

POPE HIGH SCHOOL Swim & Dive Team  
2010 - 2011

Head Coach: Coach Chris Haon

Location: Murdock Elementary

Assistant Coach: Zach Schreer

Assistant Coach: Chad Hoover

## PLEASE SHARE THIS WITH YOUR PARENTS

### Tryout Information

Here we go again... The new season is upon us and we are meeting today to get you ready for the 2010-2011 season. Please take a few minutes to go over this important information. If you have any questions concerning tryouts or pre-conditioning, please see one of the coaches.

#### Dates of tryouts:

Monday October 18<sup>th</sup> - 6:15 – 7:45 p.m. @ Mnt. View Aquatic Center

Tuesday October 19<sup>th</sup> - 5:00 – 6:30 p.m. @ Mnt View Aquatic Center

#### USS Swimmers:

If you are a current USS swimmer you will not be required to try out. But you must bring a copy of your most current short course yards times to Coach Haon by your tryout date.

#### •What should I be doing before tryouts?

SWIMMING!!! You are more than welcome to start your conditioning now at the Mnt. View Aquatic Center... or any pool for that matter. Our team captains will likely organize some pre-conditioning... so stay tuned for an announcement. You do not have to participate in the pre-conditioning activities in order to make the team, however it is strongly encouraged that you get ready now for our season. **REMEMBER TO CHECK YOUR OCTOBER CALENDAR FOR IMPORTANT DATES!**

•Physicals and Eligibility.... All prospective athletes should have completed their physicals prior to the tryout date. Here is a neat diagram to illustrate the importance of the physical:

**No Physical = No Tryout, No Tryout = No Swim Team**

If you have not had a physical yet, it is due to Coach Haon, Coach Schreer or coach Hoover  
NO LATER THAN...

**Friday, October 15th. NO EXCEPTIONS!**

•TRYOUTS: You will be asked to swim a timed 200 Freestyle (8 lengths of the pool). The coaching staff will be looking at your start from the block, turns, pacing ability, and your finish. We will be making cuts this year, so be wise and get ready for tryouts ahead of time. You will also be asked to swim a 50 of other strokes (Butterfly, Backstroke, or Breaststroke). Again, we will pay special attention to your stroke technique and speed. **Please look at the attached rubric for what we will be looking at specifically and how we will be grading you!!!** At the conclusion of

the last day of tryouts the coaching staff will select the top 20 girls ranked by the points scored on the tryout rubric and the top 20 boys ranked by points. The coaching staff may select more or fewer swimmers depending on the lane availability for practices.

- If you are in a FALL SPORT and you are unable to make tryouts... YOU MUST speak to Coach Haon as soon as possible in order to make other arrangements to tryout. If you do not make arrangements before tryouts, you will not be on the swim team.
- You must be in good standing as far as your school conduct is concerned. No ISS, No OSS, No suspensions from activities. Prior to try-outs, will send out a list of prospective team members to PHS teachers in order to be sure you are being your very best in their classes. YES, ATTITUDE AND BEHAVIOR MATTER! We are competing for a State Championship we will not tolerate distractions!

### More Need to knows...

- Meet and Practice schedule is attached. We have also attached our October calendar with dates you need to know. Our full season calendar of important dates will be handed out at our kick off meeting on October 28<sup>st</sup> at 6:30 p.m.
- The official team roster, post try-outs, will not be posted outside Coach Hoover's and Coach Scherer's room this year and [www.popeswimteam.com](http://www.popeswimteam.com) .
- Team suit... We are going with a new suit. You can buy the new suit at the kick off dinner on Oct. 21<sup>st</sup>
- You are responsible for your transportation to and from practice. We will have a bus available to some of the meets. We will let you know which ones ahead of time. Several of our seniors drive to school and it may be possible to coordinate carpool arrangements with one of them.
- Registration fee: \$125, Water Fee - \$95 for non-uss swimmers, \$100 for non club Divers

Finally, we are excited to have so many students interested in swimming! Please understand that this is a major commitment, and not one to be taken lightly. We will expect a lot out of you, but in return, we promise that you will have one of the best high school sports experiences here at Pope.

### Things to do before Oct 18<sup>th</sup> and 19<sup>th</sup>

1. complete physical form, go to the doctor and have a physical done.
2. start working out... running, swimming, lifting weights...
3. get your school work in order! Any high school sport will take time. Be sure you can handle your school work along with the added load that swimming will give you.

*Our practice schedule this year:*

All practices are at Mnt. View Aquatic Center

Monday	6:15 – 8:15 p.m.
Tuesday	5:00 – 7:00
Wednesday	3:45 – 5:45 p.m.
Thursday	3:45 – 5:45 p.m.
Friday	5:45 – 5:45 p.m.