

## Welcome to the Souhegan High School Swim Team 2007-2008

To all new swimmers this year, the coaches would like to enthusiastically welcome you to our team. To all returning swimmers, welcome back; it is nice to see you again.

First off, I would like everyone to know that coaches have four top goals this year: 1) Our goal is to ensure that every swimmer shall improve regardless of initial ability, 2) Our goal is to qualify as many swimmers as possible for a Souhegan High School Letter, 3) Our goal is to qualify as many swimmers as possible for the NH State Championships, 4) Souhegan will win top-3 at NH State Championships this year. Practices and meet entries will be structured based on these goals.

There are no cut-time requirements to swim for Souhegan. If you can swim the laps and do the work you can swim on the team.

To qualify for a Souhegan High School **Letter** you must either 1) swim this season as a senior, or 2) swim at the NH State Championships, or 3) achieve any one of the following times at a meet this season:

### **Girls**

200 Free	2:23.89
200 IM	2:40.99
50 Free	28.69
100 Fly	1:17.49
100 Free	1:03.09
500 Free	6:29.99
100 Back	1:14.09
100 Breast	1:24.99

### **Boys**

200 Free	2:22.89
200 IM	2:39.99
50 Free	26.69
100 Fly	1:12.99
100 Free	1:00.29
500 Free	6:18.99
100 Back	1:14.49
100 Breast	1:18.29

To qualify for NH **State Championships** a swimmer must achieve the following times at a meet this season or be picked to swim on a relay:

### **Girls**

200 Free	2:15.39
200 IM	2:36.29
50 Free	28.19
100 Fly	1:11.69
100 Free	1:02.29
500 Free	6:11.49
100 Back	1:11.59
100 Breast	1:20.89

### **Boys**

200 Free	2:17.49
200 IM	2:24.69
50 Free	25.69
100 Fly	1:08.55
100 Free	58.29
500 Free	6:11.49
100 Back	1:09.29
100 Breast	1:14.89

## **Practices**

Practices will be held at Hampshire Hills in the lap pool on Tuesdays from 7:15 until 9:30pm and Thursdays from 8:15 until 9:30pm. At the beginning of each practice all swimmers are required to stretch and perform land drills. This is from 7:15 till 7:30 on Tuesday and 8:15 until 8:30 on Thursday. Practices will begin on Tuesday November 13<sup>th</sup>. All team members are expected to be on the pool deck 15 minutes before practice for dry-land warm-ups followed by 15 minutes in the pool with dynamic stretching warm-ups. All swimmers should bring a practice suit and goggles, fins and a kick board if you have one. Tuesday practices will be middle distance to long distance and IM work while Thursday practices will be sprints, starts and turns work. Practice attendance rules are strict. The reason for this is because we only have 3 hours of pool time each week. Coaches feel that three hours per week in the water is the extreme minimum required to meet to overall goals for the team. The longer you are in the water the better swimmer you will become.

We want the team members to have input to the program so team captains and junior captains are relied upon heavily for leadership and team spirit. If you are not swimming you should be cheering the swimmer who is. We want every swimmer to try both distance events and short events at all of our meets. The better cross-section of events that you swim during the regular season, the better your opportunities will be at the state meet at the end of

the season. Coaches will review results from dual meets and seed you at the state meet in the strong events that will maximize your scoring position.

If a swimmer makes a qualifying time they are eligible to swim in the High School State Championship Meet. Last year we had both year-round swimmers and summer swimmers qualify for the state meet, place, and set new records for the school. Anything is possible if you are willing to work for it. The qualifying times to receive a Souhegan High School Letter are based on state-meet qualifying times from the 2005-2006 high school swim season.

If weather is bad please use your best judgement, if the roads are clear and you can make it to practice then go to practice. You can always call before you leave home. If you are sick make sure you inform me with a note from your parents so you can be included in the next meet. **If weather is unsafe to come to practice then assume swimming practice is cancelled.**

## **Mandatory Parents Meetings**

**If your child swims on the team you must attend this meeting.**

**On November 28<sup>th</sup>** at 7:00pm there will be mandatory parents meeting at Souhegan High. If your child is intends to swim on the team at least one parent will be required to attend. We need parents to volunteer at the meets for the jobs on the deck and the events to come for the season. Last year we had 100% attendance. Every swimmer on our 48-member team had a parent in the room. Everyone showed up and helped. It was wonderful. A couple of seasons ago coaches received many complaints. Some were legitimate and some were a result of simple misunderstandings. The incorporation of this meeting into our annual schedule really helped solve many of the issues that cropped up a couple of years ago. This meeting helps bring the parents and the team together. Please attend.

Coaches will be sharing our swimming experiences and philosophies at this meeting. We will also be there to help explain the swimming program at Souhegan. We would like to hear from you as well. We want to hear your concerns (and your complements as well).

We will need help with meet organization, team contacts, and other team events during the season. If the workload can be divided up among the parents, the tasks become manageable by all.

All meet information and weather cancellations can be found on HighSchoolsports.net please register there for all Swimming information. You will get e-mail sent to you if any changes occur. Make sure you sign up to receive the swimming information for Souhegan High.

**Fees this year are 55.00 Souhegan Team participation fee, additional Non-Members of Hampshire Hills \$40.00 for pool use (it was 65.00 last year) but we received funds from the school which helped bring down the cost of the pool rental fees.**

In addition to the above two required fees, this year there will be a \$50.00 swim team fee to be used for banquet facility rental, awards, equipment, scholarships, and other expenses not covered by the school. You may prefer to attend fundraisers to raise this money or you can pay the \$50.00 up front. This is a personal choice. Each parent is at liberty to make their own decision on this. If anyone has suggestions on other ways to raise this money, please let the coaches know.

Top swimmers who qualify for the finals at the NHIAA State Championships will be eligible for the New England Championships in April. Please make sure to leave these dates open on your calendar. It is a wonderful meet and a real privilege to be invited to this one. As details are finalized we will let you know more on this later in the season.

If you need more information please contact Jim Rezzarday at 673-6017 or the Athletic Director Bill Dod by calling 672-8415 Ex. 331.

Thank you all for the help you gave us last year and we are looking forward to another fantastic year in the water.

Jim Rezzarday  
Gerry Zimmer  
Mike Hirst  
Tim Thompson