

SHHS/LBMS SWIMMING & DIVING TEAMS

2017-2018

Coaches

Head Coach:	Chris Coraggio	423-833-5595 (cell)	bscswim@yahoo.com Twitter: CoachChris57
Diving:	Judy Holt	423-767-6394 (cell)	judymassogliaholt@gmail.com
SHHS Swimming:	Bobby Fillers	423-943-1889	bfillers@hotmail.com
LBMS Swimming:	TBA		
Strength Coach:	Will McDavitt	SHHS Strength Coach: Jackson Rhudy	

New Web site: www.ScienceHillAthletics.com > Winter > Swimming > CoEd Varsity

Practice Schedule

Practice begins Monday, September 18th, with the afternoon swimming practice. The first weight training session will be on Wednesday. All training sessions are required unless noted below or excused by the Coach. Make-ups may be arranged if feasible. NOTE: Optional pre-season weight training commences on Wednesday, September 6.

SHHS Swimmers

Weight training (11 th -12 th ; others with permission) @ SHHS fieldhouse	Monday - Wednesday - Friday: (2 days required)	5:00 - 6:00 AM
Swim training @ Freedom Hall Pool	Monday thru Friday	3:05 - 5:35 PM (last 1/2 hour dryland)

*There will be a special practice schedule during winter break!

LBMS Swimmers

Swim training @ Freedom Hall Pool	Monday thru Friday	5:35 - 7:35 PM (first 1/2 hour dryland)
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SHHS & LBMS Divers

Mon-Tues-Thurs-Fri	5:05 - 6:05 PM	Dive training @ Freedom Hall Pool
Saturdays	10:00 AM - 12 Noon	Dive training @ Freedom Hall Pool

*Note: In order to maintain adequate training integrity, some meet days will also include a training component

Schedule changes for school calendar considerations:

Fall Break: Oct 2-6. Regular pool practice schedule (These are optional practices and are a great way to get in some make-ups) Weights on Mon-Wed 7:30 – 8:30 AM

Thanksgiving Week:

Wed, 11/22	SHHS: 3:05 - 5:05 PM; Weights 7:30-8:30 AM	LBMS: 6:05-7:35 PM
Thurs, 11/24	OFF	
Fri, 11/25	SHHS and LBMS: 3:00 – 5:00 PM (optional)	
Sat, 11/26	SHHS and LBMS: 7:00 - 9:00 AM (optional)	

MLK Day: Mon, 1/15: Regular practice schedule; Weights 7:30-8:30 AM

Winter Training (SHHS only): We DO train while school is on winter break! In fact, this time is a key component of our training cycle. Some of the practices will be designated as "optional". The others will be required. (You may substitute an optional practice as a make-up for a required practice). Some days there will be two training sessions per day. If two training sessions are listed, attendance at both is expected. As soon as the pool schedule has been determined, a detailed Winter Training Schedule will be handed out and posted on the web site.

Equipment

Swimmers and divers will need to provide suits, towels, and goggles for practices and meets. Meet suits and other equipment can be ordered on line from Swim and Tri swim shop. Go to www.swimandtri.com and on the left-hand column click on Team Portal Login button. Our log-in code is: **TOPPERS** for the high school and **LBMS2** for the middle school. For dryland and weights, shoes, shorts or sweatpants, and shirts are required. During the course of the season, the team captains or Booster Club may elect to initiate other team orders (sweatshirts, etc) as deemed appropriate by the coach.

There are all kinds of suits, in many materials and for various prices. At some swim meets, swim shops are set up to sell suits as well as other swimming gear. Some good bargains on practice suits can usually be found there.

If you are looking for a good, long-lasting suit, the Endurance fabric suit by Speedo is very good. It's a bit heavier than other suits, but can be used for both practice and meets and lasts a long time. A lycra suit is usually the least expensive, but tends to wear out the fastest. More technically superior suits such as the Speedo Fastskin and LZR suits are all made of special fabrics designed to minimize drag through the water. Swimmers competing at meets below the State level probably will not see a significant improvement using these high-end suits.

Swimmers who want to invest in additional personal training equipment will be able to get a discount from our supplier. Items needed are: pull bouy, paddles, fins, snorkel (not the freestyle snorkel – the general Finis or Speedo snorkel), noseplug, kickboard, and an equipment bag to store everything in.

Swim Suit Try-on / Order Day

Swim & Tri swim shop will be at Freedom Hall Pool on two different days to conduct a suit try-on and take orders for team suits and equipment:

Thursday, September 28, from 5:00 - 6:30 PM. LBMS swimmers should see the representative before practice; SHHS swimmers should take care of business after practice. Divers will be given direction from Coach Holt as to when you should order your suits.

Snow Policy

If school is delayed or cancelled prior to 5 AM, swimming and/or weights is also cancelled for that morning. (If no decision has been made by 5:00 AM, we will still conduct and complete the scheduled morning practice)

If school is cancelled or dismissed early, refer to Coach Chris' Twitter feed for updates about the afternoon practice schedule.

Meet Schedule as of 8/28/16

We have the annual Coaches' Meeting on August 31. A schedule will be finalized and posted soon after that. Some dates (tentative) that I have currently:

Date	Meet	Location	SHHS	LBMS
Dec 1	SWVA Invitational (Diving)	Christiansburg, VA	Yes	No
Dec 2	SWVA Invitational (Swimming)	Christiansburg, VA	Yes	No
Jan 5	Elite High School Showcase	KAC	Yes	No
Jan 20	NE TN Regional Champs	KAC	Yes	No
Feb 9-10	TN State Championship	Knoxville	Yes	No

State High School Championship & Team Trip Hotel Info

Swimmers and divers participating in these meets will travel with the team and stay with their teammates in the designated team hotel. Further information about team travel policies will be given to athletes and their families prior to leaving.

In order to accommodate parents and families who wish to attend these meets, we will secure an additional block of rooms at the team hotel. There will be a deadline by which those wishing to claim a room in this block must contact the hotel and guarantee that room with a credit card.

Hotel details will be posted on the SHHS Swimming & Diving website when finalized.

Forms

No student may begin training with a SHHS or LBMS team until he has turned in the following forms. Those who turned these forms in for a fall sport should be good to go.

These forms can be found and printed out from the team website (www.SHHSswimdive.com). **Turn all forms into the coach - not directly to the school.**

SHHS Swimmers and Divers

- *Information Sheet (tonite)
- *A Physical Form dated after April 15 of this year. (Those athletes who participated in the school-wide physical day at Freedom Hall last spring are already covered)
- *Parent Release and Waiver Form
- *Concussion Form
- *Bullying Form
- *Drug Testing Consent Form
- *Team Contract
- *Social Media Form
- *Travel Permission Form

LBMS Swimmers and Divers

- *Information Sheet (tonite)
- *A Physical Form dated after April 15 of this year. (Those athletes who participated in the school-wide physical day at Freedom Hall last spring are already covered)
- *Parent Release and Waiver Form
- *Concussion Form
- *Bullying Form
- *Team Contract
- *Travel Permission Form
- *Social Media Form

Participation Fee

There is a \$25 participation fee assessed per student per sport to help cover the cost of the school's insurance policy. Checks should be made out to your respective school (SHHS/LBMS) and given to the coach. If there is a financial hardship that prevents payment of this fee, please see the head coach privately.

Insurance

There is a voluntary, supplemental insurance plan available. If interested go to: www.studentinsurance-kk.com
It is suggested you consult with your insurance provider to see if you need additional coverage.

Parental Involvement

We do need parents' help to make the season a success. For home meets, we need volunteers to act as timers, officials, computer operators, and announcers. In addition, the Booster Club has activities which enhance the Swimming and Diving Team experience for our athletes. Please give generously of your time and talents!

Booster Club Email: SHHSbehindtheblocks@gmail.com

We are hosting a significant meet this season, in addition to our home dual meets:

JANUARY 5: The Second Annual Elite High School Swimming and Diving Showcase

We bring three-four highly-ranked teams together to race us at the Kingsport Aquatic Center. State champions and finalists are in the mix. This meet drew rave reviews from our visiting guests, and a lot of that had to do with the quality with which our team ran the meet.