SPRUCE CREEK HIGH SCHOOL

SWIM TEAM

**2024 Handbook**

Coach Anne Grams 386-451-1910; agrams1234@gmail.com

Coming together is a beginning. Keeping together is progress. Working together is success.

Henry Ford

**Spruce Creek Swim Team** is a team of student athletes. High school swimming is both a team and individual sport. Our goals include participating in healthy competition, improving and excelling in the sport, and developing life skills of goal-setting, discipline, perseverance, and hard work. Swimming, like other sports, demands a high degree of sacrifice, but the rewards are incalculable.

**Swimming** is a Varsity sport with many advantages.

* Swimmers learn a lifetime skill.
* Creek coaches are passionate about the sport and work to motivate each swimmer.
* The Creek Swim Team gives you a new group of friends.
* Creek swimmers have fun together and cheer for each other.
* Representing Spruce Creek during dual meets against other area schools is a matchless feeling.
* Learning to handle both athletic and academic pressure translates directly into life after swimming.

Spruce Creek Persona:

**H**ard-working

**A**ccountable

**W**elcoming

**K**nowledgeable

**S**incere

Keys to Success:

* Excel in the classroom and pool
* Exhibit the highest level of character and integrity as both a teammate and leader
* Embrace challenges in training and competition
* Encourage teammates
* Enjoy the journey

**Coaches:**

**Coach Anne Grams** swam as a youngster in south Georgia and has been swimming ever since.  She graduated from Florida State University with bachelor and PhD degrees in mathematics.  Coach Anne has morphed from a university math teacher, to a mom, to a homeschool mom, to a swim official, and to a swim coach.  Since moving with her husband Bill to the Daytona Beach area in 1980, she has taught swim lessons and coached both masters and club swimmers.  Coach Anne has been involved with Creek swimming since 1993 as a timer, official, team events organizer, meet manager, and coach.  Her goal is for her swimmers to love the sport and work to achieve their maximum potential.  She was selected as 2018 girls’ coach of the year for Flagler and Volusia Counties by the *Daytona Beach News Journal*.  Coach Anne has four children, all of whom are swimmers.

**Coach Brian Miller** started swimming competitively in fifth grade and swam through high school where he lettered every year.  He was a six-year sectional participant and a two-year state qualifier.  His main events were backstroke, IM, and diving.   He was offered a full college scholarship but elected to serve his country by joining the Marines where he became an instructor of water survival for marines.  After serving in the Marines, Coach Miller joined the Army where he continued to teach and use swimming for fitness.  After retiring from the military, he and his family moved to Volusia County in 2013.  Coach Miller attended Daytona State College (B.S.), owns and operates a pool maintenance business, and works as a substitute teacher.  He has been coaching the Spruce Creek Swim Team since 2018, thus fulfilling his dream of being a coach.

**Coach Lou Kloppe – “Coach K” –** has been swimming since he was very young and continues to swim daily. He was a record holder in the freestyle events and also was a diver. He taught high school swimming and diving through the years of his children growing up as swimmers. He has morphed from business endeavors to now teaching at Spruce Creek High. Coaching allows Coach K to help swimmers achieve their maximum potential, both as swimmers and leaders. As a businessman, he was President of the National Financial Education Institute, a board member of the National Small Business Association, and CEO of Nations First Financial. He has over 30 years experience in estate, tax, and financial planning.

**2024 Captains: Makena DiPersia, Ben Kim, Mackenzie Malone, Kiera Myers**

Captains are selected at the end of each season based on commitment to swimming,

interpersonal skills with teammates, and leadership. They work with the coaches to plan off-

season activities, to help recruit new swimmers, and to set goals for the next season. During

the season, the captains

 Serve as a liaison between the swimmers and the coaching staff

 Encourage, support, and hold teammates accountable

 Take charge of the Orange vs Black car washes

 Organize team members to set up and tear down at swim meets

**5 Star Conference, District, and Region:**

The 5 Star Conference includes Atlantic High, DeLand High, Flagler-Palm Coast High, Mainland High, New Smyrna Beach High, Seabreeze High, Spruce Creek High, and University High. Father Lopez High and Matanzas High also compete in the dual meet season with the 5 Star schools.

The FHSAA District 4A-2 includes DeLand, Buchholz (Gainesville), Flagler Palm Coast, Forest (Ocala), Lake Mary, Seminole (Sanford), Spruce Creek, University (Orange City). West Port (Ocala)

The FHSAA Region 4A-1 consists of the large high schools in northeast Florida.

**Swimmer Eligibility:**

1. 2.0 unweighted GPA
2. Transfer students in grades 10, 11, or 12 must complete form GA4 available at FHSAA.com and provide a current transcript. From FHSAA: Any student who changes attendance to a member school at any time, regardless of whether the change occurs during the school year (i.e. a transfer) or during the summer period between school years, including youth exchange, international and immigrant students, or is a “Non-Traditional” student participating for your school must submit form GA4. This form is not required for students entering from a terminal grade (i.e. 8th grade to 9th grade).
3. Student athletes must attend school and receive grades in all courses taken during the previous two semesters.
4. Home school students must complete form EL7 at FHSAA.com. Have the form notarized and contact the Athletic Office to schedule an appointment to finish the process. Bring two proofs of residency including a parent’s drivers license and a utility bill in the parent’s name.
5. A student is limited to four consecutive school years of high school athletics eligibility beginning with the year they started 9th grade.
6. A student who turns 19 before July 1st of the upcoming school year may not participate in athletics at the high school level.
7. A student may not participate in any swim team activities – including dryland on the beach or preseason swimming in the pool – until cleared through the online process and submitting the 6 swim team forms to Coach Anne (Student Information, Parent information, Code of Conduct, Attendance Policy, Lettering, and Personal Assessment).

**FHSAA Clearance Process:**

**Prepare** the following documents to upload.

1. Have a physical with a healthcare professional, using FHSAA form EL2.
2. Watch the three free NFHSLearn.com courses - Concussion for Students, Heat Illness Prevention, and Sudden Cardiac Arrest. Print the certificates of completion.
3. Current medical insurance card. Students may purchase medical insurance through schoolinsuranceofflorida.com. Their phone number is 407-798-0290.
4. Birth Certificate for 1st time Spruce Creek athletes, all freshmen and transfer students.
5. FHSAA GA4 form for transfer students or has attended another high school.
6. Volusia ECG form for 2024-25 or ECG opt out form for 2024-25. Both forms are available on SpruceCreekHigh.com/athletics.
7. Complete and upload the free mandatory FHSAALearn.com courses (Concussion for Students, Heat Illness Prevention, and Sudden Cardiac Arrest). Print or download the certificates of completion for all three.

**Open** [www.AthleticClearance.com](http://www.AthleticClearance.com)

1. Choose your state.
2. Register and complete the fields, including a security question. Parents must register with a valid email username and password.
3. Log in using your email and password.
4. Select “Start Clearance Here.”
5. Select “School Year” 2024-2025. Select “School” Spruce Creek High School (in Section 2). Select “Sport” Swimming
6. Complete all required fields:

Student information – must use legal name

Medical history

Parent/guardian information

EL2 sports physical - FHSAA.com

EL3 consent form – FHSAA.com

ECG form 2024-25 or ECG optout for2024-25

Parent and swimmer signature forms

Impact form

1. Upload the certificates for the FHSAALearn.com courses (Concussion for Students, Heat Illness Prevention, and Sudden Cardiac Arrest).
2. Upload the student (or family) medical insurance card (Must do each year). If you are in need of purchasing school-based insurance, use the link SchoolInsuranceOfForida.com. You may call the company at 407-798-0290 if you have questions about available policies.
3. Birth Certificate for first-time Spruce Creek athletes, including all freshmen and transfer students.
4. Form GA4 Form for any student who is a transfer or has attended another high school.
5. When you reach the Confirmation Message, you have completed the process.
6. If your swimmer is interested in trying out for any other teams, you must check off those sports below the Confirmation Message.
7. When the swimmer is cleared for preseason and regular practices, the Athletic Department will send emails to the swimmer, parent, and coach. Please note that the current GPA may not be available as early as preseason practices begin. In this the case the swimmer will be designated “Cleared for practice only.”
8. If your swimmer has any plans to transfer to another school when classes begin, he or she should NOT participate in our summer dryland practices. If the student participates in any summer practices, there is a good chance FHSAA will rule them ineligible at the new school.

**Financial information**

Fees – Pay online through your Parent Portal

* Due August 16 $125 team fee per swimmer
* Due August 23 $75 Pay to Participate per swimmer required by the county. This goes to the Athletic Department and not the swim team. A second sport later in the year is $25.

Expenses

* Beach Yoga sessions
* Team cap and tee shirt
* District swimmer championship tee and swim cap
* Entry fee District meet
* District party
* Swimmer District meal
* Entry fee Regional meet
* Bus and van costs for transporting swimmers to DeLeon Springs, away dual meets, District and Regional competitions
* Swimmer meal at awards banquet
* Special events (including beach picnic, DeLeon Springs, pizza after car wash, roller skating, bowling)
* Pool rental fee (over $12,000 in 2023)
* Hoodie or something similar for swimmers if funds are available

**Parent participation:**

**We cannot run the Creek program without your help.** Volusia county volunteer signup is at https://www.vcsedu.org/volunteer-partnership/volunteers-vips

* To run a dual meet, we need the following volunteers

8 timers (Best seat in the house, and we train you)

1 head timer

1 starter (Angela Lindsay, John Nelson)

1 runner (great job for a sibling)

1 announcer (Kristin Downer)

3 scorers (Diane Myers, Emily Moore, …)

1 snack parent

Team photographer

Plus helpers for setting up the tents, tables, chairs, etc.

* To run Saturday events we have the same volunteer requirements plus

Meet manager (Sam Malone)

Several relief timers

2 for concessions

2 for tee shirts and heat sheets sales

5 for Hospitality and Awards

3 meet marshals

Lap counters for 5K Charity Swim

Pancake breakfast workers following the 5K Charity Swim

Officials (requires training, certification, and apprenticeship)

* Senior Recognition

Seniors will be recognized at the Pancake Breakfast and at the Awards Banquet.

Junior swimmers and senior parents may plan an additional event/gift/etc if desired.

**Spruce Creek Swimming Parent Information**

Name(s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email(s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell(s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Swimmers(s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Volunteer jobs:

\_\_\_\_\_\_\_\_\_\_\_\_\_ Dual meet timer

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Snack mom or dad during dual meets

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Team photographer

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Runner during meets (great job for a sibling)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Meet set-up (prior to dual meets; Friday evening or early Saturday morning for the invites)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Invitational meet timer (Saturdays)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Invitational tee shirt and heat sheet sales

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Invitational hospitality and awards

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Invitational meet marshal

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Concessions

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Pancake breakfast 5K Swim

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Lap counter 5K Swim

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Official (requires training, certification, and apprenticeship)

**Spruce Creek Swimmers’ Code of Conduct** (Designed to promote the physical, mental, moral, social, and emotional well-being of all team members)

* We cheer for teammates and offer congratulations to opponents after each dual meet, win or lose.
* We promote positive team spirit by encouraging teammates before, during, and after practice and by avoiding rumors or gossip detrimental to positive team culture.
* We encourage leadership, initiative, and good judgment by all swimmers.
* We recognize and value the physical, mental, social, and emotional advantages of swimming.
* As a source of pride, we wear the current team cap in all practices and the current team cap and current tee shirt for all meets and to school on meet days.
* We refrain from inappropriate behaviors that detract from a positive image of the swim team. This includes illegal drugs, alcohol, smoking, bullying, gossiping, and offensive language. No negative, foul, or sacrilegious talk will be permitted.
* We avoid distractions (friends, cell phones, school issues) during practice.
* We endeavor to have a healthy diet and adequate fluids to support training and competition.
* We respect the YMCA facility and other facilities the team visits. This includes no smoking or vaping in any locker room. At the Port Orange Y, swimmers are to use only the locker rooms located directly off the pool deck or the restrooms at the entrance. No Creek swimmer is to go into the adult member locker rooms during Creek practices or meets. Always be courteous, helpful, and friendly.
* We display proper respect and sportsmanship towards all swimmers, coaches, and officials. We stand at attention during the National Anthem at meets and will line up to congratulate opposing swimmers after each dual meet.
* Because we are representing our school and our team, we will not post any inappropriate or hurtful material about the team or team members on social media.
* We will be on time for all practices and competitions and stay until the end of each.
* We understand that the coaches have final determination on meet entries.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Swimmer signature Parent signature

**Swimmer Information**

First Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Middle Initial \_\_\_\_ Last name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Birthdate (MM/DD/YY) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Alpha Code\_\_\_\_\_\_\_\_\_\_\_

Grade \_\_\_

Tee shirt size \_\_\_\_\_\_\_\_\_

Cell \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Previous swim experience (if any) and current USA membership # (if a member)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Mom’s name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dad’s name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you need a ride from school to the YMCA? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If Yes, please go to your locker before 7th Period so that you can meet your driver after school asap.

If you drive yourself to the YMCA, can you carry other swimmers? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If Yes, how many other swimmers can ride with you? \_\_\_\_\_\_

If Yes, please try to park near one of the exits from the parking lot onto Clyde Morris.

**2024 Attendance Policy**

Attendance at practices, meets, and other team events demonstrates dedication to the team and the sport and is a must for improved growth and development. The coaching staff wants each swimmer to work towards his or her highest level of achievement.

Beginning July 8, summer dryland practices on the beach include yoga 7-8:00 pm and general dryland 6:30 – 7:15 pm. Spruce Creek swim practices begin Monday July 29 at the Port Orange YMCA. Dates and times for the dryland and swim practices will be posted on the website in May.

Unexcused absences remain as unexcused and can result in the swimmer being removed from the team. In general, a missed practice is unexcused because the swimmer did not contact Coach Anne prior to the practice or because of some non-school elective activity.

\*\*Attendance is also part of the determination of a Varsity letter, Junior Varsity letter, or a certificate at the end of the season. Parents, your support is crucial.\*\*

***Each swimmer and parent should initial the following rules to indicate understanding and acceptance.***

\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ 1. School related activities or family conflicts resulting in a missed practice or team event must be approved prior to the event. Normally there are no pre-approved absences for District swimmers after 5 Star.

\_\_\_\_\_\_\_\_ \_ \_\_\_\_\_\_\_\_ 2. Although the coaching staff values academic success over swimming success, homework is not an excused absence. Swimmers are expected to manage their time and avoid procrastination of assignments. Swimmers may take 3 “homework” days on Thursdays by swimming the first 45 minutes of practice and then leaving to begin their homework.

\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_3. A swimmer who must stay after school should inform Coach Anne.

\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_4. Missing practice or leaving early because of a job or most non-school activities is normally unexcused.

\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ 5. Swimmers who attend school all day are expected to be at practice. A swimmer who misses school on the day of a meet will not swim in the meet. When illness prevents a swimmer from coming to practice, a parent should email Coach Anne.

After the first unexcused absence, a coach will speak with the swimmer.

After the second unexcused absence, a coach will email the parent.

After the third unexcused absence, the swimmer will not swim in the meet but must serve as a volunteer at the meet. After the fourth unexcused absence, the swimmer may be removed from the team.

***Swimmers, please contact Coach Anne throughout the season regarding any absences.***

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Swimmer name (printed and signed) Parent name (printed and signed)

**Lettering Policy**

Receiving a Spruce Creek Swim Team Varsity or Junior Varsity letter requires a “Varsity Attitude” – above average commitment to the team’s goals, to the sport of swimming, and to individual improvement. The following policies are designed to encourage Creek swimmers to set goals and to persevere in order to earn a Varsity letter.

To receive a Varsity letter, a swimmer must earn 6 points, with at least two from the first column and one from the second column. To receive a Junior Varsity letter, a swimmer must earn 3 points, with at least one from each column. Swimmers in good standing throughout the season but who earn fewer than 3 points or do not earn a point from each of the columns will receive a Certificate of Participation.

|  |  |
| --- | --- |
| COMMITMENT – All worth 1 point | ACHIEVEMENT |
| Attendance at all meets and team events in their entirely | Top 16 in individual event at 5-Star = 1  point for each top 16 |
| Attend 15 of the 19 practices held before school begins on August 12 | 2% improvement in 1 event OR 1% improvement in 2 events = 2 points |
| Fewer than 4 excused absences | \*\*NISCA Power Point at level 55 = 1 point  NISCA Power Point at level 100 = 2 points |
| Completed events and times form | Top 16 in individual event at District = 2 |
| Unweighted 1st quarter GPA > 3.5 | Top 8 in relay event at District = 1 |
| 4th year swimmer | Top 16 in individual event at Regionals = 3 |
| Captain | Top 8 in relay event at Regionals = 2 |
|  |  |

Notes:

\*The1% and 2% time improvements are based on improvements from the swimmer’s fastest 2023 high school times. For new swimmers, the 1% and 2% time improvements are based on improvement from his or her times in events the first time swum in 2024.

\*\*https://swimswam.com/wpcontent/uploads/2023/08/PowerPointsBoys2023Revision.pdf

https://swimswam.com/wp-content/uploads/2023/08/PowerPointGirls2023Revision.pdf

***Each swimmer and parent should sign below to show acceptance of the Lettering Policy.***

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Swimmer name (printed) Swimmer signature

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent name (printed) Parent signature

**Personal Assessments before Joining the Spruce Creek Swim Team**

Please turn in during the first week of practice, and keep a copy for yourself.

**NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. **Be a good team member – what the coaches look for in our swimmers**
2. Good student (goal unweighted current high school GPA > 3.4)

Your current high school unweighted GPA \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ How can you improve your GPA?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Great workout swimmer. Please react to one or more of these traits.

* Listen and observe
* Have a goal (even if it’s small) for each practice
* Treat the pace clock as your friend
* Take individual responsibility for your practice sets
* Accept challenges

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Positive people. Please react to one or more of these traits.

* Be on time for stretching
* Have equipment and water bottle
* Put aside thoughts from the day and any homework awaiting you
* Project positive attitude to teammates
* Avoid negative talk – on the way to the pool, in the locker room, during practice, after practice

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Leader – Create pride in what you do, both as an individual and as a team. List several ways you want to lead.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Become a faster swimmer (and develop life skills along the way). Comment on one or more of the 5 methods listed below.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. Outwork others
2. Avoid negative people who discourage you
3. Focus on the little things (Streamline off every wall, stroke count, fast turns, breathing patterns off each wall, dolphin kicks, head and body position)
4. Enjoy the training

* Set goals – the destination
* Enjoy the training – the journey

1. Maintain high standards when no coach is watching you.

**The Creek coaches are looking for students who have an expectation to accomplish something really special. This special expectation will vary from swimmer to swimmer, and that’s fine. But if you are joining the team only because it will look good on a college application, or activity hours are required, or you are looking for an exercise program, then the Creek swim team may not be the best choice for you.**

**By signing below, I agree that I understand the Personal Spruce Creek Assessments and will work to accomplish the listed goals.**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2024 Season dates:**

Volunteer activities

* Helping foster kids in the pool

Training day week of April 21

Sessions April 27, May 4, 22, 18; 10:30 – 12:00 Port Orange Y

Summer training

* Swimming with a local swim team is highly recommended.
* Dryland during July on the beach just north of Sunglow Fishing Pier (All forms and Cleared for Practice required):

Beach yoga 7-8:00 pm; July 8, 15, 22

General conditioning 6:30 – 7:15 pm; July 9, 11, 16, 18, 23, 25

(Tentative) Swim practice first two weeks of August

* Port Orange Y 10:30 – 12:00; July 29, 30, 31, August 1, 2, 5 - 8
* DeLeon Springs 7:00 – 12:00; August 9 Team will travel via school bus and will eat together in The Old Spanish Sugar Mill after the swim.

Swim practice August 12 – November 2, before or after school as set by the YMCA. Some swimmers will finish October 12, others later depending on participation in post-season competitions. Rides are arranged to the Port Orange Y for non-drivers.

Dual meets that Creek hosts – Tuesdays 4:30 – 6:15 at Port Orange Y

2024 schedule:

Tuesday August 20 Mainland and Father Lopez @Spruce Creek

Wednesday August 28 Spruce Creek @DeLand

Tuesday September 10 FPC @Spruce Creek

Saturday September 14 Record Breaker Invitational\*\*

Tuesday September 17 NSB @Spruce Creek

Saturday September 21 Lake Brantley Invitational - select swimmers

Tuesday October 1 Matanzas @Spruce Creek

Tuesday October 8 Seabreeze @Spruce Creek

Saturday October 12 5 Star Conference Championship @Spruce Creek\*\*

Week of October 20 District week (location, date, and time determined late August)

Week of October 27 Regional week (location, date, and time TBA)

Saturday November 9 State meet

\*We need a minimum of 16 volunteers to run the dual meets.

\*\*Meet begins at 9:00 am. Creek swimmers should report at 6:45 am.

**Special events**

* March 16 Beach party and bonfire
* April 27, May 4, 11, 18 Swim instruction for foster kids
* Hexathlon competition August 1, 6, 8, 13, 14, 15 during practice
* August 17 Orange Team (at Ritter’s Ice Cream) vs. Black Team (at Politis and Matovina) dueling car washes with pizza afterwards at Politis, 10:00 – 2:30 . Every swimmer must sell 4 tickets ($5 each) for the car wash.
* September 28 5K Charity Swim, Pancake Breakfast, and Senior Recognition 7:00 – 10:30 am. Entry fee $20 plus donations. Funds raised go to $1000 donation to the Y for scholarships for needy children and for team expenses.
* October 15 Capping Ceremony 4:00 for District team swimmers; Veterans Circle City Center. Parents are invited and encouraged to attend.
* November 12 Awards Banquet , Estate on the Halifax, 4:45 – 7:30

**High School Swimming Events**

There are 8 individual events and 3 relays, always swum in the following order, alternating girl-boy:

* 200 medley relay
* 200 freestyle
* 200 individual medley
* 50 freestyle
* 100 butterfly
* 100 freestyle
* 500 freestyle
* 200 freestyle relay
* 100 backstroke
* 100 breaststroke
* 400 freestyle relay

High school entry limits

* Each swimmer can enter at most 4 events, of which at most 2 can be individual events.
* Each school can score at most 4 swimmers in each event. For dual meets, the limit is frequently 3 swimmers. The Record Breaker Invitational is an exception to this rule; it is scored like a USA Swimming meet.
* In dual meets at our pool, there are 4 Creek swimmers per event but only 3 may score.
* We typically have exhibition heats in the 50 freestyle and 100 freestyle for beginner swimmers or swimmers not fast enough for the scoring heats.
* Coaches make the final decisions as to swimmers’ individual events and relays.

**Post-season competitions:**

* The 5 Star Conference Championships (October 12) is the culminating competition for our swimmers who are not selected for the District team.
* The District team is selected based on times swum at the 5 Star Championships and throughout the season. Creek is allowed only 4 swimmers per event and one relay. Typically, there are 16 – 18 girls and 16 – 18 boys on the District team.
* District swimmers receive a special swim cap. The coaches “cap” each District swimmer at the Capping Ceremony October 15 at 4:00 Veterans Circle on the north side of City Center. Parents are encouraged to attend.
* The date and location for the District meet is determined in late August. This year, it will be during the week of October 20.
* The Regional team is selected based on times and places at the District meet and will be held the week of October 27. There are 3 Districts with a total of around 30 schools that feed into our Regional.
* The State Meet is in Ocala November 9.

Qualifying for the State meet is very difficult. Spruce Creek is in the 4A classification (the larger schools). 4A and 1A (small schools with many very fast private schools) are much faster than 2A and 3A.