

La Cueva Swimming and Diving Parent Night

October 04, 2017

Coaches:

Vince Sanchez	Swim Coach (20 th Year)	321-5520	vrs1650@aol.com
Andrea Ruddell	Swim Coach (6 th Year)		
Amanda Winther	Swim Coach (4 rd Year)		
Joe Quintana	Diving Coach (6 th Year)		tsdjoe@aol.com

Booster Club:

See form handed out by booster club.

Team Information

Website: www.lacuevaswimanddive.com. All news and information will be posted here. Check often.

Physicals: need to be completed and turned into the trainer by the first day of practice. You will receive a ticket from the trainer which you will turn into me in order to start practice. If you have competed in a fall sport, please let me know.

Other Required Forms: In addition to Physicals, I will need copies of a completed Life of an Athlete, APS Athletic-Activities Code of Conduct, LC Athletics & Activities Agreement Statement and Concussion Management Forms. These are all located on the La Cueva Athletics Page.

Practice Schedule: Swimmers will practice from 4:15 to 6:00 PM at Highland Pool. The first day of practice is Monday, October 23rd, for all non-club swimmers and club swimmers new to the team. Returning club swimmers will start on Tuesday October 31st. Club swimmers are required to attend Tuesday and Friday practices. If your club team does not have practice, then you are required to attend high school practice. If we have a meet on a Wednesday, they may attend Club Practice that Friday. I will require all Club Swimmers to attend High School Practices the Thursday before state if they are competing in State.

Diving schedule will. Monday and Wednesday at Valley, Tuesday and Thursday at Sandia and Friday's will alternate starting at Valley. Practice time is from 4:30 to 6:00pm.

Tryouts: Will be held the week of October 23rd-October 27th. See attached sheet. If you are competing in a fall sport, your tryouts will start the first day after your season ends.

Meet Schedule: See attached. We host Girls and Boys Metro and the Albuquerque Invite. We will need volunteers to help run this meet.

Team Suits and Caps: We will be going through Streamline swimming for suits, more information to follow.

Equipment: It is recommended that swimmers bring a water bottle to practice every day. Please do not share your water bottles. If you have, paddles, fins or a snorkel you may bring these to use at practice during appropriate times.

Potluck Dinner Meeting-Tuesday November 14th, 7:00 PM Location La Cueva Cafeteria

If your last name begins with A-M please bring a main dish and dessert. Last name N-Z please bring a main dish and salad. Drinks, paper products and utensils provided by the booster club. Spirit Donation, Bear Wear orders, swim suit orders are due at the Potluck.

Ten Meet Rule: From October 30th till District, a swimmer may swim in only ten meets, it doesn't matter if they are club meets or high school meets. Also an athlete may not swim in any meets between District and High School State. If you are a club swimmer interested in competing in club meets, talk to me so we can make arrangements. Metro, District and State are non-negotiable meets that cannot be missed. If you are going to miss a meet for any reason, I need an email one week before the meet.

2017-2018 La Cueva Swimming and Diving Schedule

<u>Date</u>	<u>Meet</u>	<u>Location</u>	<u>Warm-upTime</u>
11/16/17	Aps Relays (Diving)	Valley	3:00 PM
11/17/17	APS Relays (Swimming)	West Mesa	3:00 PM
12/01/17	APS Invitational (Diving)	Sandia	3:00 PM*
12/02/17	APS Invitational (Swimming)	West Mesa	7:00 AM*
12/06/17	Mini Invite (Diving)	Sandia	3:00 PM
12/06/17	Mini Invite #2 (Swimming)	West Mesa (West)	3:00 PM
12/09/17	Rio Rancho Invite (Swim And Dive)	Rio Rancho	8:30 AM
12/15/17	APS Mini Invite (Diving)	Sandia	3:00 PM
12/16/17	APS Mini Invite #2 (Swimming)	West Mesa (East)	7:30 AM
01/05/18	APS Mini Invite (Diving)	Valley	3:00 PM
01/06/18	APS Mini Invite (Swimming)	West Mesa (East)	8:00 AM
01/13/18	APS Boys Metro Championships (Swim and Dive)	West Mesa	7:00 AM*
01/20/18	APS Girls Metro Championships (Swim and Dive)	West Mesa	7:00 AM*
01/27/18	Tom Casey Challenge (Swim and Dive)	Academy	10:30 AM
02/02/18	APS Mini Invite (Diving)	Valley	3:00 PM
02/03/18	APS Mini Invite (Swimming)	West Mesa (West)	8:00 AM
02/09/18	District IV (Diving)	Sandia	3:00 PM
02/10/18	District IV (Swimming)	West Mesa	7:00 AM
02/16/18	NMAA State Prelims	Academy	TBA
02/17/18	NMAA State Finals	Academy	TBA

*Meets we host, volunteers will be needed.

If you are unable to attend a meet for a valid reason, I must have notice by email one week before the meet.
All athletes are required to be at the pool 15 minutes prior to warm up.

Tryout Policy

Due to space and time limitations, the La Cueva Swim Team will have to make cuts this year. In order to do this as fairly as possible, each athlete will have to do three test sets. These sets are as follows:

Set #1- 12*100 on the interval of 1:25 for boys and 1:35 for girls.

Set #2- 16-50 on the interval of :55 for boys and 1:00 for girls. These will be broken up in 4 50's of each stroke.

Set #3- a timed 500 freestyle. Boys must complete it in 7:00 and girls must complete the swim in 8:00.

Each set must be completed in the time given and without stopping. If an athlete stops, he will fail the set.

Completing the set does not guarantee a spot on the team, these are for evaluation purposes.

Training with a club team does not guarantee a spot on the La Cueva Swimming or Diving Team.

Cuts are not something to which I look forward to doing. As a coach my goal is to maximize the number of swimmers on the team without interfering with the quality of practice. I do not have a set number of swimmers that I will keep on the team. The number of swimmers depends on many different factors. The assistant coaches and I will have the final say as to who makes the team.

Attitude, attendance and work ethic are also considered when athletes are being evaluated. Please keep this in mind.

We will not have JV meets again this season due to NMAA and APS policies. This does factor into the decision making process of who to cut and who to keep on the team.

Team Rules and Procedures

General Rules:

1. All athletes will be required to have a GPA above 2.0. Per La Cueva, NMAA and APS rules if an athlete's GPA falls below this mark, they will not be allowed to compete.
2. The Swimming and Diving Team follows the APS substance abuse policy. If you are found to have broken the rules regarding this policy, you will be removed from the team.
3. You represent La Cueva High School, your parents, the swimming and diving team, me, and many others; therefore first class behavior must be displayed at all times. This behavior includes: good sportsmanship, watching what you say, what you wear and how you act. Anything less than first class will not be tolerated. This includes behavior at school, swim practice, online social media, meets, team dinners and any other function where you represent the swimming and diving team.
4. We are guests at the pools where we practice and compete. We must leave the facility in better shape than we found it. Please do not leave your belongings in the locker room at practice or a meet. Please clean up after we leave a facility and do not touch any property that is not yours.
5. The team or school does not provide transportation to practice or meets.
6. Failure to comply with team rules will result in consequences, which may include probation, not being able to compete, suspension from the team, or being removed from the team.
7. Due to a change in APS policy, female tie suits will not be allowed in practice or meets.

Practice:

1. You are required to attend every practice. If you are unable to attend practice, you must let Coach Vince know why you will not be there on the day of the missed practice. Whether it is by text, email, or phone call. Let me know. If practice attendance falls below 90%, you will not be on Varsity or competing in meets. This also includes club practice. We will keep the same club schedule during winter break practices.
2. We will have practice on days when school is not in session at La Cueva. The only days we will not have practice are Thanksgiving Day and Christmas Day.
3. During practice you may leave to the bathroom only in between sets and after you have asked a coach; do not get out in the middle of a set. Each athlete is required to bring their own water bottle every day to practice, AND NO SHARING OF WATER BOTTLES.
4. Practice starts at 4:15; be ready for practice on time. We are in the water at 4:30 PM sharp. Make sure you are ready to get in at this time. If you are consistently late to practice, there will be consequences.

Meets:

1. As a member of this team, you are required to attend every meet and stay for the entire meet. Just because you are done swimming does not give you the right to leave; you must stay until I have finished my post meet meeting with the team. Please plan four to five hours for each meet. Exceptions: Albuquerque Invite, Metro, Tom Casey, District and State; these meets will last longer. If you leave a meet early, you will not be allowed to swim in the next meet. If you are unable to attend a meet, I need the reason in an email a week before the meet.
2. As a team, you are required to sit and support your teammates. At meets you are not allowed to sit with any friends that compete on other high school teams.
3. If you are late to a meet, you will not swim in your first individual event. Please make sure you leave in enough time to make it to the pool on time.
4. When making a line-up I take many things into consideration. I am open to suggestions for what events you may like to swim, but the final decision rests with me.
5. If a club meet and high school meet conflict over the same weekend, you are required to attend the high school meet unless the club meet is a national level meet.
6. The NMAA has a ten meet rule, please help me ensure you are following this rule.

If you have problems during the season, please do not hesitate to talk to me. Please remember I am responsible for sixty athletes and their families. Decisions are made for the benefit of the entire team.

Lettering Policies

- 1) An athlete must be a student in good standing at La Cueva and as a member of the Varsity Swimming and Diving Team.
- 2) A student must be part of the program from the beginning of the season to its completion. (Exceptions: move in, return from another sport, or return from injury.)
- 3) Varsity athletes must attend at least 90% of practice and meets. If an athlete misses practice, he or she must let Vince know that day to explain the absence. Athletes will receive a verbal warning after one unexcused absence, a suspension from the next meet after two unexcused absences, and after three unexcused absences, the athlete will be removed from the team.
- 4) Lettering requirements:
 - a. Qualify for and compete in state or score sixty individual points during the season
 - b. Show good sportsmanship and positive attitude.
- 5) Athletes will not receive a letter if:
 - a. They quit the team. They also may not try out for another school team until after the Swim/Dive season has been completed.
 - b. They are academically ineligible and unable to complete the season.
 - c. They have excessive absences from practices or competition.
 - d. They have been removed from the team for disciplinary reasons: violating team rules or policies, violating school rules or policies, or violating the substance abuse contract.
- 6) The booster club does not have the right to discipline or remove athletes from the program and will not be involved in such decisions.

Captains:

All interested sophomores and juniors must turn in a letter of intent and two letters of recommendations for staff members to me by the banquet if they are interested in being captains for the 2018-2019 Season.