

Skyline Swim and Dive

www.SkylineSwimAndDive.org

Head Coach: Susan Simpkins

425-503-2192

Susan.Simpkins@skylineswimanddive.org

Assistant Coach: Peter Wicklund

425-890-0996

Peter.Wicklund@gmail.com

Captains: Nick Kosenkranius and Rogers Feng

Practice Information

- Monday through Friday 3pm to 5pm Klahanie Mountain View Pool
- Daily bus from Skyline and PCFC. There is no bus after practice. Swimmers need to make arrangements to be picked up at 5pm.
- Swimmers need to help take matt's off and one, lanes in the pool, pickup and keep locker room clean.
- No cell phones at practice.
- Always have at practice: swim suit, goggles, cap (optional), towel, running shoes, t-shirt, sweatshirt and shorts.
- We will be doing some form of dryland training at each practice. We will also stretch before and after practice.
- Be on time.
- If you are late and do not stretch with team before practice it will not count as a practice towards your varsity letter.

Other Information

- Hazing is not allowed. Per team, school and district policy hazing in any form will not be allowed. This includes any method of initiation into a school program, club, team, or other school related activity that causes, or is likely to cause bodily damage, physical harm, mental or emotional harm.

Priorities

- Skyline Swim and Dive is a Varsity sport. Our coaches view your priorities as:
 1. Family
 2. Academics
 3. Skyline Swim Team

Eligibility

- Every athlete must turn in eligibility form, medical release form, and pay sports fees to Skyline High School before they can practice.
- If you have any medical conditions (i.e. asthma, severe allergies, etc.) please inform our coaches at your first practice. Always take precautions, for example if you have an inhaler have it with you at all times, or have a coach hold it for you.
- You must have 10 practices to compete in your 1st meet (WIAA requirement).
- Club swimmers, you are required to attend Skyline practice per WIAA rules.
- Please inform coaches as soon as possible by phone (not email) if you will miss a meet.

- If there are two or more unexcused absences from meets, or more than 10 unexcused absences from practices you will not receive P.E. credit for the season.
- If you are on Academic Probation (AP) you are still required to attend practices and meets.
- You must be at practice and in the water the day before a meet, or you will not swim in the meet.
- All swimmers will ride to and from the meets on the team bus. Parents may pick you up at Skyline when the bus returns.
- Whether swimming or not you are required to be at the meet.
- All swimmers and parents must sign District Handbook before competing in the 1st meet. Handbooks will be provided.
- All swimmers will turn in goal and contract sheet.

Attire

- Team suits are required by all swimmers.
- Captains will let you know about optional team T-Shirts.
- Team warmup sweats are available upon request and for team photo. They are checked out for the season and if not returned a \$175 fine will be applied through Skyline.

Varsity Letters

- A varsity letter is awarded for any of the following:
 - Swimmer accumulates 60 points.
 - Points are awarded for:
 - 1 point for each practice attended.
 - 2 points for each Personal Best time in an individual event at a meet.
 - 2 or more district times in individual events and attend 90% of all practices.
 - Qualifying for State in an individual event and attend 90% of all practices.
 - All seniors who have swam two or more years for Skyline and attend 90% of practices.
 - At coaches discretion.

Swim Meets

- Schedule and pool locations are on www.SkylineSwimAndDive.org website.
- There will be a short meeting following each meet.
- You are responsible for being at your event on time.
- All parents are encouraged to volunteer and help at meets as timers, starter, diving stroke and turn, etc.
- We are looking for a parent who will be in charge of volunteers for meets.

Home Meets

- Required to set up and take down 14 chairs and table (from foyer).
- Make sure lap counters get to the end of each lane and picked up after the meet.
- Skyline Banner setup.
- All equipment back on the bus.

Post Season

- KingCo Championships – Feb 6th and 7th.
- District II – Feb 13th and 14th.
- State – Feb 20th and 21st.

Holiday Break Practice Schedule

- Thanksgiving – Friday 10/28 and Saturday 10/29 – 9am to 11am
- Winter Break – December 22, 23, 24, 29, 30, 31, Jan 2, and 3 – 9am to 11am
- Regular practices resume on Monday January 5th.

Team Photos

- Friday November 21st at Mountain View Pool 3:30pm