

2022 Bolles High School Swimming & Diving Parent Handbook

Swim & Dive Coaches:

Peter Verhoef

Dale Porter (Middle School)

Claire Mills

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Melissa Steele

Courtney Gils (Diving)

Melisa Hyams (Diving)

Alexis Keto

Cameron Bendetsen

Madison Gotham (Middle School)

Overview of Bulldog High School Swimming:

- August – November season to represent The Bolles School in FHSAA athletic competition. Includes 8-10 competitions (dual meets & invites) and the State Championship series (Districts – Regionals – State)
- Events are limited: 8 individual swimming events and 3 relays compared to 13 individual events and 5 relays in club and collegiate competition.
- Divers compete as would a swimmer in one meter diving at Dual and State competitions.
- Only 4 swimmers/divers per event can be entered onto the state roster.
Not all Bolles swimmers will make the state team (see below). In many cases a swimmer at Bolles would be a key contributor at another school, but with the historical depth of the Bolles team, even swimmers capable of scoring at states may not be named to the State team. All swimmers will be recognized for a State Championship.
- Must attend 5 meets during HS season to be eligible to be considered for State Championship series.

State Championship Series: The State Championship meet is a culmination of three consecutive competitions that increase in depth and speed as the regions they include expand. By FHSAA rules, the “State Team” is the team listed to compete at districts – 4 entries per team in each event. Keep in mind swimmers will participate in multiple events. Coaches will communicate with swimmers participating about specific preparation plans for each competition.

State Team Selection will be done by the coaches in the week following the final dual meet. While we cannot select every team member to represent the team in the state competition, the collective strength of the team will determine the success of the team. The criteria to select the team will include, but not limited to:

1. Season Best Performances (depth chart / diving is head-to-head competitions)
2. Season Performance Progress
3. Lifetime Best Performances (previous 2 seasons)

If needed:

- Attendance (Objective)
- Team Interactions
- Effort, Attitude, Experience (Subjective)
- Student-athletes commitment to team season plan
- Suited vs Unsited times
- Academic Progress and Success

Not Considered:

Grade Level (seniority), Lifetime bests from 3+ seasons prior, Donations, Parent Volunteerism, Tuition or aid.

Diving selection will be based on head to head competition through the year. 4 entries are allowed per gender into the state series.

- **Meet Schedule is posted online at www.bollesswimming.org and at www.bolles.org.**
 - **YOU MUST COMMIT OR DECLINE ALL MEETS ON THE TEAM WEBSITE IN ORDER TO BE ENTERED. If the meet requires a select team or has a qualification time coaches will notify you as needed.**
 - Certain meets are designated as “select” upper/middle school swimmers. Coaches will let swimmers know of the roster a week prior to the event. Coaches work to provide competition opportunities for all athletes on the team.

- **Practice Schedules** are posted online and updated through weekly emails

- **Eligibility Requirements:** Physicals and FHSAA required forms need to be uploaded to the Magnus system. Concussion baseline testing is required of all new athletes and is done every 2 years. The full team must watch the concussion video prior to the season. A roster is submitted each year to FHSAA for eligibility determination.

- **Practice Attendance:**
You are expected to be at all practices Mon-Fri afternoon. If you are not in attendance, let the coaches know why you are not here. Athletes registered and participating with the sharks club are expected to attend the prescribed club practices (mornings, weight room, Saturday).

- **Bulldog Swim & Dive Participation Fee** is \$150 for Varsity and \$75 for Jr Varsity. This fee is used for team activities not related to competitions, team shirts and gifts, banquet and team video expenses. It is collected as a “registration fee” at the beginning of the season via Team Unify.

- **Communication will primarily be through email and to the student-athletes directly.** Student-athletes should learn to be responsible for their schedule and planning for their season.

- **Middle School:** Athletes in grades 6-8 are invited to participate in our Bolles team swimming & diving program as “Middle School” athletes. They are eligible to make the “state” team. Not all meets will include middle school athletes and you will receive notification from coaches for which meets to participate in.

- **Locker Rooms:**
 - A locker has been assigned to each swimmer
 - Always LOCK your valuables in the locker room, your car, or the coaches’ office.
 - Please make sure locker room door is always closed .
 - Do not let anyone into the locker room that is not a Bolles swimmer.
 - Please keep all your stuff in the locker room or on the pool deck, not the dry-land room.
 - Inappropriate locker room behavior can result in loss of privileges for individuals or the team.

- **Team Travel:** Transportation for high school competitions is provided to all members attending the competition.
 - Food money is limited so bring some extra.
 - Swimmers that make travel team will team travel to HS swim meets, may go home with parents.
 - Club swimming you will need to pay for trips, team travel is available but optional.

- **Team Store:** Team members may order the team suits, apparel, equipment, and technical suits from Splashjax. On the SplashJax website there is a specific tab labeled “Bolles” with the appropriate apparel.

- **Equipment:** Equipment bag, snorkel, fins, hand paddles, and buoy. Equipment can be ordered online from SplashJax.
- **Caps:** Bolles caps are required at practices and competitions. Each bulldog swimmer receives 2 free caps.
- **Letterwinners:** to qualify as a season letterwinner, student-athletes must:
 - Post a time during the season that would have qualified the athlete through from the District Championships to the Regional Championships, even if the swimmer does not qualify for the Bolles State Championship team.
 - Compete in at least 5 meets.
 - Maintain consistent attendance.
 - Show team spirit and support teammates at all home meets and any away meets in which they participate.
 - Middle school athletes will receive a letter if they compete in a meet.
 - Divers can earn a letter by competing in the District Diving Championship (they must have the required number of dives to enter the competition).
- **Captain Selection: Spring of year prior (May)**
 - Up to 3 boys & 3 girls, no more than 2 from one practice group at time of selection.
 - Head Coach will interview candidates & make captain selections using team input.
 - Captains will be named for the season by recognition from the team as to who provides leadership throughout the season. Leadership is defined as:
 - The ability to influence others
 - Willingness to make tough decisions
 - Willingness to take responsibility for more than themselves
- **Code of Conduct and Honor Code:** During all team activities and away from the pool as representatives of the program, student-athletes will abide by the Bolles School code of conduct and honor code.
- **Suit Policies:** All Bulldog swimmers & divers are required to purchase and wear the solid blue team suit for meets. (Sharks swimmers receive a solid blue suit with registration.)
 - FHSAA rules prohibit club uniforms during high school competitions. Solid navy suits with “Bolles” are the designated team suit (font style does not matter).
 - This policy is important as our swimmers are visible to others on campus during the day. It is also important as new rules in the FHSAA have made it possible for a swimmer to be disqualified for wearing a suit exposing too much of the buttocks, breasts, or groin. This is subjectively observed by the officials and coaches will be notified.
 - TYR is contractually sponsored to support our Bolles Swimmers in club and high school competitions. This arrangement allows us to present a unified team appearance and provide support to our athletes, families, and volunteers.
 - Swimmers are permitted (and encouraged) to wear technical suits at the Regional (old suit), State (new suit), and Non State championship meets. TYR provides a 30% to state team members for tech suits, Swimmers are expected to compete in TYR suits unless discussed with the head coach.

- **Team Travel Dress Code & Team Uniform:**
 - Blue Bolles Swimming polo, khakis, and dress shoes. Polos can be purchased in the bookstore. Student-athletes may wear your school clothes on any travel to a competition.
 - Team members will receive a Team T Shirt, a State Team T Shirt, and a Team Jacket/Sweat Top. Full team sweats, parkas, bags, and spirit wear is encouraged but not required.

- **Training Room / Injuries & Illness**
 - We have a trainer on campus every school day from 3:00 – 6:00pm. (3:30-5:45 at football field)
 - If an injury persists more than 2 days causing an adjustment to practice, professional medical care should be sought out.
 - Extended visits to the nurses office are not excuses for missing practices, athletes are expected to speak with a coach in person if feeling ill or not well enough to practice. In some cases this can be communicated via text.
 - The Sports Recovery Annex does provide great resources. These are great additions to your training routine but should not be relied on as a medical diagnosis for an injury. Recovery Annex staff can help with injury management and recovery modalities.

- **School Attendance:**
 - Prior to any swim competitions students are required to attend school for as long as is possible prior to leaving on a trip.
 - Must attend at least half of classes on that day to compete and participate in practice.
 - Athletes must complete or arrange to make up their “Saturdays” to be eligible for competitions.

- **Late Return Policy**
 - If School provided transportation returns before 12am –need to be at school all day
 - If Between 12 – 2am excused for 1st and 2nd period
 - If Between 2-4am excused for 1st, 2nd, and 3rd period, must be at 4th.

- **Missed Classes:**
 - For High School competitions the Athletic Department will sign you out of classes as needed and as designated by the swim coaches.
 - We encourage you to talk to your teacher BEFORE you leave and miss a class for competition.
 - During Club season you will need to fill out Blue Slips and turn them in to Deans Office

- **Social Media:** Any Bolles Swim Team member should use their social media accounts consistently with the expectations of character from the Bolles School. Inappropriate or harmful posts should be reported and may result in consequences consistent with inappropriate behavior.

- **Team Parents / Volunteers:** Each season we ask for team parents to help in a variety of roles in support of both the team and our home competitions. We appreciate all the time and energy you give to make our season a success, please look for ways to volunteer and contribute to the team!

- **Questions and Concerns:** Anytime anyone has a question about the team, meets, or concerns about what is going on please contact the coaches right away. You can email, call, or stop by the office. The primary contacts should be:
 - **Coach Peter:** pverhoef@bolles.org
 - **Coach Ryan:** Mallamr@bolles.org
 - **Coach Claire:** millsc@bolles.org
 - **Coach Melissa:** steelem@bolles.org
 - **Coach Dale:** porter@bolles.org (Middle School)
 - **Coach Courtney:** coachcourtney@atlanticcoastdivingjax.com (Diving)
 - **Coach Melisa:** mamoses96@gmail.com (Diving)

High School vs Club Swimming

- The Bolles Sharks CLUB is a USA Swimming club team providing year-round professional coaching and training for Bolles Students, Age Group swimmers, and Learn to Swim. The Bolles Sharks club is operated and supported by the Bolles School – the coaching staff at Bolles shares duties with both Sharks and Bulldog programs.
- Membership with the Bolles Sharks requires payment of annual registration fees and coaching fees as well as serving at hosted competitions. These fees do not include the costs for meet entry or travel expenses to competitions.
- There are practice groups and commitment options for swimmers of all abilities and commitment levels on the Bolles Sharks team. The mission of the team is to develop excellence in people and in the pool through competitive swimming – for all levels. The structure of the club program will create a progressive experience for each athlete through their career preparing them for collegiate swimming or success beyond high school. Depending on the athlete's long term goals, the commitment to club swimming and practice environments may be different in comparison to the high school program.
- While the primary competitive goal of the high school team is to win a High School State and High School National Championship, the club program will focus on competing for recognition at a State, Junior National, and National level in each age group. These competitions require an increased level of physical preparation from the high school championships.
- Club Practices include morning practices, Saturdays, as well as afternoon practices (athletes should speak with a coach about their practice time) each weekday.