

Rancho Bernardo High School

Swim & Dive 2010

Coaching Staff

Head Coach/Varsity Coach – Tim Oelgoetz
Asst. Coaches – Fred Gleason and Amanda Diaz
Diving Coach – Marissa Grabowy

Dear Swimmers and Divers,

Another season is here and it's time to get back into the "swim" of things. I just want to let you know that I am very excited about coaching you guys this season. RB Aquatics has been regarded as an elite program for as long as it's been in existence, and I expect this year to be no different. In my 16 years at this school, I have been a part of 6 CIF Championships and 9 League Championships. Without your hard work, positive attitudes, and dedication none of this would have ever been possible. The focus of this team has always been one of excellence built on accountability. We have always held each other accountable at each and every practice for our actions in and out of the pool. I expect this season to be no different. As coaches, we will show up to practice prepared with imaginative workouts that will challenge your mind and body, along with a lot of motivation. You, as the athlete, must show up with good spirits and the will to train and work smart. By doing this, we will continue to achieve what are hearts desire: **EXCELLENCE.**

The 2009 season at Rancho Bernardo was a huge success. Our JV Boys had a record of 6-2 finishing 3rd in the League and our JV Girls had a record of 8-0 finishing 1st in the League. Our Varsity team continued to show their dominance, with the Boys placing 4th in League and 6th at CIF Championships, while the girls went on to establish a 1st in the Palomar League and were CIF Division 1 Runner-up Champions. In doing so, the Varsity teams established 11 individuals as 1st Team all Palomar League, 6 individual All-Americans, broke 5 different team records, set a new CIF diving record, first place at the Iron Man Relays, first place Varsity Girl's team at the Mt. Carmel Invite and had the Female Palomar League Athlete of the Year. This team would not be as successful as it is if it wasn't for each and every one of you. When I refer to you, I must include the parents. Thank you for your patience and commitment to your student-athletes, without your help, they could not have been successful. This was a total team effort from all parties involved. I want everyone to remember the acronym for TEAM (Together Everyone Achieves More).

This season will last 13 weeks, taking us through CIF Championships. In order to accomplish our goals as individuals and as a team, I have summed up the issues that I feel are important for this team to succeed. Please, Read it! Keep in mind as you go through this that situations will come up for individuals and that we as a coaching staff will deal with those on an individual basis

Team Pictures

The date for the team pictures will be on Thursday April 22, 2010 at Poway Lake. Individuals will be at 245pm and the team picture will be at 330pm. You will be responsible for your own transportation to this team function. Everyone will be expected to attend, since you are a part of this team. **Date/Time is subject to change.** *All Athletes must wear team apparel.*

Meets

These are great opportunities to show off how good you're getting. Swim meets give you something that practices can't, race experience. The more race experience you have, the better racer you become. Because of this, **meets are not optional.** Everyone must be prepared to swim in every meet because you are a part of this team. Everyone must attend every meet throughout the season. Keep in mind that you must attend 4 classes at school on meet day in order to participate in the meet. Please refer to the calendar for exact dates, times, places, and opponents.

Coaches will entertain changes in the line-ups, but all coaching decisions are final. Any athlete who disputes an event in which they have been entered and fails to swim the event will be subject to disciplinary action. All athletes must wear team apparel on and during all competitions.

Team Fund-raiser – SWIMATHON/DIVEATHON

The Swimathon/Diveathon will be held on Friday March 19, 2010 from 2:40pm – 5:00pm. Every year we must fundraise for equipment that is needed throughout the season. This fundraising also goes towards banquets, team dinners, bus transportation, swimmer of the week awards, 2 coaches' salaries, invitationals, equipment, etc. If we want something for the program and the student-athletes, then we must fundraise for it. Your participation in this is crucial for the success of this team. Everyone will be expected to swim and participate with the fundraising. If you elect not to participate in the fundraising event and to not turn in the amount by designated dates, then you may jeopardize your involvement on the team.

Banquet

The banquet will be held on Wednesday June 2, 2010. This is the time to show our appreciation for the athletes. This event will take place in the evening hours after school at the High School. Everyone will be expected to attend and participate in the activities. Seniors and Varsity Athletes will organize this event along with a parent and Coach Tim, but in the end, it's the swimmers who will decide theme, decorations, food, and anything else that might come up in the planning.

Attendance

You are only as good as what you put into something. It doesn't matter if it's homework in relation to test taking, or practices in relation to swim meets. It will always hold true. If one doesn't practice, then one doesn't progress and get better. Because of this, attendances at practices are a must and a vital part of the success of this team at meets. Please refer to the practice schedule for times and days. **Practices are mandatory at all levels. There will be practices over spring break.**

- **All Junior Varsity Club swimmers will be expected to swim with the team everyday.** *Not participating with the high school team will result in not swimming in the meets.*

- **All Varsity Club swimmers are expected to swim with the team the day before all competitions and the required mornings.** *Not participating with the team on these days will result in not swimming in the meets and immediate dismissal from the team. The Head Coach reserves the right to change or add practices.*

- **All Club divers are expected to dive with the team the day before all competitions.** *Not participating with the team on these days will result in not diving in the meets and immediate dismissal from the team. The Head Coach and Diving Coach reserve the right to change or add practices. To qualify for the Varsity level you must be able to perform all (5) required dives as well as 4 optionals.*

Tryouts

Tryouts will be conducted during the first two weeks of practice. Everyone will be evaluated based on his or her current ability. These evaluations will be used to qualify for Varsity. All four competitive strokes will be assessed and then you will go through an interview process with the coaching staff to determine your commitment in order to succeed at the Varsity level. To qualify at the Varsity level, a swimmer achieving automatic or consideration CIF times from the previous season for all returning Varsity.

For all new swimmers to the school and all club swimmers who wish to be on Varsity, you must bring me a copy of your meet times (*practice times are not valid*). From this information, I will determine if you're on Varsity based off of your times compared to the CIF times. Upon completion of these two methods, the remaining Varsity spots will be determined on what's best for the team. After the first 2 weeks of the evaluations an individual may still move up to the Varsity level if it is in the best interest of the team and the athlete. The coaching staff will determine this.

If you were on Varsity last year, I cannot promise that you will be on Varsity this year. What I can promise is that the best interests of the team will always be considered in every situation. In order to receive a Varsity Letter at the end of the season, all Varsity

athletes must be in good standings on the team (including eligibility with regards to grades) and finish out the season at the Palomar League Championships and CIF's.

Parent Information Night

Parent meeting will be on Monday March 1st in the Performing Arts Building at 7:00pm for all spring sports, and then followed by Swimming & Diving meeting only from 7:30-8:30pm.

The Spirit Pack, which everyone must purchase on the first day of the season, includes the following:

Swimming

Girls – Speedo Endurance suit, t-shirt, sweatshirt, sweatpants, one silicone swim cap = \$160.00

Boys – Speedo Lycra suit, sweatshirt, sweatpants, one silicone cap, t-shirt = \$140.00

Divers

Girls – Speedo Endurance suit, t-shirt, sweatshirt, sweatpants, one chamois = \$160.00

Boys – Speedo Lycra suit, t-shirt, sweatshirt, sweatpants, one chamois = \$140.00

All suits will have a RB screen print on the front. All apparel will have a Bronco logo screen printed on the front with your last name on the back. The sweatpants will have swim & dive on the side of the left leg.

NO REFUNDS on Spirit Pack items

Additional items for purchase:

RBHS Team embroidered Speedo bag (with student's name) \$55.00

RBHS Team embroidered Speedo Parka (with student's name) \$110.00

Silicone swim cap \$15.00

Chamois \$15.00

