

Welcome to the Hershey Swimming and Diving team. We have a proud tradition of excellence in and out of the pool and hope you are willing and able to contribute to this tradition. Below is information that must be completed and returned to the proper people prior to November 9, 2022. **FALL SPORT ATHLETES** only need to complete the recertification physical form.

[DTSD Athletic Physical Web Site](#)

Jordan Bartal jbartal@hershey.k12.pa.us

1. [Hershey Athletic Department Physical Examination Form](#) (dated after June 1, 2022)

NEW!! Derry Township CIPPE (Comprehensive Initial Pre-Participation Physical Evaluation) packets are being completed online through Family ID- Click link below to create an account and complete your athlete's paperwork.

[Family ID](#)

FamilyID is a secure registration platform that provides students and families with an easy, user-friendly way to register for our programs, and helps us to be more administratively efficient and environmentally responsible. When students and families register through FamilyID, the system keeps track of their information in a FamilyID profile. Students enter their information only one time regardless of the number of activities and events they participate in.

[Link to Section 6 & 7 - Health History and Physical Form](#)

[Link to Section 8 - Re-Certification Form](#)

2. Hershey Swimming and Diving Policy

- Return to Coach Fastrich by November 18, 2022.

Important Dates

Date:??????

Athletic Director Parent Meeting

Coach Parent Meeting

- Review Team Policies
- Competition Schedule
- Championship Meets
- Miscellaneous Information

November 9 All Physical Packets and Recertification forms due to the athletic trainer.

November 18 Official First Day for All Winter Athletics (November 21 for swimming)

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GENERAL INFORMATION

Communication Plan

- Email: fasty4@aol.com Phone: 717-856-3089
- Team Snap App ~ one way communication to athlete/parents
- Meeting; set up a time.
 - All meetings must go through the coach first.
 - If not satisfied, a meeting can be set up with the Athletic Director.
- Appropriate concerns for discussion:
 - The treatment of the child mentally and physically.
 - Ways to help your child to improve.
 - Concerns about your child's behavior.
- Issues not appropriate to discuss with the coach:
 - Playing time, Lineups, Team Strategy
 - Other student-athletes

Athletic Trainer

Jordan Bartal jbartal@hershey.k12.pa.us

- Contact via email before stopping in for visit. Available after 1:30 PM.

Athletic Trainers are available after school to provide:

- Assessment and diagnosis of musculoskeletal injuries in athletes as well as first aid, treatment and proper referrals when appropriate
- Physical rehabilitation services
- Management of emergency situations which may arise during athletic practices and events
- Coordination of care with Primary Care Physicians, Orthopedic Physicians and Physical Therapist School
- Drayer Physical Therapy
- Physician (Dr. Silvis) goes to the athletic trainer's office once a week, usually Tuesday 5:30 PM

Return to Play: Student athletes with any injury or illness diagnosed by another physician other than Leah and Dr. Silvis cannot return to swim without a written doctor's note indicating so.

- Taping of any sorts is prohibited by NFHS and PIAA Rules. Athletes requiring taping must provide a note from an M.D. or D.O. No other notes will be accepted.

Academic Eligibility

- Student athletes must be eligible to participate in extracurricular activities. Be on time, do your work, communicate with your teachers, know your grades at all times.
- The academic eligibility of each student athlete will be monitored on a weekly basis. Eligibility runs Sunday through Saturday. If a student athlete is deemed ineligible as of 2:20 pm Friday, he/she is eligible Friday and Saturday, but he/she becomes ineligible as of Sunday through the following Saturday
- If a student is failing two or more subjects at the end of the marking period (January 16, 2023), that individual is ineligible for 15 school days.
- All other policies can be found on the school's website: www.hershey.k12.pa.us

Behavior Responsibilities

It is felt that the behavior of athletes, either separately or as a team, reflects the philosophy and values of the coaching staff. High School swimmers represent their school, and their coaches, as well as themselves. Behavior of athletes also affects other athletes, officials, opponents, administrators, spectators, and families. In turn, this behavior can affect the quality of our program. It is an honor to represent such a fine school as Hershey High School and your responsibility should not be taken lightly. Your conduct in and out of the pool will be evaluated and scrutinized. It is of the utmost importance that your conduct does not cause embarrassment to the school or swimming program. There is no question that behavior patterns of the present athletes in our program directly affect our ability to attract the quality of athlete in which we are interested in at Hershey High School. We are working hard to create a positive "class" image. You have the responsibility of establishing a caliber of excellence at Hershey High School.

[DTSD Hazing Policy Section 247](#)

Disciplinary Action Plan

In order to maintain the pursuit of excellence, ***activities not consistent with these ideals will not be tolerated (use of alcohol, tobacco, electronic nicotine devices, drugs, theft, hazing, etc.)***. If these activities do occur at any time, Derry Township Drug & Alcohol Policy will be in effect.

In addition to the Derry Township Athletic Code of Conduct and Drug and Alcohol policy, athletes may face suspension from participating in a practice or competition if:

1. They demonstrate poor sportsmanship by slapping the water, throwing cap or goggles, not shaking the hand of the opponent or teammate if the opportunity presents itself.
2. Disrespecting any coach at any time for any reason.
3. Leaving a practice or competition without the consent of a coach.
4. Athletes serving ACE or after school detention, may face additional athletic suspension from practice or competition.

School and Practice Attendance Guidelines

- School starts at 7:38 a.m. Students are expected on time and ready to learn. If you come in after 10:00 a.m. you cannot practice or play (exceptional reason for which students may be excused must meet administrative approval).
- If a student athlete is sent home by the nurse, the student athlete cannot practice or play unless a physician has given medical clearance (need this writing).
- Please do your best to schedule appointments and activities around the schedule provided.
- Contact Coach Greg if you have any conflicts.
- **ABSENCES:** Swimmers will have no more than **6 unexcused absences starting November 21, 2022**. Must attend "SWIM" practice the day before a competition. (14 Week Regular Season / 4 Week Post Season; 44 Total)
- DTSD mask policy will be in place at all times while representing Hershey High School..
- ***There will be NO HHS practice on days in which school is NOT in session.***

PRACTICE INFORMATION

Practice Schedule

Diving ~ Updated 10-21-22

Trampoline @ Paramount Tues & Thur / Sat 7:30-9:00pm / 9:15-11:00am

Diving @ DTCC Mon & Wed / Sat 6:30-8:00pm / 11:30-1:00
@ Red Land HS Fri 5:30-7:30pm ~ **Tentative**

Swimming

Swim @ DTCC Monday-Thursday 3:00-5:00pm Friday 3:00-4:30pm

Dry Land @ Hershey HS Mon, Thur (Women) 5:55-6:55am
Tues, Fri (Men) 5:55-6:55am

Inclement Weather

IF DTSD campuses are closed, practice and competitions are canceled.

If school is let out early, no afternoon practice or competition.

COMPETITION

Team Travel

You are representing Hershey High School and want to display yourself with pride in your school as well as the Hershey Swimming and Diving Team. ALL swimmers will be traveling and competing in all competitions.

Competition Attire:

- All athletes are to wear Hershey High School team uniforms at all competitions.
- Team Suit, Caps, T-shirt, Shorts, Warm Up Jacket, and Warm up Pants.

Away Meets / Home Meets

- **Meet Day dress code will be determined by Senior Leadership**
- Athletes must be dressed in their competitive attire prior to departure. Students will have access to HHS gym locker rooms prior to departure.
- Departure: Bus will leave from the side entrance.
- Students will be dismissed 30 minutes prior to bus departure.
- Team arrives 20-30 minutes before warm-ups.
- The athletic director will reach out to each out to schools 24-48 hours for their procedures and protocols. This includes locker room use and if spectators will be allowed.

Transportation to and from competitions.

The Bus:

- There will be NO Coed seeding. Boys and girls will sit opposite ends of the bus.
- There will be no glass bottles brought onto the bus.
- Any food brought onto the bus, it must be deposited in the trash on the bus. The bus will be left spotless upon leaving.
- Shouting, turning around, or horse play will not be tolerated. **No questions asked!!!**
- All bags must remain out of the aisles.
- **The bus driver is in charge!!!**

Personal Cars

- Students may provide their own transportation to and from competitions.
- Must notify the Athletic Director and Coach 24 hours prior to the competition.
- Must have temperature checked at the high school prior to departure.

General Competition Guidelines:

- Athletes may not be engaged with their phones during competitions. Texting during swim competitions is not permitted. Phone will be taken away and returned at the conclusion of the competition.
 - Phones will be confiscated no later than 10:00pm during overnight stays (PIAA State Meet)
- Riding Home with Parents: Parent must submit a letter of request a day prior to the competition
- Family and friends are to remain on the spectator side of the pool as you are to remain on the team area.
- There will be a team warm down at the conclusion of each meet lasting 15-30 minutes.
- Swimmers are not permitted to do homework at any time during the competition.
- **Team Warm Down:** All athletes competing are required to do the team warm down at the end of the meet if time allows.

Information

- Dual Meet: Athletes may swim a maximum of 4 events (2 individual and 2 Relays or 1 individual and 3 relays).

Dual Meet Order of Event	Championship Order of Events (2 day format except Conference)
1. 200 Medley Relay	Day 1 200 Medley Relay
2. 200 Free	200 Free
3. 200 IM	200 Individual Medley
4. 50 Free	50 Free
5. Diving	100 Fly
6. 100 Fly	200 Free Relay
7. 100 Free	Day 2 100 Free
8. 500 Free	500 Free
9. 200 Free Relay	100 Back
10. 100 Back	100 Breast
11. 100 Breast	400 Free
12. 400 Free Relay	Diving – Separate Days and Sessions

End of the Season Awards

Academic All-America:

- Must have received a varsity letter at least 3 of the 4 years and be a Senior.
- Maintain a 3.5 GPA. **Due by April, 1**

Swimming All-America:

- Achieve All America Consideration time standard to be considered.
- Ranked in the final Top 100 Nationally at the conclusion of the spring season.

Class High:

- The individual that scores the most points in each class

Most Improved:

- The male and female that have dropped the most time from one season to the next or within their first season.

Hershey Atlas Award:

- Female and Male swimmers who accumulate the most NISCA power points. Power points equal the quality of the swim

Varsity Letter Award

- **90% Practice Attendance required to be eligible**
- **Must meet one of the three criteria listed below.**
 1. Swimmers who score 75 competition points (Relays are ¼ point)
 2. Divers who score 30 competition points.
 3. Four Year Participant
 4. Achieve 2 Varsity Letter Time Standards

<u>Female</u>	<u>Event</u>	<u>Male</u>
26.50	50 Free	24.00
58.50	100 Free	53.00
2:07.50	200 Free	1:56.00
5:40.00	500 Free	5:20.00
1:06.00	100 Back	1:00.00
1:14.00	100 Breast	1:08.00
1:05.00	100 Fly	59.00
2:24.00	200 IM	2:10.00

Swimming and Diving Policies

I, _____, have read and understand the Hershey High School
(Athlete Name Printed)

Swimming and Diving 2022-2023 Team Policies. I will further comply with all the rules and regulations

provided and the disciplinary actions that will be enacted upon myself without question.

(Athlete's Signature)

(Parent or Guardian's Signature)

Date: _____

Date: _____

***We want to win badly enough to enforce these policies for all athletes.
We do not want to win badly enough to disregard them for any athlete.
We believe that... "There is a price for victory--the price is worth paying"
WE ARE STRIVING FOR EXCELLENCE!!!!!!!!!!***

Competition Schedule updated 10-21-2022

Date	Opponent	Facility	Departure	Start
12-13	Mifflin County (No Dive)	Juniata Valley YMCA	2:30pm	6:00pm
12-16	Cardinal Invite ~ Diving	Upper Dublin HS		4:00pm
12-17	Cardinal Invite (Split Gender Sessions)	Upper Dublin HS	Girls 6:15am	9:30am
			Boys: 11:15am	2:30pm
12-20	Cumberland Valley	Hershey (DTCC)		4:15pm
1-3	Central Dauphin (Senior Night)	Hershey (DTCC)		4:15pm
1-7	New Year's Challenge	Bucknell University	6:45am	10:00am?
1-10	State College	Hershey (DTCC)		4:15pm
1-14	Wilson Relays	Wilson	6:45am	9:30am?
1-17	Governor Mifflin	Hershey (DTCC)		4:15pm
1-19	Muhlenberg	Muhlenberg HS	1:45am	4:00pm
1-24	Chambersburg	Hershey (DTCC)		4:15pm
1-26	Palmyra	Palmyra HS	2:30pm	4:00pm
1-31	Carlisle	Hershey (DTCC)		4:15pm
2-3	Wilson	Hershey (DTCC)		4:15pm
2/8	MPC AAA Diving Boys & Girls	Cumberland Valley HS	2:30 Warm Up 4:00 Start	
2/10-11	Mid Penn Conference Champs	Cumberland Valley HS	TBD	
2/17-18	Mid Penn Polar Bear (those no in MPCs)	Northern HS	TBD	
2/25	District III Diving AAA	Wilson High School	TBD	
3/3-4	District III Swimming Champ	Cumberland Valley	TBD	
3/17-18	PIAA Championship AAA	Bucknell University	TBD	

Meet Notes

Cardinal Swimming and Diving Invitational

- Qualifying Times

Annual New Year's Invite

- 4 entries per event; 3 for 500 Free; 2 Relays

Wilson Relays

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Mid Penn Championship Meet:

- 4 entries per event; Top 32 Entries Qualify

Mid Penn Plunge Invitational

- Those not swimming in Mid Penn Championship

District III Championships

- 4 entries per event; Top 32 Entries Qualify; Top 16 Relays

PIAA State Championships

- District Champ advances; Next fastest 16 times in the State fill the field to 32.

High School Qualifying Times---Updated 10-17-22									
				Times based on previous year & are guidelines only					
		2023	2023	2022	2022	2022	2022	2022	2023
Female		Automatic All America	Consid. All America	State Prel Top 8	State Prel Top 16	State at large	District 32 Seed	MPC 26 th Seed	Cardinal Invite
200	MedRel	1:44.25	1:46.16	1:46.69	1:48.87	1:50.61	1:57.92		
200	Free	1:48.76	1:50.56	1:52.75	1:55.17	1:56.19	2:02.95	2:12.42	2:12.00
200	IM	2:01.46	2:03.55	2:06.76	2:09.35	2:11.63	2:22.62	2:32.37	2:35.00
50	Free	23.17	23.53	23.91	24.25	24.52	26.27	27.16	28.00
100	Fly	54.39	55.48	57.53	58.39	58.79	1:05.62	1:08.29	1:14.00
200	Fr Rel	1:35.33	1:36.73	1:37.46	1:39.20	1:40.06	1:43.15		
100	Free	50.17	51.00	51.67	52.66	53.07	56.90	59.63	1:01.00
500	Free	4:52.54	4:57.06	5:01.37	5:09.25	5:13.12	5:32.97	6:05.39	6:12.00
100	Back	54.75	55.83	56.32	57.94	59.25	1:04.21	1:08.81	1:11.00
100	Breast	1:02.58	1:03.75	1:05.32	1:06.28	1:07.25	1:12.77	1:17.39	1:19.00
400	Fr Rel	3:27.49	3:30.90	3:31.43	3:36.44	3:38.04	3:49.42		
Male		Automatic All America	Consid. All America	State Prel Top 8	State Prel Top 16	State 8th at large	District 32nd Seed	MPC 26 th Seed	Cardinal Invite
200	Med Rel	1:32.90	1:35.06	1:35.06	1:37.75	1:39.08	1:43.32		
200	Free	1:38.42	1:40.06	1:42.25	1:43.61	1:44.55	1:54.42	2:06.85	2:06.00
200	IM	1:49.41	1:51.52	1:53.45	1:55.72	1:57.45	2:17.56	2:54.52	2:25.00
50	Free	20.49	20.87	21.27	21.59	21.77	23.25	24.43	25.50
100	Fly	48.72	49.77	50.41	51.14	52.09	56.59	1:02.84	1:05.05
200	Fr Rel	1:24.50	1:25.77	1:26.32	1:26.56	1:28.59	1:33.47		
100	Free	44.86	45.67	46.26	47.10	47.55	50.51	55.64	56.00
500	Free	4:28.76	4:33.05	4:36.38	4:39.70	4:44.43	5:25.28	5:55.47	5:45.00
100	Back	49.09	50.24	51.39	52.49	52.96	1:02.03	1:07.49	1:07.00
100	Breast	55.65	57.62	58.42	59.47	57.91	1:05.23	1:11.95	1:11.50
400	Fr Rel	3:05.78	3:08.49	3:10.56	3:13.32	3:14.63	3:26.91		

National Interscholastic Swimming Coaches Association

2022 - 2023 NISCA Swimming All-America Yard Time Standards

Top 100 Athletes as determined by submitted and accepted times will be recognized as All-America in individual and relay events.

PIAA Championship Qualifying Times

The times listed above are approximate qualifying times based on the previous years. Though there are qualifying times listed in meet announcements for both District Championship and Mid Penn Championship, the top 32 entries qualify for the meet. If more than 32 swimmers meet the qualifying time standard, all will compete at that specific competition.

PIAA State At-Large times ~ The individual/relay champion of each district meet (8 districts) automatically qualify for the PIAA Championship. The next 24 fastest times swum at districts fill the remaining spots to

32.