

## **2017-18 Marple Newtown HS Swimming**

MNHS Swimming Email - [MNHSSwimming@gmail.com](mailto:MNHSSwimming@gmail.com)

**Practices** - This is a Varsity Sport and practices are mandatory. Swimmers are expected to be at practice everyday. If you are a member of stage crew, in the play or some other school activity please talk to the coach and we will work out a practice schedule. Practices can be excused for academic reasons but must be made up in the morning.

**Get all paperwork turned in (Physical, MN Athletic fee, Consent form, booster fee...)**

**Regular practice schedule** - 1st official day of Practice Friday November 17th

- Monday to Thursday 3:30pm to 6:00pm - Be on Deck at 3:25
  - Dry land training 5:30 to 6:00 - The quicker you change the quicker dryland ends
  - Friday 3:30pm to 5:00 No Dryland
  - Saturday Mornings - Mandatory 11/18,12/2,12/23, 12/30,1/13,1/27, 2/3 7:30 am to 9:15 am
  - Mornings - Tuesday and Friday 6:10 am to 7:10 am Starting in December
    - Optional, Make up for missed practices.
- Thanksgiving Week Practice. Monday, Tuesday & Wednesday 12:00 to 2:00, Diving 2:00 to 3:00. Friday 10:00 am to 12:00 pm, Diving 9:00 to 10:00. Swimmers are expected to be at practice
- Winter Break Practice 12/22 to 1/1 Swimmers are expected to be at practice.
  - 12/22 10:00am to 12pm, 12/23 7:30 am to 9:15am
  - 12/26 to 12/30 8:00 am to 10:00 am
- Missed Practice - Coach must be notified before practice is missed. Swimmers attending help class must present a note from the teacher.
  - Excused must be done prior to missing. Parent must email the coach. Swimmer will be required to make up the practice.
    - 2 unexcused practices = 1 missed meet
    - 3 unexcused practice = 2 missed meets
    - 4 unexcused practices = Dismissal from the team

**Diving** - Practice 4:30 to 6. Dryland 4:30 to 5:00. Coach Kayla will have specifics for divers.

**Varsity Letter** - This is a general criteria. Coach makes the final decision on varsity letters.

- 80% practice Attendance regardless of excused or unexcused.
- Participate in meets - attend all eligible meets
- Score 10 points in a Varsity meet

**Meets - Display exceptional sportsmanship - Cheer every race.**

- Swimmers attend all meets.
- Swimmers are asked to stay off their phones during the meet.
- Team travels to meets together on a bus, Swimmer may return home with a parent. Parent must present a note and have a face to face exchange of the athlete.
  - Swimmers may not ride home with their "friends"
  - Swimmers may ride with other team members parents if arranged ahead of time. A note must accompany the request.
- Swimmers will stay at all meets until the coach dismisses the team.
- Following home meets the team will help clean up after the meet by putting away the timing system and making sure the team area is clean.
- Following home meets the team will have a warm down period that will last until 6:30 pm

## **High School order of events - Girls events followed by Boys events**

200 Medley Relay

200 Free

200 IM

50 Free

Diving - Swimmers are to stay on Deck and Cheer for divers

100 Fly

100 Free

500 Free

200 Free Relay

100 BackStroke

100 BreastStroke

400 Free Relay

Swimmers are eligible to swim 4 events each meet. 2 relays and 2 individuals or 3 relays and 1 individuals.  
Diving counts as an event in the swim meet. Most meets swimmers will compete in 2 or more events.

### Marple Newtown Swimming Schedule 2017-18

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Wed Dec 13 3:45PM	Vs. <u><a href="#">Harriton High School</a></u>	MN High School Pool
Sat Dec 16 8:00 AM	TIGER RELAYS	MN High School Pool
Tue Dec 19 3:45PM	@ <u><a href="#">Strath Haven High School</a></u>	Strath Haven
Thu Dec 21 3:45PM	Vs. <u><a href="#">Springfield High School</a></u>	MN High School Pool
Fri Jan 05 3:45PM	@ <u><a href="#">Conestoga High School</a></u> (Rescheduled from 01-04-18)	Upper Main Line YMCA
Tue Jan 09 3:45PM	Vs. <u><a href="#">Lower Merion High School</a></u>	MN High School Pool
Thu Jan 11 4:00PM	@ <u><a href="#">Garnet Valley High School</a></u>	GVMS Pool
Wed Jan 17 3:45PM	Vs. <u><a href="#">Upper Darby High School</a></u>	MN High School Pool
Tue Jan 23 3:45PM	Vs. <u><a href="#">Ridley High School</a></u>	MN High School Pool
Thu Jan 25 3:45PM	Vs. <u><a href="#">Radnor High School</a></u>	MN High School Pool
		TBD

Fri Jan 26 to Sun Jan 28	ALL Delco Invite Diving Fri, Prelims Saturday, Finals Sunday	
Tue Jan 30 4:15PM	@ <u>Penncrest High School</u>	Springton Lake MS Pool
Fri Feb 02 7:00PM	@ <u>Haverford High School</u>	Haverford School
Tue Feb 06 3:45PM	@ <u>Sun Valley HS/Northley MS</u>	Northley Swimming Pool

**Central League/ District and State Championships**

Weds Feb 7th	Silver Diving @ Ridley	TBA
Friday Feb 11th	Boys Silver Swimming @ TBD	
Saturday Feb 12th	Girls Silver Swimming @ TBD	
February 16 & 17	Central League Championships @ Radnor	TBA
March 2 & 3	District Championships @ LaSalle	TBA
March 14 & 15	PIAA States @ Bucknell	TBA