MILLARD SOUTH

**SWIMMING AND DIVING**

***Since 1979 Over 70 High School State Champions, 75 Speedo All-Americans, and 35 Top-10 State Finishes***

# PRE-SEASON 2016 WEIGHTS AND CONDITIONING: AUGUST 23rd – NOVEMBER 10th

* Tuesday/Thursday 6:00-7:00 AM Weights and Cardio
* All Swimmers not out for a Fall sport are expected to attend. Any athlete not participating in a fall sport pre-season is encouraged for proper strength development and conditioning to better prepare you for the high school swim and dive season. You should be here.

# THE SEASON: NOVEMBER 14th 2016 – FEBRUARY 25TH 2017

# THE TEAM:

* We break our team up into 3 groups. Diving Team, Varsity Swim, Junior Varsity Swim
* Swimmers will be notified prior to the first week of practices group placement for the first week, this is known as our “try-out week”. **We do not cut athletes**, we place them in groups based upon ability level
* We will offer a time trial Friday, November 20th to determine appropriate practice groups for swimmers
* Varsity and Junior Varsity group placement is determined by several factors:
	+ Friday’s time trial- 100 Free, 50 Stroke (Coaches Choice), 50 Free, 50 Stroke (Swimmers Choice ), and a 100 IM (Optional)
	+ Prior swimming and diving experience
	+ Knowledge of swimming and diving rules, techniques, and practice skills.

**PRACTICE SCHEDULE:**

* Varsity- M-W-F 5:30-7:15 AM Swim Only and M-T-W-TH-F 3:30-6:00 PM Swim/Weights
* Junior Varsity- M-T-W-TH-F 4:30-6:15 PM Dryland first / Swim After
* Diving Team- T-TH 6:00-7:15 AM and M-W-F 4:30-6:30 PM
* Plan on Saturday Swim Practice at 7:00 AM when a meet is not scheduled.

# VARSITY/JUNIOR VARSITY SWIM MEETS

* Dual Meets- Typically these are on Tuesdays or Thursdays. 4:30 PM start time.
* Invites- Friday is Diving, Swimming on Saturday.
* We will take as many swimmers/divers as we can to all competitions. Depending on the meet host and type of meet number of swimmers/divers competing can vary.

# QUESTIONS????? Contact Coach Hammond or visit our Website for additional information:

Tyler Hammond Email: tlhammond@mpsomaha.org Office: 715-8489

Swim/Dive Webpage: [**WWW.MILLARDSOUTHSWIMMING.COM**](http://WWW.MILLARDSOUTHSWIMMING.COM)

Swim/Dive Equipment Order: [www.SwimOutlet.com/MillardSouth](http://www.SwimOutlet.com/MillardSouth)

Twitter: <https://twitter.com/AquaPats>

Facebook Page: <https://www.facebook.com/groups/MillardSouthswimminganddiving/>

***Those interested in year round club swimming with Millard Aquatic Club Contact Coach Hammond***