

Millard North Swimming & Diving Parent Guide 2018-2019

We are at the beginning of another exciting Millard North Swimming/Diving season. The cooperation and spirit from the Swim/Dive parents is the BEST! The Millard North Swim/Dive team has a tradition of hosting several fun events throughout the season. New parents – we welcome you and invite you to please jump in & get involved! There are many opportunities to volunteer & to meet & get to know the other parents and athletes. We thank you in advance for all of your help with making this a fun and successful season. We put together this Parent Guide with everything you need to know about the upcoming season. Please do not hesitate to ask if you have any questions or concerns.

Contacts:

Team Captains: Senior Connor Huss & Junior Luke Eichmann and Seniors Choo Choo Hailu & Rachel Holt

Head Coach: Andy Cunningham (amcunningham@mpsomaha.org)

Dive Coach: Jeff Brady (jrbrady@mpsomaha.org)

JV Swim Coach: Noelle Wegiel (newegiel@mpsomaha.org)

Parent contacts: Debbie Holt (DandDHolt@cox.net) & Nikki Mercer (nikki.mercer@cox.net)

The website has all the team members, their parents and contact information (in the upper left hand corner under “Members”) as well as information on all the meets and social events. The coaches use the Remind app to text urgent info including last minute changes. If you have any questions – please don’t hesitate to ask someone!

Parent Night:

Typically the first time the parents get together is at the school directly after the Mustang Booster/Meet the Coaches event in November. The date for this will not be finalized until after the end of the Fall sports season. Please make every effort to attend this event. The coaches will introduce themselves, talk about the season and the parents have an opportunity to meet each other and sign up to help volunteer for the fun events throughout the season.

Team Social Fees:

There are several fun activities planned throughout the season. We have determined that it costs about \$15.00 per Varsity athlete and \$10.00 per JV athlete to provide these fun opportunities. The money covers supplies, equipment, rentals, hall decorations, etc. In addition to the social fees, there will be opportunities for parents to donate desserts, help with pasta feeds, etc. Details for specific events are included below & details will be provided as the dates get closer. We plan to continue these fun traditions for as long as our families are willing to support them.

Team Store:

You can support Millard North Swimming and Diving by shopping for your swim gear at our on-line store. Click on the “Team Store” link on the swim/dive website. Prices are competitive and

a portion of all proceeds goes back to Millard North Swimming and Diving! Also, get free shipping on orders over \$49. You can also visit the full SwimOutlet.com site. We receive credit for these purchases as well.

Coach will assign a locker (with lock) for each athlete at the beginning of the season. Swimmers are welcome to use the team provided equipment such as pull buoys, mesh bags, fins, and agility paddles, or you can bring your own if you like. Swimmers need to bring their own goggles, swim cap, snorkel, water bottle, towel and suit. Practice suits for boys are briefs for jammers and for girls, either closed back or open (whichever you prefer).

Dual Meets:

There are 4 dual meets scheduled this season. There will be one competitive heat of each event during the meet. Some of the meets will have a JV component with non-competitive heats following the competitive ones in certain specified events. The coaches will communicate details to the athletes. In addition, there will be JV meets scheduled as the season gets underway. Those will be added to the calendar as they are scheduled.

Invitational Meets:

There are scheduled Invitational meets throughout the season. These are long meets. Please check the details under Events for tips for each location for both swimmers and parents. Typically Diving competes on Fridays and Swimming on Saturdays. Some have minimum meet entry times or other requirements. Coach Cunningham will communicate with the athletes regarding participation and specifics for these meets.

The Millard North Invite is an important event for our team and an excellent opportunity for parents to support the team/school. We will be in need of several parent volunteers to donate time and/or resources for this event. Specific needs will be determined and emails will be sent out to parents as it gets closer. Thank you all in advance for your support of this event!

Metros and State:

The season culminates with the Metros competition (Metropolitan Omaha area schools) and the State Championship! During these weeks we provide pasta dinners, posters, goodies bags, etc. for the athletes. More information will come on these.

Dress code for the day of Duals and Invites:

Coach expects athletes to wear dress clothes to school on Invite days and to wear the team t-shirt on the days of the Duals. Coach Cunningham will cover these expectations with the team.

Event Fees:

There is a door charge for spectators at each dual meet - \$4-5 in the past. A printed schedule of events is usually available for approximately \$2 which is a handy way to see when your athlete is up. These funds go to the host school. Invitational meets generally have a \$5-10 entrance fee. Programs are sold at some of these meets for approximately \$5. Tickets for the state competition may be approximately \$12 per ticket.

Moratorium:

High school sports go on hiatus around the holidays in December. Organized swim/dive team practices cannot be held between December 23rd and 27th. As the time gets closer, we will let the athletes know about places to swim during moratorium. It's important to maintain fitness levels during that break and be ready to get right back to work on the 28th.

Apparel Wear:

There will be a few opportunities to order apparel with the Millard North Swim/Dive logos. Information will come out for the first order soon. There will be Millard North Invitational shifts and also State shifts available closer to the end of the season.

Open Door Mission Fundraiser:

Each year, the team gives back to the community by making a generous donation to a local organization. Last year, we donated over 2000 lbs of food to the Foodbank for the Heartland. This year, we will be collecting winter items for the Open Door Mission. Please keep this in mind as you are cleaning out closets and pulling items out your fall & winter items!

Pasta or Carb Dinners/Pancake Breakfasts:

Food is a huge part of the lives of these athletes. ☺ Whenever possible, we, as parents, try to provide healthy carb meals to help prepare the kids for their competition. The breakfasts are usually held at school after a Saturday morning or holiday break practice. The dinners are usually scheduled for the night before invitational meets. A family agrees to host the athletes in their home with the help of other families who provide food and/or monetary donations in addition to serving food the night of.

Team/Family Lunch:

Families gather after the first Quad meet of the season for a pizza party at a local restaurant, usually Mama's Pizza on 156th and Pacific. It's a great opportunity for all the teams and parents to get to know each other. Families order and pay for their own food.

Ugly Sweater & Dessert Night:

In December, the team gets together at a parent's home, dressed in their ugliest holiday sweater to enjoy a potluck dessert!

Senior Night:

We honor our seniors at the last dual meet at Millard North. Non-senior parents are needed to volunteer for this position. Invites are sent to senior parents, flowers, drinks and cake are ordered/served, and pictures are taken of seniors and their parents. It is a special night for our seniors recognizing their years of hard work and contributions to the team.

Formal Dinner:

This absolute FAVORITE event of the season occurs at the end of December. The dinner will be held in the Mustang Center. Athletes will dress in formal attire and will take pictures together before dinner. Parent volunteers are needed to help decorate & serve food during dinner. There will be a per person charge for this event & invitations will go out as the event gets

closer. Following the Formal Dinner, there will be a chaperoned party with a theme planned by the Seniors.

End of the Season Banquet:

All team members and families are invited to this event. We have a catered dinner, slide show, recognition and awards. Invitations are sent out and each family pays ahead of time for the dinner. It is typically Texas Roadhouse. It is a great time for everyone to get together at the end of the season.

Goodie Bags:

Donations are collected before the metro and state meets to prepare “goodie bags” for the athletes before the final meets of the season. Healthy snacks and Gatorade/water are included.

Yard Signs:

For those team members making Varsity, a yard sign will be made for your athlete for some bragging rights in your neighborhood!

Hall Decorations:

Parents and siblings make posters for their own athletes if they are participating in the Metro Meet. On Friday morning you can go to the school and hang them in the main hall off the pool entrance. Get creative and encourage your son or daughter! For those making it to the State competition, parents can create another poster for their athlete if they would like. For State, the team puts together individual posters with their qualifying events so the rest of the school can see their accomplishments.

Photographs:

Gary Baker & David Holt have graciously offered their photography skills during the swim meets and other events. These photos are posted online for the team to download & will be used at in a video at the End of Season Banquet. This season, we’d appreciate having a volunteer parent photographer from the JV and Dive teams as well. If you’d like to volunteer to take pictures during these events, please let us know!

Thank you all in advance for making all of this possible for these amazing athletes! If you have any questions, please don’t hesitate to ask.

THANK YOU!
and
GO MUSTANGS!