

Millard North Swimming & Diving Parent Guide 2020-2021

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.

This year will be a season like no other! Changes are expected and social events will look different this year. We will need your help to make this season run smoothly.

Contacts:

Boys Team Captains: Senior Luke Edwards and Junior Andrew Zheng

Girls Team Captains: Seniors Hannah Hailu and Mary Ulrich

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

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

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

Parent contact: Deb Kipp (ds.kipp89@gmail.com)

Remember to Sign Up on the Millard North Swim and Dive Website. Communication about team events and meets will be included on this site. Last minute changes will be communicated via Remind. Please make sure to sign up for that as well.

Events are different this year. It is unknown what social events will be able to be done at this time. We will need to depend more than ever on parent volunteers and donations to make this season run smoothly. Parent timers will be required for all home duals this year. Please visit the Millard North Swim and Dive website to sign up.

Parent Night:

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:

Social fees are used to fund activities throughout the season. Money covers supplies, equipment, rentals, etc. Typically, this fee is \$20 per swim and dive member. Due to the expected unknowns for this season we will not take social fees at the start of the season. Once we determine events we can do, we will reach out regarding social fees.

In addition to the social fees, there will be opportunities to donate items for gift bags or dinners. We will get creative this year with social items.

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.

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 several dual/triangular meets scheduled throughout the 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.

This year all home dual meets will require parent timers. Dual meets typically only last 1 ½ hours or so. Thirteen timers are required per meet. Please review the job sign up on the Swim and Dive page to sign up to participate.

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 22nd and 26th. 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 27th.

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 shirts and also State shirts available closer to the end of the season.

Pasta or Carb Dinners/Pancake Breakfasts:

We will likely not be able to do carb dinners or pancake breakfasts this year due to restrictions. We are working on getting creative with these items to see what we can do. More to come!

Senior Night:

We honor our seniors at the last dual meet at Millard North. Non-senior parents are needed to volunteer for this position. It is a special night for our seniors recognizing their years of hard work and contributions to the team.

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:

Yard signs are available for purchase this year for all athletes! Please see the link previously sent out. Signs are a great way to brag about your athlete 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:

We need PHOTOGRAPHERS! Pictures are a big part of the decorations for State and Metros as well as the End of Season Video! Please contact Deb Kipp if you are willing to help.

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!