

# 2010

## THE BISHOP KELLY SWIM TEAM

The Bishop Kelly Swim Team consists of swimmers of different ability levels. We have both a JV and Varsity Team.

\*For more information on the swim team, contact the following people:

<b>Debra Marria</b> - Head Coach	Cell: 890-2610
	Email: debmarria@cableone.net
<b>Susie Schooler</b> - Asst. Coach	Home: 344-4279
	Email: schooler@cableone.net

### **Important Dates:**

May 2010 - Registration materials available at BK and online

August 12th - Try outs at the West YMCA - 4:30pm

August 1<sup>st</sup> - Registration due for all swimmers.

November 11<sup>th</sup> - Swim Team Banquet (Tentative)

\*Practices will be held at the West Y & BSU

\*Our 2010 season calendar will be available in August.

\* All the meets will be held at the West YMCA.

\*There will be 5 Tri-meets held on Tuesdays at the West YMCA

\*District Meet - Saturday 10/30/10

\*State Meet - Prelims Friday 11/5/10

-Finals Saturday 11/6/10

\*\*Our Annual Cookie Dough Fundraiser will be held the first two weeks of practice. The goal is 10 orders/swimmer or a \$50 donation. You may also choose to sell 5- \$25 Tully's Cards.

Basic cost is \$100 - which covers pool rental, TVHSS fees and meet fees. (team suits, sweats, polo shirts and team duffle bag are separate costs and are not mandatory) Swimmers are asked to purchase a team cap to wear during the meets. (\$12)

Note: BK charges \$85 for each extracurricular activity in addition to the above costs.

## TREASURE VALLEY HIGH SCHOOL SWIMMING 2010 MEET SCHEDULE

MEET	HEAT 1	HEAT 2	HEAT 3
9/7	CHS v EHS v THS	BHS v MTV* v CENT	
9/14	CHS* v BK v RMT	MHS v BOI v EHS	
9/21	BHS v THS v MHS	BOI* v CENT	RMT v MTV
9/28	MHS v MTV v THS	CENT v BK*	EHS v RMT
10/5	MTV v EHS* v BK	BOI v BHS v CHS	
10/12	BK v THS v RMT	MHS v CHS v CENT*	
10/19	MTV v EHS v BOI	MHS* BHS v BK	
10/26	BHS v CHS v RMT*	THS v BOI v CENT	

All Meets are at the West YMCA

Dual Meets – Warm-up 4:15 – 4:50pm Meet 5:00pm

\* Denotes host team. Borah and Timberline will have additional duties at District.

### Championship Meets

**District - October 30, Warm-up 8:00am, Meet 9:00am**

**State - November 5, Prelims: Warm-up 12:00pm, Meet 1:30pm**

**November 6, Finals: Warm-up 8:30am, Meet 9:45am**

## 2010 BK Swim Team Tryouts

\*We will field a team of 40 swimmers this season.  
(20 girls and 20 boys)

\*We will have both a JV and Varsity Team. Both teams practice together.

\* Tryouts will be held at the West Y August 12<sup>th</sup> at 4:30pm for girls and 5:15pm for boys

\*Competitive experience recommended

\*At tryouts each swimmer will swim a 100 free and 100 choice for time.

The choice stroke will be backstroke, breaststroke or butterfly. We will take the fastest 20 girls and 20 boys.

\*Varsity Team members will swim 2 or more events at each dual meet.

Junior Varsity members will swim at least one event and possibly 2 if events are open.

\*Varsity Team will consist of approximately 14 girls and 14 boys

\*Junior Varsity will consist of approximately 6 boys and 6 girls.

\*The Varsity and JV Team will be fluid during the season with some moving up and some down, depending on the dual meet times.

\*We recommend that you join a summer recreation team if you don't currently swim year around. You should be swimming at least 6000-8000 yards per week this summer in order to get ready for tryouts. Cross training is also a great way to stay in shape.

## **Team Captain Criteria:**

At the end of each season, the team will vote in a male and female captain for the following season. The following criteria are used to rate and choose the candidates:

- \* **Leadership qualities**
- \* **Attendance**
- \* **Must be a junior or a senior**
- \* **Ability to get along with other swimmers**
- \* **Work ethic**
- \* **Team spirit**
- \* **Sportsmanship**
- \* **Respectful of others**
- \* **Good role model**

A lot of thought is put into this process. All those who are interested in the position should let the coaches know at the beginning of the season.

Congratulations to **Lauren Smith and Jack Cilek**, our Captains for the 2010 season!

# Bishop Kelly Swim Team Rules

1. **Be on time** for all practices and meets. Be there 15 minutes before practice starts.

2. **Attend** all team meetings. (Listen to announcements).

3. To enhance group cohesiveness and team spirit, swimmers will be expected to **attend practices and meets!**

\*You must make **80%** of the scheduled practices in order to letter.

\* Y Swim Team members are required to make at least 1 practice per week, but are encouraged to make more if possible.

4. Swim to the **best of your ability. Respect** each other, your coaches, and your competitors.

5. For those interested in lettering, refer to the Lettering Requirements.

6. For those who are interested in becoming a Team Captain, refer to the Team Captain Criteria.

7. We have both a JV and Varsity Team. The practices are the same time. The difference would be the number of events entered for each meet.

8. **All swimmers, new and returning, must attend the tryouts on August 12th at 4:30 for girls and 5:15pm for boys**

## BISHOP KELLY QUALIFYING STANDARDS FOR HIGH SCHOOL SWIMMING

In order to qualify for a Bishop Kelly Swimming Letter, a swimmer must fulfill the following requirements

1. Display good sportsmanship, citizenship and conduct at meets and on trips as determined by the coach and faculty advisor.
2. Meet all school and state requirements for conduct and standards outlined in the High School Handbook and established by the State of Idaho High School Activities Association. Violations will result in ineligibility for a letter award.
3. Meet training requirements as established by the coach, which is 80% of the scheduled practices. (Exception: YMCA Swim Team members are required to make a minimum of 1 BK practices per week)
4. Meet all the above requirements and at least **two** of the below requirements:

a. Score at least 8 points in a non-championship high school meet based on the following point system: 1st=8 points, 2nd=6 points, 3rd=5 points, 4th=4 points 5th=3 points. Two individual events may be entered in such a meet.

b. Place in the top eight in any individual event in the Treasure Valley High School District Championship meet.

c. Qualify in at least one individual event in the Idaho State High School Swimming Championship Meet.

d. Equal or surpass at least two of the following time standards:

	Girls	Boys
200 Free	2:15.00	2:05.00
200 I.M.	2:30.00	2:20.00
50 Free	28.00	25.00
100 Fly	1:10.00	1:05.00
100 Free	1:02.00	56:00
100 Back	1:11.00	1:06.00
500 Free	6:00.00	5:40.00
100 Breast	1:20.00	1:14.00

5. A swimming letter may be awarded to a junior or senior only, who has satisfied number 1, 2 and 3 above, and has, in the swim coach and faculty advisor's discretion, displayed extraordinary effort.

A list of swimmers fulfilling the requirements to earn a varsity letter will be submitted to the Athletic Director at the appropriate high school at the end of the season.