



Bulldog Swim & Dive 2009-2010

Web Site: <http://home.att.net/~bulldogswim/> and <http://www.westfieldathletics.org/>

Westfield Activities Hotline: 703-488-6500

What's it all about: The Swim and Dive Team represents another learning experience for high school athletes. It is a fun and exciting activity, but it requires a lot of dedication, determination, and hard work. It is about teamwork and team spirit. It is a time to explore their physical limits. It is an opportunity to represent the school. It is about learning to communicate in a group setting. And sometimes it is about dealing with disappointment and dealing with conflicts. And hopefully along the way, they will cultivate a lifelong love of the sport.

Team members must exhibit good sportsmanship at all times. All team members are required to abide by the Athletic Participation Policy. Each athlete must make sure that they understand the requirements and sign the appropriate forms before they will be allowed to participate. Anyone who has not completed their paperwork by Nov 14 will not be allowed to tryout.

Try-out Information:

- ⇒ **Must** have physical, on new form and dated after May 1, 2009, and all of the other forms turned in by the mandatory team meeting on November 4, 2009 at 2:15 PM.
- ⇒ Everyone must try-out November 16-20, 2009. On Friday, Nov. 20, a team meeting will be held at 2:30.
- ⇒ Tryouts will consist of two days of practice, followed by two or more days of time trials.
- ⇒ **Must** be able to swim all four strokes legally.
- ⇒ **Must** be able to complete, in full, the following three sets: 10 x 50 Free on :45, 10 x 100 Free on 1:30,
- ⇒ 12 x 50 Kick (no fins) on 1:00.
- ⇒ Team qualification based mainly on try-out times and the ability to complete dives for the divers. Team size will be approximately 80 swimmers & divers; 40 boys and 40 girls. In addition to swimmers and divers, we need 4 team managers. All team members must be willing to commit to the entire season through the state championship meet.

Practices: All swimmers and divers must attend all scheduled practices, meets, and other team functions, including dryland workouts. The coaching staff will handle club swimmers' training schedules on a case by case basis. Athletes who are late for practice must have a note from a teacher or doctor which explains the tardiness. If they do not present a note, they will not be allowed to practice.

Swim Practice: Monday - Thursday at Cub Run. Time- 2:30- 4:00 Thursday's practice continues until the team dinner at 6:00.

Dive Practice: Mon., Tues., Thurs. at Cub Run. Time- 4:00- 5:30

Meets: Friday and Saturday evenings, from Nov. through Feb. Transportation for meets is provided as needed.

Team Fees: All team members must pay a \$75 fee which covers the team dinners, and helps pay for the End of Season Banquet.

Team Equipment: All team members must purchase a team suit, cap (if they use one), and team shirt. Team suits and caps are required, by rule, at all dual meets. All team members will be required to wear team warm-ups and team shirt to meets and other specified team events. Swimmers must also bring to practice a water bottle, fins, and goggles. We arrange the purchase of the suits and other apparel after the team is picked.

Additional Items: All team rules, communication guidelines, and lettering requirements will be posted on the team website, emailed, and/or published to each athlete prior to the November 4, 2009 meeting. All prospective team members will be required to sign a receipt acknowledging that they have read and understand the information.

Contact Information:

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