



**Thunderbird Swimming and Diving
2010 Season**

A Parents Primer to Thunderbird Swimming and Diving

Welcome to another season of Thunderbird swimming and diving. This booklet is designed as a quick reference guide to help you, the student athlete's family, navigate what we hope will be another enjoyable year of competition.

WHO ARE WE?

Thunderbird swimming and diving is a varsity high school sport that provides opportunities at a wide range of skill levels. We will find a spot for student athletes who fit the following criteria:

- Can meet the attendance requirements
- Can follow instruction
- Can act with respect toward teammates, coaches, opponents and fans
- Can exhibit a desire to improve and contribute to the team
- Can meet certain basic swimming requirements

COACHES

Your coaching staff for the 2010 season consists of

- Head Coach Erik Pedersen
- Assistant Coach Joe Johnson
- Assistant Coach Ron Pinkerton
- Diving Coach Ashley Uthe

The best way to contact us is via email at thunderbirdswimcoaches@gmail.com or by calling Coach Pedersen at 602-692-8734. **If you would like to be added to our email list, please send an email to thunderbirdswimcoaches@gmail.com.**

Our athletic director is Jason Latham. He can be reached through the schools main number, 623-915-8900.

HOW TO KEEP UP WITH THE TEAM

The best way to keep up with Thunderbird Swimming and Diving is to give us you email address. From our mailing list we will be able to deliver to you information straight from the source.

You can also follow along at www.thunderbirdswimming.com. Our site has a new look for 2010 and is full of information and facts.

OUR HOME POOL

Our home pool is at Moon Valley Country Club. Moon Valley Country Club is located 151 W. Moon Valley Drive. Moon Valley has been generous enough to rent pool space to Thunderbird going back to 1989. Please remember to treat the facilities with the respect you would accord your own home. We wish to remain partners with Moon Valley Country Club in the future.

Please do not call Moon Valley Country Club with questions regarding Thunderbird events. Short of the meet schedule, they are unaware of our daily events.

PRACTICE

SWIMMING

For 2010 our practice schedule is Monday through Thursday from 7 PM to 9 PM and Saturday from 11 AM to 1 PM. There is no practice on the day of meets.

Parents are welcome to come and observe practice at any time.

And yes, there is practice over fall break.

Attendance at practice is a requirement for membership on the team. Practice is not optional*. Students who are unable to attend practice must notify the staff in advance either personally, by calling 602-548-8734 and leaving a message or emailing the staff at thunderbirdswimcoaches@gmail.com.

The staff reserves the right to restrict participation or even remove students from the team due to unexplained or excessive explained absences.

*Athletes who participate in year round activities are welcome to continue to attend those practices instead of Thunderbird's. This arrangement needs to be approved on a case-by-case basis by the Head Coach.

DIVING

Diving practice is at Phoenix Cactus Park, Monday through Friday from 4:15 PM to 6:15 PM with Coach Uthe.

BEHAVIOR

All official activities related with Thunderbird Swimming and Diving are considered school activities. As such we expect students to adhere to the rules and guidelines for student behavior outlined in the official student handbook. What will get you in trouble at school will get you in trouble at swimming and diving.

UNIFORM POLICY

Athletes are expected to train and compete in appropriate swimwear.

Bikinis and trunks are not acceptable swimwear.

Athletes will be sent home if not properly attired. This rule will be enforced after the team suit order is delivered.

Goggles are not required but recommended.

The staff cannot tolerate constant goggle adjustment. Be aware that we expect goggles to work every time all the time.

The team will provide team T-Shirts.

MEETS

Our meet schedule for 2010 is as follows

Sept 2	@Shadow Mountain
Sept 7	@Sunnyslope
Sept 9	Prescott
Sept 14	@Washington
Sept 21	@ Flagstaff
Sept 23	Cactus
Sept 28	Cortez
Sept 30	Greenway
Oct 5	Paradise Valley
Nov 5-6	State

Lettering

The qualifications to receive a Varsity letter are:

Freshman and Sophomores need to earn 50 points for swimmers and 20 points for divers. The points in question are those awarded for placing in events as described in the sections labeled Dual Meets and Championship Meets. The athlete must also finish the season in good standing (i.e. you will not letter regardless of points earned if you leave or are removed from the team prior to the completion of the season).

Juniors and Seniors need only finish the season in good standing.

FUNDRAISING

Our current planned fundraisers for 2010 are Entertainment books and tax credits.

Our Entertainment book sale will begin Wednesday the 1st and will end Monday the 20th. The Entertainment book is super valuable if you use the coupons. If you or your neighbors purchase the books "for a good cause" and let them collect dust, you are better off simply making a donation to Thunderbird Swimming and Diving.

The state income tax credit program is a way for you to essentially have the state of Arizona contribute to the program on your behalf. Please reference the State Tax Credit brochure.

How your fundraising dollars are allocated toward the state trip will be detailed in the state trip.

If anyone has other fundraising ideas, please feel free to share them.

A PRIMER FOR SWIM MEETS

Dual Meets

For 2010 meets start at 4:00 PM. The school provides transportation to away meets. Athletes may make their way to home meets on their own or we are running a van after school to the pool.

A typical meet will run two to three hours.

The official order of events for a high school meet is:

200 Medley Relay
200 Freestyle
200 Individual Medley (or I.M.)
50 Freestyle
Diving
100 Butterfly
100 Freestyle
500 Freestyle
200 Freestyle Relay
100 Backstroke
100 Breaststroke
400 Freestyle Relay

Women go first in odd numbered years and men first in even numbered years. 2010 is an even numbered year so men will go first.

A relay consists of four members each swimming one-fourth the distance.

The stroke order for a Medley relay is Backstroke, Breaststroke, Butterfly and Freestyle.

The stroke order for the Individual Medley is Butterfly, Backstroke, Breaststroke, Freestyle.

Diving is sometimes held at other times. At pools with separate diving wells, it is often held simultaneously with swimming. At pools without separate diving wells (like our pool at Moon Valley) it could be performed at the assigned time, prior the swimming portion or at the conclusion of the swimming portion.

Meets are scored on a team basis by gender. There is no "combined" score.

In a dual meet teams may enter three scoring competitors and one non-scoring competitor per event.

Who scores and who does not score is designated before the meet.

An athlete can compete in a maximum of two individual events and two relay events or one individual and three relay events.

Team members are assigned events by the coaching staff. Occasionally input will be solicited from athletes. Coaching staff has final say in events.

Not every athlete will compete in the maximum or necessarily even any events. This is a varsity sport, not rec league. Our dual meet goal is two fold; to compete at our best to win the meet and compete at our best to be ready for year-end competition.

Scoring in a dual meet is 6 points for first, 4 for second, 3 for third, 2 for fourth and 1 for fifth in individual events.

Scoring in a dual meet is 8 points for first, 4 for second and 2 for third in relays.

Team depth is the key to winning dual meets. A team that gets first, fifth and sixth in an individual event is actually outscored by the other team (do the math!).

Every swim counts (on the score board or not). While exhibition swims or even competing against faster competition may discourage some swimmers, the staff pays attention to every swim. Each opportunity in competition should be viewed as another chance to see improvement, show off hard work or find something to work on. You cannot become a great racer without racing.

Championship Meets (Previously Region and State)

Championship meets are a preliminaries and finals setup.

Preliminaries results from day one of the meet determine the top sixteen.

The top sixteen swim on day two. Seeds one through eight will compete in championship finals. Seeds nine through sixteen will compete in consolation finals.

The winner of an event is the winner of championship finals. You cannot win an event with from the consolation finals, even with the fastest time. In fact, winning the consolation finals places ninth regardless of time.

Medals are presented to the top four finishers at the State level.

Scoring at this level is 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 for individual events. Relay events count double.

Region

Regions have been eliminated by AIA. AIA has not presented any sort of alternative plan.

State

You must qualify to compete in the State meet. Qualifying is done by achieving qualifying times. Times are available at AIAOnling.org but the selection process and procedures has also not been defined by AIA.

Relays qualify as a school, not relay members. A relay that qualifies at Region may have different members participate at the State meet.

Coaches decisions on relay make up and order are final.