

# Box Elder Swimming 2022-2023

## COACHES

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## Goals & Expectations

**Goals and Expectations:** We are really excited for this year's team. We have a great group of kids and we are ready to get after it. Our expectations are as they are every year. We want every swimmer to improve and be the best that they can be, not only in the pool, but in school, at home, and at life. We want to carry on the traditions that have been set by those before us here at Box Elder. We want to win. Every single swimmer on this team is important and every single person on this team contributes. Box Elder swimmers aren't just teammates, friends, and fellow students. On this team, we are family.

## Practice

**Practice:** Practice will be held every week day beginning on the 26<sup>th</sup> of September at the Natatorium. Mandatory practices for all Box Elder swimmers are from 3:00 – 5:00 P.M. Practices will also be held on Saturday mornings (starting on October 2nd) from 7:00 – 9:00 A.M. Every swimmer is expected to be to every practice. There are only so many hours in the day and it is crucial that each swimmer prioritizes their time. We expect that each swimmer is prepared to work hard during practice and give a full effort each day. **Missed practices must have a valid reason and must be approved by one of the coaches.**

Regarding attendance:

- ✓ It is YOUR responsibility, NOT your parents or friends, to inform the coaches if you are unable to attend practice or if you are going to be late. If you are sick for a week, you will notify one of the coaches every day that you are unable to attend. If you are injured, you should still attend practice to learn, help and interact with the team.
- ✓ If you need to stay after school to make up a test, lab or assignment, you are welcome to join the CUDA practice that follows our regular team practice with a coach's permission. Absences that are class related will be excused. We highly suggest coming to swim afterwards though.
- ✓ Elective club or non-school related absences are not excused and will determine meet eligibility.
- ✓ Communication is crucial to being a member of BEHS. If you are going to be late, are ill, or have an emergency, we need to know. If you communicate with the coaches, we can work together to find a solution for your situation.

Practice can differ during different parts of the season, so be prepared for both dryland and pool practices every day. In the beginning weeks, we will incorporate Dryland activities into practice.

Appropriate apparel includes:

- ✓ Dryland: running shoes, shorts/athletic pants, t-shirt and WATER BOTTLE
- ✓ Pool: suits drag suits, gear and WATER BOTTLE

## Eligibility

Swimming eligibility is determined from 1<sup>st</sup> trimester and 2<sup>nd</sup> trimester grades. For a complete description of eligibility standards refer to the BEHS Eligibility Standards.

## Team Fees

SCHOOL YEAR:	2022-2023
SCHOOL	Box Elder HS
SPORT/ACTIVITY	Girls Swimming
MAXIMUM APPROVED FEES	\$800
TOTAL FEES	\$657

DESCRIPTION	AMOUNT	NOTES
Participation	\$100	Transportation, Officials, Team Budget expenses
Drug Testing	\$5	
Team Suit	\$90	
Team Caps	\$20	
Team Hoodie	\$35	
Team T Shirt	\$12	
Goggles	\$30	Only need to purchase if you need goggles
Fins	\$50	You only need to buy if your swimmer doesn't have any
Paddles	\$35	You only need to buy if your swimmer doesn't have any
Team Banquet	\$20	Per person
State Fees	\$115	Hotel-45, Food-60, State Shirt-10 - Only qualified swimmers attend
Ridgeline Invitational	\$5	Meet Fee
Thanksgiving Invitational	\$90	Hotel-35, Food-45, Meet Fee-10
Silver Rush Invitational	\$80	Hotel-35, Food-35, Meet Fee-10

**Swimming Fees:** To participate in swimming, each athlete must pay the school athletic fee and drug testing fee. The fee for swimming is \$105 and must be paid by **Friday, October 7th**. This fee can be paid online at [registermyathlete.com](http://registermyathlete.com)

**Swim Packet - \$67.00 (Estimated)**  
(Includes team hoodie, t shirt, and two silicone caps)

To pay fees: Bring a check (made out to Box Elder High School) to the financial secretary in the main office of the high school. In the memo line of your check, please write "swim pack". Each additional t shirt is \$12 and each additional hoodie is \$35. Just add that to your total.

For away meets we occasionally stop on the way home and grab something to eat. This is on your own. Some swimmers opt to bring food instead of buying it.

## Swim Meets

**Swim Meets:** At swim meets, all swimmers are required to stay until the conclusion of the meet. At home meets, swimmers are expected to stay until all meet and pool equipment is put away. For away meets, all swimmers are required to travel with the team.

In order to compete in BEHS swim meets, student athletes must:

- ✓ 90% attendance to be eligible for participation.
- ✓ Have a minimum GPA of 2.0 with no F's in any class. I do grade checks the day before each meet.

## Lettering Requirements

**Lettering/Competing Requirements:**

1. Earn 100 points during the season.
2. Swimmers must be an active part of the swim team both in and out of the pool. Swimmers must show dedication, hard work, a positive attitude, team spirit, sportsmanship and integrity.
3. Place in the top 10 in an individual event at region or qualify/swim in an individual event at state.
4. Meet coaches approval\*

\* Coaches approval may supersede individual event-placing and point requirements.

# Parent Involvement

**Volunteering:** Aside from the pool aspect of swimming, there is a lot that goes on behind the scenes that often times goes unnoticed. We need as many volunteers as possible to help with meets (timing and officiating), accommodations, fundraising, treats, etc. If you feel you have a certain expertise in any of these areas, please let me know as soon as possible. Otherwise, you will be contacted and asked to help with certain assignments. Please make yourself available to help; the season won't be successful without contributions from everyone.

Box Elder is known for offering the best swim meets. In order to run successful and fair swim meets, we need volunteers to serve as officials for the Box Elder Swim Team. It takes at least 4 officials to run each home swim meet. Please let me know if you are interested in officiating.

**All State (Academic & Athletic):** Academic – In order to receive Academic All State consideration an athlete must be a senior, be at 3.8 accumulative GPA, and swimming an individual event at state. All Academic All-State forms are due by Tuesday, January 10<sup>th</sup>, 2023. This is done on the registermyathlete website.

If you medal at state either in an individual event or relay, you are considered an All State swimmer and will be recognized as such at the end of the season.

**Team Website:** You can follow your Box Elder Bees at <http://www.swimboxelder.com>. Meet schedules, important dates, splits, results, lettering points, volunteer opportunities, etc. can be found here.