

Box Elder Swimming 2026-2027

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 weekday beginning on the 19th of October at the Natatorium. Mandatory practices for all Box Elder swimmers are from 2:45 – 5:00 P.M. Practices will also be held on Saturday mornings (starting on October 24th) from 7:00 – 9:00 A.M. Every swimmer is expected to be at 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 will need to get with one of the coaches to discuss make-up practice options. Absences that are class related will be excused. 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 1st trimester and 2nd trimester grades. For a complete description of eligibility standards refer to the BEHS Eligibility Standards.

Team Fees

SCHOOL YEAR:	2026-2027
SCHOOL	Box Elder HS
SPORT/ACTIVITY	Swimming
MAXIMUM APPROVED FEES	\$800
TOTAL FEES	\$682

To pay your swimming fees, go to the following link: <https://hesd.schoolcashonline.com/>

Swimming Fees: To participate in swimming, each athlete must pay the school athletic fee and drug testing fee. The fee for swimming is \$120 and must be paid by **Tuesday, October 27th**. This fee can be paid online at registermyathlete.com

Swim Packet - \$72.00 (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

	DESCRIPTION	AMOUNT	NOTES
Mandatory	Participation/Drug Testing	\$120	Pay for this through the high school website. Transportation, Officials, Drug Testing, Team Budget expenses
	Team Suit	\$90	Pay for this through swimoutlet.com , swim2000.com or us.speedo.com
	Player Pack	\$72	Team tshirt, hoodie, (2) silicone caps Pay for this through the high school website.
Optional	Senior Banner	\$20	Explained at parent meeting
	Goggles	\$30	You only need to purchase if you need goggles. Pay for this through swimoutlet.com , swim2000.com or us.speedo.com
	Fins	\$50	You only need to purchase if you need goggles. Pay for this through swimoutlet.com , swim2000.com or us.speedo.com
	Paddles	\$35	You only need to purchase if you need goggles. Pay for this through swimoutlet.com , swim2000.com or us.speedo.com
Meet Fees	Nebo Invitational	\$25	Meet Fee-10 - Paid through the school website. Food-15 (swimmers will bring cash to the meet for food).
	Thanksgiving Invitational	\$95	Meet Fee-15, Hotel-35 - Paid through the school website. Food-45 (swimmers will bring cash to the meet for food).
	Judge Holiday Classic	\$90	Meet Fee-10, Hotel-35 - Paid through the school website. Food-45 (swimmers will bring cash to the meet for food).
	Springville Winter Inv.	\$25	Meet Fee-10 - Paid through the school website. Food-15 (swimmers will bring cash to the meet for food).
	State Fees	\$145	Only qualified swimmers attend. Hotel-75, State Shirt-10 paid through the school website. Food-60 - Food cost is an estimate based off menu prices of restaurants we attend. Swimmers bring cash with them to the meet.
	Team Banquet	\$20	This gets paid at the end of the season and will be done through the high school website.

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. **Your swimmer's player pack and any additional hoodies or t shirts are due by Thursday, October 22nd at noon. Payment for player packs is due by Thursday, October 29th.**

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 goes unnoticed. We need as many volunteers as possible to help with meets (timing and officiating), accommodations, snacks, 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.

Snacks: In short, your athlete gets hungry during practice. It's crucial that your swimmer has the energy needed to successfully complete practice. As coaches, we tell swimmers to bring snacks, but it doesn't always happen. For the past couple of years we've had several parents donate different snacks throughout the season. It's helped those who have forgotten or that have consumed their snacks earlier in the day have something to get them through practice. Things like granola bars, fish crackers, fruit snacks, etc. are fantastic. I would caution against donating sports drinks (powerade, gatorade, etc.).

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 cumulative GPA, and swim an individual event at state. Academic All-State forms are available Tuesday, January 12th, 2027. This is done on the registermyathlete.com 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.

Swim Team Tryout Evaluation Rubric

Component	1 - Unsatisfactory	2 - Developing	3 - Proficient	4 - Exemplary
1. Water Safety & Spatial Awareness (Min. Score 2 Required)	Poor spatial awareness; ignores rules, pool control, shallow diving.	Follows basic rules when prompted; occasional spatial/yield mistakes.	Consistently compliant; good spatial awareness and yield control without prompts.	Flawless safety awareness; models proper pool protocols continuously for peers.
2. Coachability	Resistant or defensive to feedback; inattentive during stroke setup/instructions.	Listens to feedback; slow to apply adjustments or needs repeated reminders.	Attentive and respectful; implements technical corrections quickly during sets.	Proactively seeks feedback; instantly adjusts technique and self-corrects drills.
3. Drive & Determination	Minimal effort; cuts lengths, quits when tired, skips repetitions during sets.	Completes sets but slows down heavily or loses focus under fatigue.	Consistent effort throughout practice; pushes hard through fatigue to finish.	High-energy self-starter; thrives on hard sets and brings a strong competitive edge.
4. Sacrifice & Team-First	Complains about tough events or drills; unwilling to step outside comfort zone.	Reluctantly accepts tough assignments; needs encouragement to stay team-focused.	Willingly swims any event for team success; supports and encourages teammates.	Embraces hard roles for team benefit; leads by example and uplifts teammates.
5. Stroke Technique & Efficiency	Illegal or inefficient mechanics; flat body, poor streamline, missed walls.	Functional in 1-2 strokes; technique breaks down under moderate fatigue.	Sound, legal mechanics in freestyle + 1-2 strokes; solid streamlines & turns.	Clean, highly efficient mechanics in multi-strokes; strong pull-outs and flip turns.
6. Speed & Athleticism	Pacing/speed far below high school standards; lacks sprint power off wall.	Moderate speed in short sprints; lacks aerobic endurance across repetition.	Meets target high school intervals; good aerobic base and sprint pacing.	Exceeds target times; impressive kick/pull power and top-tier interval stamina.
7. Lane Compatibility & Pace	Falls far behind interval; gets lapped, creates lane bottlenecks/hazards.	Struggles to hold interval; needs extra rest, minor turnaround delays.	Holds assigned lane intervals consistently; maintains 5-sec spacing & smooth turns.	Drives lane pace; leads sets smoothly, manages send-off clock flawlessly.

Total Candidate Score (/28)

- **22–28 PTS:** Varsity / Automatic Make
- **16–21 PTS:** Junior Varsity / Squad Make
- **12–15 PTS:** Bubble / Conditional Review
- **< 12 PTS:** Developmental Referral

Score: _____