



Lebanon Warriors Swim Team
2014-2015



Contact Information for Coach

Head Coach: Mrs. Kathleen Hytla

Day Phone: (513)934-5130

*E-mail: hytla.kathleen@lebanon.k12.oh.us

Room 1408 (purple hallway)

Evening phone: (937)503-0798

*E-mail is the preferred form of contact

Assistant Coaches: Cody Klueter Rm 2407 and Katie Lacon Rm 1303

Communication from Coaches – in case of plan changes and weather information

- ☞ Boys team website - <http://oh.8to18.com/lebanon/activities/swimming-and-diving/b>
- ☞ Girls team website- <http://oh.8to18.com/lebanon/activities/swimming-and-diving/g>
- ☞ If a change occurs during the school day an announcement will be made at school as soon as the decision is made. There will be an e-mail distribution list as well. Changes to meets on weekends or changes due to weather will be announced through e-mail, text, and the websites. If necessary, a phone chain may be created.

Communication with Coaches

- ☞ Contact coaches using the information at the top of the page.
- ☞ Practice attendance, meet attendance, and concerns should be addressed to Coach Hytla.
- ☞ Clarifying questions (regarding practice times, meet times, etc.) can go to anyone on the coaching staff.
- ☞ The easiest way to get in touch with Coach Hytla is via e-mail due to teaching in various classrooms throughout the day and not really having access to the phone numbers listed as frequently as e-mails are checked throughout the day. If you would like to talk to Coach on the phone, send an e-mail and you will be contacted at the first available moment. **Please do not call after 10pm unless it is an emergency.**

Required Forms

- ☞ Swimmers must have these turned in before they are allowed to tryout/practice/compete
 - Physical form (available on the team websites – Fall athletes should have one on file)
 - Emergency medical form (everyone, even Fall athletes)
 - Residency form (everyone, even Fall athletes)
 - Registration on 8-18 is required for tryouts (everyone, even Fall athletes)
 - CY swimmers must turn in best times
- Please turn all forms in to Coach Hytla unless they are already on file with the office.**

Sportsmanship

- ☞ As student athletes and representatives of Lebanon High School, swim team members, like all athletes, are expected to represent our school in a positive, professional manner, before, during, and after any meet, practice, or team event.
- ☞ The Greater Western Ohio Conference (GWOC) is a highly diverse conference and every athlete, coach, and official deserves our respect, even during and after a heated competition.
- ☞ Make sure we leave our designated areas clean during meets.
- ☞ Remember to respect the game and respect each other.

Conditioning

- ☞ Starts September 22, 2014 and runs through November 6, 2014.
- ☞ All swimmers not playing a Fall sport or practicing with the CY (YMCA) Team.

Tryouts

- 🏊 November 7th, 10th, and 11th from 3:00pm – 4:00pm
- 🏊 All non Y swimmers MUST tryout, All Y swimmers need to submit a list of times to Coach Hytla.
- 🏊 Considerations during tryouts include (Criteria: See try out criteria rubric)
 - Team size v. number of lanes available for practice
 - Swimmer safety and ability in the pool
 - Swim events that need to be filled on the roster

LHS Swimming Tryouts Rubric	4	3	2	1	0
New swimmer grade level	9 th	10 th	11 th	12 th	-
# of known strokes	4	3	2	1	0
50 free time: Boys	< :26	< :28	< :30	< :32	:32+
Girls	< :28	< :32	< :36	< :40	:40+
Flip Turns	Excellent	Good	Decent	Poor	None
Wall turns (2 hand)	Excellent	Good	Decent	Poor	None
Starts	Excellent	Good	Decent	Poor	None

Practices

- 🏊 Practices take place at Countryside YMCA every day from 3:00 – 4:30pm through November. Our contract provides 3 lanes from 3:00 – 4:00pm and we will have dryland after the water practice. Exceptions to this schedule will be announced in advance. **Please pick up your swimmer as close to finish time as possible.**
- 🏊 Official OHSAA practice begins November 7st (first tryout date). Those who swim for YMCA are expected to meet their club team’s practice requirement. Those who are not on a club team are expected to practice with us at Countryside YMCA.
- 🏊 Additionally, CY swimmers are required to attend one practice per week on Thursdays starting 12/4.
- 🏊 **Attendance will be taken at practice. Swimmers are expected to attend practice. Unfortunately we have very limited practice time/space, it is vital that every swimmer make every practice.**
- 🏊 **If your swimmer needs to miss practice, I would appreciate notification in advance and in writing. If your swimmer isn’t practicing, someone else is.**

Meets

- 🏊 Varsity swimmers with unexcused absences will not swim in meets or will swim as part of the JV team.
- 🏊 Club swimmers cannot participate in any club sponsored meets after December 6, 2014 if they wish to participate in OHSAA sponsored or any other board approved swimming events (ex.SW District Classic, GWOC South Conference Championship, Sectionals, Districts, State Tournament). If swimmers violate the protocol listed below the make themselves AND the Lebanon Warriors Swim Team ineligible for any of those events listed above.

A.1) Individual Non-Interscholastic Competition Dates:

- A swimming and diving athlete who has not participated for the school in a swimming and diving contest during the current season must cease non-interscholastic competition six weeks (42 days) prior to the Monday of the week of the State Swimming and Diving Tournament to be eligible for OHSAA tournament competition in swimming and diving.
- In addition, an athlete who has participated for the school in swimming and diving who violates this non-interscholastic competition date by participating in a non-interscholastic contest in swimming and diving shall be ineligible for OHSAA tournament competition in swimming and diving in addition to any other penalties that may be prescribed.
- Date: Jan 1, 2015 (Source: OHSAA Swimming and Diving Regulations, 2013-2014 p.29)

Transportation

- 🚌 Busses will be provided for most away meets as noted on the meet schedule.
- 🚌 Activity bus from LHS to the Countryside YMCA after school provided for non-drivers.
- 🚌 Parent drivers are allowed to drive THEIR swimmers to and from any meet or practice but **must sign late arrival/early release form** to do so. Warm up start time will be the determining factor for swimmers being late. Late is late is late.

Senior Recognition

- 🍽️ We will designate a team dinner to recognize seniors.

Varsity Letter

- 🏊 Maintain adequate practice attendance (no unexcused absences)
- 🏊 Compete in varsity level events during meets
- 🏊 Uphold and abide by all Code of Conduct rules and ethics
- 🏊 Meet time requirements as explained below

Event	Tier 1 times (must obtain 1 time) SW District		OR	Tier 2 times (must obtain 2 times) Our Sectional Site		OR	Tier 3 times (must obtain 3 times) GWOC South	
	BOYS	GIRLS		BOYS	GIRLS		BOYS	GIRLS
200 Free	1:55.37	2:02.33		1:59.89	2:04.02		2:17.81	2:15.30
200 IM	2:14.98	2:17.18		2:07.11	2:21.37		2:25.01	2:37.78
50 Free	23.41	25.93		23.61	26.57		26.38	28.72
100 Fly	57.04	1:00.55		57.35	1:02.08		1:09.06	1:21.73
100 Free	52.00	56.77		52.40	57.08		1:00.03	1:02.19
500 Free	5:19.85	5:25.40		5:26.01	5:28.86		5:59.47	6:00.15
100 Back	58.34	1:04.09		59.13	1:05.51		1:15.59	1:16.23
100 Breast	1:00.68	1:14.23		1:07.97	1:15.84		1:18.26	1:20.46

*Swimmers who are within 0:00.5 of a final cut off time will have other varsity merit requirements taken into consideration. Cuts are required to be made per season and times will change as cuts change.

Attendance Requirements

- 🏊 As explained to the swimmers, practice attendance is expected and required in order to earn a Varsity Letter. Swimmers who need to miss practice need to communicate to me in advance. In a job, they would be required to notify their employer if they were to be missing.

Team Dinners

- 🍽️ It has been a tradition for the Lebanon Warriors Swim Team to get together for team dinners once a week. Parents have the option to host swim dinners and everyone pitches in. Team dinners are not mandatory but they offer an opportunity to build a family atmosphere and build a strong team bond. A schedule can be discussed at the Winter Sports Parent Meeting.

Fees and Fundraising

- 🏊 \$250 "Pay to play" fee. This is a flat fee for all sports and there is not a family maximum.
- 🏊 Costs of uniforms/spirit wear
 - Must have a competitive suit that meets OHSAA guidelines
 - Team suit orders took place already
 - Cap, goggles, spirit wear are all optional
 - Other spirit wear - see order forms for available options
 - Catalogs will be made available once team is set
- 🏊 LaRosa's Buddy card fundraiser, once team is set
 - Money can be used toward spirit wear
 - Remaining funds will go towards the team booster account