**Oak Harbor High School Girls Swim and Dive**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 5:15-6:15 A  2:45-4:30 PM | 2:45-4:30 PM | 5:15-6:15 AM 2:45-4:30 PM | 2:45-4:30 PM | 5:15-6:15 AM 2:45-4:30 PM |

**Practice Attire:**

One Piece Swim Suit Goggles Cap Athletic Shoes Appropriate Clothing for Dryland

**Training:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Week 1: 8/22-8/26**  **Preparation** | Strength, Flexibility, General Endurance, Technique, Team Building, Assess Fitness, Assess Skills | **Varsity:** 24,000+  **JV:** 15,000+ |  |
| **Week 2: 8/29-9/2**  **Preparation** | Power, Flexibility, Specific Endurance, Technique, Speed, Team Building, Goal Setting | **Varsity:** 29,000+  **JV:** 16,000+ |
| **Week 3: 9/5-9/9**  **Endurance** | Power, Flexibility, Specific Endurance, Technique, Speed, Team Building | **Varsity:** 29,000+  **JV:** 18,000+ | September 8th Jamboree @ Marysville |
| **Week 4: 9/12-9/16**  **Endurance** | **Varsity:** 25,000+  **JV:** 16,000+ | September 13th @ Marysville  September 15th @ Cascade |
| **Week 5: 9/19-9/23**  **Endurance** | **Varsity:** 27,000+  **JV:** 19,000+ | September 19th @ Home vs Monroe September 22nd @ Stanwood |
| **Week 6: 9/26-9/30**  **Endurance** | Power, Flexibility, Speed, Pace, Strategy, Technique, Goal Setting | **Varsity:** 25,000+  **JV:** 16,000+ | September 26th @ Home vs Mt. Vernon  September 29th @ Snohomish |
| **Week 7: 10/3-10/7**  **Specialization** | Power, Flexibility, Speed, Pace, Strategy, Technique | **Varsity:** 28,000+  **JV:** 19,000+ | NO MEETS |
| **Week 8: 10/10-10/14**  **Specialization** | **Varsity:** 27,000+  **JV:** 19,000+ | October 10th Home vs Everett |
| **Week 9: 10/17-10/21**  **Specialization** | **Varsity:** 30,000+  **JV:** 20,000+ | October 20th @ Lake Stevens |
| **Week 10: 10/24-10/28**  **Specialization** | Rest, Power, Speed, Pace, Strategy, Technique, Visualization | **Varsity:** 27,000+  **JV:** 16,000+ | October 27th @ Marysville |
| **Week 11: 10/31-11/4**  **Taper** | **Varsity:** 23,000+ | November 4th and 5th  DISTRICTS |
| **Week 12: 11/7-11/11**  **Taper** | **Varsity:** 18,000+ | November 11th and 12th  STATE @ KCAC |

**Expectations:**

* Remain in good academic standing.
* Represent Oak Harbor High School Swim Team in a positive manner at school, competitions, practice and throughout the community.
* Show respect and support for teammates, staff, officials and opponents.
* Attend practice and all swimming meets/competitions on time.

**Meet Schedule:**

\*Must have 10 practices before first competition.

\*Minimum of half day for competition days and keep your grades up!

|  |  |  |
| --- | --- | --- |
| Sept. 8th @ Marysville  Sept. 13th @ Marysville  Sept. 15th @ Cascade  Sept. 19th @ Home vs. Monroe  Sept. 22nd @ Stanwood | Sept. 26th @ Home vs. Mt. Vernon  Sept. 29th @ Snohomish  Oct. 10th @ Home vs. Everett  Oct. 20th @ Lake Stevens  Oct. 27th @ Marysville | Nov. 4th-5th @ Districts  Nov. 11th-12th @ KCAC (State) |

**Meet Events:** You may swim up to four events (two individual/two relay **OR** one individual/three relay) in each swim meet.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 200 Medley Relay | 200 Free | 200 IM | 50 Free | Dive | 100 Fly | 100 Free | 500 Free | 200 Free Relay | 100 Back | 100 Breast | 400 Free Relay |

*\*all relays are set based on fastest time and/or the needs of the overall team.*

**Special Season Awards:**

* **Participation-** All athletes participating in the season will earn a participation award as long as they compete at their final qualified level (JV Champs, Districts or State).
* **Varsity Letter-** Earning a letter is based off of points and final qualifiers. Athletes earn points by attending practice (two points per practice) and competing in meets (\*see note on how to earn points at a meet below). There are a total of 100 swim points. In order to letter, the athlete must earn at least 80% of the overall points **AND** compete at their final qualified level (JV Champs, Districts or State).

\*Meet points are awarded during swim competitions based on varsity heat results: 1st = 6 points,

2nd = 4 points, 3rd = 3 points, 4th = 2 points, 5th = 1 point, 6th = 0 points. Relay points in competitions are double in value (ie. 1st = 12 points, ect.), but are divided by 4 swimmers. District points count double. State points count triple.

* **High Point-** The athlete who scores the most points (combined from practice and competition). There will be a high point swimmer and diver for the season.

**Voted on by athletes:**

* **Most Improved-** The athlete who shows the most overall improvement from the beginning to the end of the season.
* **Captain-** Senior athlete(s) who complete(s) the duties of leading the team throughout the entire swim/dive season.
* **Wildcat-** The most spirited and encouraging swimmer/diver (both at meets and during workouts).

**Awarded by the Coaches:  
 Whisker-** The ONE athlete who shows the most effort and sets the best example for the team.

As always, if you have any questions or concerns, please let me know. I am looking forwards to an exciting and successful season of Oak Harbor Swim and Dive!!

Coach Butler Coach Johnson   
279-5507 BFlynnjohnson@ohsd.net  
jbutler@ohsd.net