

# Newport Boys Swim & Dive Team Information

## 2019-20 Boys Season

**Season Dates:** Nov. 18<sup>th</sup> – Feb. 22<sup>nd</sup>

**Home Meet Pool:** Mary Wayte Pool on Mercer Island

**Head Coach:** Eric Bartleson email: [bartlesone@bsd405.org](mailto:bartlesone@bsd405.org)

**Asst. Coach:** Mark Budos email: [budosm@bsd405.org](mailto:budosm@bsd405.org)

**Dive Coach:** Heather Roberts email: [robertsh@bsd405.org](mailto:robertsh@bsd405.org)

**Reminder:** All swimmers must be registered through Final Forms before they can practice. NO EXCEPTIONS. Part of the Medical form requires a Physical. Schedule yours now.

### Pool Information

We will be swimming at The Edgebrook Club. No diving is allowed in the shallow end of the pool and the diving board is off limits to all swimmers.

### **Team Schedule:**

Nov. 18 <sup>th</sup> Mon.	Practice @ Edgebrook 3:50-5pm, practice 7:00pm-8:00pm
Nov. 28 <sup>th</sup> Thur.	No Practice Happy Thanksgiving
Nov. 29 <sup>th</sup> Fri.	Practice 10 AM – Noon
Nov. 30 Sat.	BSD Winter Jamboree Noon W/U, 1pm Start (this counts as a practice @ MI Pool)

### Practices

The focus of the first few weeks of practice will be primarily to establish a training base. With our first dual meet only 13 practice days into the season you need to make all of the workouts to be eligible to swim. **WIAA requires a minimum of 10 practice days prior to competing in a meet.** It is important to complete this requirement without missing more than 3 practice days in a row as you will begin to lose days toward this requirement. Due to a limited pool space and the desire to manage the needs of the various levels of swimmers, we break our pool time into two practice sessions. Swimmers are encouraged to attend both sessions when they can. However, due to your family scheduling constraints, school homework, and the ability level of some of the swimmers, there may be instances where a swimmer can/should only attend one of the sessions. A set of the swimmers will be requested to attend only the 7:00pm session, and this will be communicated on a case by case basis. Everyone is expected to arrive at practice on time and stay for the entire practice session. Please let me know (preferably prior to an absent) in writing (email) if you are going to miss a practice.

### Newport High School Swim Practice Times

Nov18th to end of season @ **Edgebrook:**

Session 1 Mon-Fri 3:50-5:00pm,

Session 2 Mon-Thur. 7-8:00pm\*

\*Except for the first week we will have 7-8pm practice.

Saturday Practice from 10am-Noon on the following days, 12/7, 12/14, 12,21, 1/11, 1/18, 1/25

### Newport High School Dive Workouts

4 PM – 5:30 PM Mon. – Friday at Bellevue Aquatic Center  
(no practice on Tues/Thur once meets start)

### Winter Break Practice Times:

All athletes that are in town are expected to make practice. Swim is at Edgebrook, Dryland is at School weight room.

- Mon 12/23 Swim 8-10am,
- Thur. 12/26 Swim 8-9:30, Dryland 10-11am
- Fri. 12/27 Swim 8-9:30, Dryland 10-11am
- Mon. 12/30 Swim 8-10am
- Tues. 12/31 Swim 8-10am
- Thur. 1/2 Swim 8-9:30, Dryland 10-11am
- Fri. 1/3 Swim 8-9:30, Dryland 10-11am

\*Times will be adjusted as we go into the post season meets starting in February.

### Meet Line-ups

Changes to the line-up will be made based on workout attendance, illness, injury, etc. The final version will be given to you on the bus to the meet. Maximum number of events is 4 = 2 Ind. + 2 Rel. or 1 Ind. + 3 Rel. What you swim depends largely on the opponent and how you benefit the team the most.

**DUAL MEET SCHEDULE:** We may add a meet to this schedule.

Date	Location	Opponent	Bus leaves	Warm-up	Start
11/30	MI Pool	BSD Winter Jamboree	No Bus	12:00pm	1:00pm
12/5	MI Pool	Sammamish	7:45pm	8:00pm	8:30pm
<b>12/12</b>	<b>MI Pool</b>	<b>MI/Shorecrest</b>	<b>2:30pm</b>	<b>3:00pm</b>	<b>3:30pm</b>
12/19	Boehm Pool	Issaquah	3:00pm	3:30pm	4:00pm
1/8	Bainbridge	Bainbridge	1:00pm	3:00pm	3:30pm
1/9	MI Pool	Interlake	7:45pm	8:00pm	8:30pm
<b>1/16</b>	<b>MI Pool</b>	<b>Skyline</b>	<b>7:45pm</b>	<b>8:00pm</b>	<b>8:30pm</b>
1/21	MI Pool	Bellevue	7:45pm	8:00pm	8:30pm
<b>1/30</b>	<b>MI Pool</b>	<b>Liberty</b>	<b>7:45pm</b>	<b>8:00pm</b>	<b>8:30pm</b>

### **Bold meets are home.**

Release from school time is 15 min. prior to the bus leaving time.

Championship Meets:

- Kingco Invitational: Fri. Jan. 31 @ Boehm Pool 6:00pm
- Kingco Championships (Only those that qualify) Fri./Sat. Feb. 7/8 MI Pool & Time TBA
- District Championships (Only those that qualify) Fri./Sat. Feb. 14/15 MI Pool & Time TBA
- State Championships (Only those that qualify) Fri./Sat. Feb 21/22 @ KCAC  
(Please note that the state meet is at the end of Midwinter break. Swimmers must participate in the district meet to advance to the state meet. If you are not going to be able to attend the state meet due to vacation, you will not be able to be entered into the kingco or district meet.)

We are here to make you better Student-Athletes. Let us know how we can help you in any area of your training. This is going to be a great season and we look forward to working with all of you.

*Eric & Mark*

## NEWPORT BOYS SWIMMING TEAM REQUIREMENTS

Newport Swimming and Diving is a no-cut interscholastic sports program. As such, team members are required to commit to the following requirements in order to maintain team membership.

1. All swimmers are expected to attend practice every day. The minimum attendance is 3 times per week (this includes meets once they start). If you are not making the 3 days per week, you will have limited swims or not be entered in the next meet. If you are going to miss practice, you must let a coach know 24 hours prior to missing the practice or it becomes an unexcused absence. Exception to missing practice without prior notice: 1) personal health/safety, 2) family, 3) School/Teacher requirement.
2. Follow the Newport High School substance abuse policy.
3. All team members are required to attend all classes the day of a practice or meet to be eligible to swim that day. Remember: you are a Student first and an Athlete second.
4. All team members are required to practice with the team the day before any meet to be eligible to swim in that meet. If you don't get in the water, you will not swim in the meet.
5. All team members must ride the bus to the meets unless you have prior permission from the coaches. This is the time for us to get psyched up to swim and we need everyone together. Please see meet schedule for bus departure times.
6. While at the meets, our behavior should reflect pride in and respect for Newport High School our teammates, our opponents, and ourselves. Everyone stays for the entire meet. We sit as a team through the entire meet and when you are not competing, your energy should stay focused on the meet and cheering for your teammates.
- 7.

Varsity Letter Requirements:

### **The minimum requirements to be eligible for a Varsity Letter:**

- ◆ Attend 70% of all Newport practice days - no exceptions!
- ◆ Attend a minimum of 5 dual meets during the season. Only exceptions are 1) personal health/safety, 2) family, 3) School/Teacher requirement.
- ◆ Achieve two Kingco Championship time standards

The second part required to receive a Varsity Letter is to accumulate 20 varsity points from the following during the season.

- 1) Maintain your grade point average during the season. 3.0 to 3.49 – 5 pts, 3.5 and up - 10 pts
- 2) Every personal improvement time will be counted as 1 varsity point.
- 3) Swim every individual varsity event during the season. – 5 pts.
- 4) Maintaining your attendance at or above 90% Points are as follows: 90%-1, 91%-2pt, 92%-3pts, 93%-4pts, etc. Max of 10 varsity points.

The dive coach will give the divers their varsity requirements. Swimmers may earn varsity points by improving your time in a JV event. All workouts held on school holidays will count as bonus workouts toward your total attendance.

# Newport Boys Swim Team Records

<u>Individual Events</u>	<u>Name</u>	<u>Time</u>	<u>Year</u>
200 Freestyle	Ugur Taner	1:37.18#	1991
200 Individual Medley	Nathan Lee	1:52.36	2019
50 Freestyle	Ugur Taner	20.02*	1992
1 Meter Diving			
11 Dives	Wayne Wager	487.55#	1973
100 Butterfly	Ugur Taner	48.14#	1992
100 Freestyle	Ugur Taner	43.73*	1992
500 Freestyle	Hunter Barrett	4:33.04	2004
100 Back	Dave Makhervaks	50.40	2016
100 Breast	Dylan Ling	59.00	2019

## Relay Events

200 Medley Relay	1:34.91	2019
Kevin Kyi-23.19, Dylan Ling-26.67, Nathan Lee-23.25, Benjamin Liu-21.80		
200 Freestyle Relay	1:28.02	1991
Ugur Taner, Brad Watson, Neil Butler, Dirk Allenduff		
400 Freestyle Relay	3:09.96#	1978
Ned Stack, Brad Hales, Jeff Morgan, Leo Kosenkranius		

\*State Record      # former state records

## 2019-20 Time Standards

	AA	AAC	State	Districts	Kingco
200 Medley Relay	1:33.21	1:34.74	1:41.00	1 Team	3 Teams
200 Free	1:38.40	1:40.13	1:48.00	2:03.000	2:18.00
200 IM	1:49.57	1:51.57	2:01.00	2:21.00	2:36.00
50 Free	20.54	20.91	22.25	25.25	27.25
Diving			335/11	225/11 dive	
100 Fly	48.92	49.95	53.90	1:03.90	1:14.90
100 Free	44.95	45.73	49.00	57.00	1:02.00
500 Free	4:28.38	4:33.10	4:56.00	5:36.00	6:11.00
200 Free Relay	1:24.80	1:25.86	1:31.00	1 Team	3 Teams
100 Back	49.38	50.37	54.50	1:04.50	1:12.60
100 Breast	55.84	56.98	1:00.70	1:10.70	1:19.30
400 Free Relay	3:06.28	3:08.26	3:21.50	1 Team	3 Teams