



Bulldog Swim & Dive 2018-2019 Overview

Web Site: <http://bulldogswimdive.com/> and <http://www.westfieldathletics.org/>

Westfield Activities Hotline: 703-488-6500

What's it all about: The Swim and Dive Team represents another learning experience for high school athletes. It is a fun and exciting activity, but it requires a lot of dedication, determination, and hard work. It is about teamwork and team spirit. It is a time to explore their physical limits. It is an opportunity to represent the school. It is about learning to communicate in a group setting. And sometimes it is about dealing with disappointment and dealing with conflicts. And hopefully along the way, they will cultivate a lifelong love of the sport.

Team members must exhibit good sportsmanship at all times. All team members are required to abide by the Athletic Participation Policy. Each athlete must make sure that they understand the requirements and sign the appropriate forms before they will be allowed to participate. Anyone who has not completed their paperwork by **Wednesday, October 17, 2018** will not be allowed to try out.

Try-out Information:

Must have completed Concussion education prior to Try-Outs, both Parent and Athlete.

- ⇒ **Must** have physical, on the new form, and dated after May 1, 2018, and all of the other forms turned in by the **mandatory** team meeting on Wednesday, October 17, 2018 at 3:30 PM.
- ⇒ Tryouts begin Monday, Nov. 5, 2018. The team will be announced on Nov. 12, 2018.
- ⇒ The format for tryouts will be announced at the mandatory meeting on Wednesday, October 17, 2018.
- ⇒ Must be able to swim all four strokes, legally.
- ⇒ Team qualification based mainly on the ability to train at the level of the team, try-out times and for the divers the ability to complete the dives. Team managers will be named following try-outs. All team members must be willing to commit to the entire season, **through the state championship meet.**

Practices: All swimmers **and** divers must attend **all** scheduled practices, meets, and other team functions. The coaching staff will handle club swimmers' training schedules on a case by case basis. Athletes who are late for practice must have a note from a teacher or doctor which explains the tardiness. If they do not present a note, they will not be allowed to practice. Tardiness for practice is only excused for medical, and core curriculum needs, not for other elective activities, or activities outside of school.

Swim Practice: Monday through Thursday at Cub Run, 3:30-4:30.

Thursday's Practice: Continues until the team dinner at 5:30.

Dive Practice: Mon., Tues., Thurs. at Cub Run, 4:15-5:45.

Meets: Friday and Saturday evenings, from Dec. through Feb. Transportation for meets is provided as needed.

Team Fees: All team members must pay a \$75 fee which covers the team dinners, and helps pay for the End of Season Banquet.

Team Equipment: All team members must purchase a team suit, cap (if they use one), and team shirt. Team suits and caps are required, by rule, at all dual meets. All team members will be required to wear team warm-ups and team shirt to meets and other specified team events. Swimmers must also bring to practice a filled water bottle. We arrange the purchase of the suits and other apparel after the team is picked.

Additional Items: All team rules, communication guidelines, and lettering requirements will be posted on the team website at <http://bulldogswimdive.com/> prior to the **Wednesday, October 17, 2018** meeting. All prospective team members will be required to sign a receipt acknowledging that they have read and understand the information.

Contact Information:

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