

Season Schedule

Monday, November 25, 2019	Practice 245-500 (I have a Coach's meeting)
Tuesday, November 26, 2019	Practice 11-130
Wednesday, November 27, 2019	Practice TBD
Thursday, November 28, 2019	No Practice
Friday, November 29, 2019	No Practice
Saturday, November 30, 2019	No Practice
Sunday, December 1, 2019	No Practice
Monday, December 2, 2019	Morning 545-7, Practice 245-530
Tuesday, December 3, 2019	Practice 245-530
Wednesday, December 4, 2019	Morning 545-7, Practice 245-530
Thursday, December 5, 2019	Practice TBD
Friday, December 6, 2019	Practice TBD
Saturday, December 7, 2019	No Practice
Sunday, December 8, 2019	No Practice
Monday, December 9, 2019	vs Marine City
Tuesday, December 10, 2019	Morning 545-7, Practice 245-530
Wednesday, December 11, 2019	Practice 245-530
Thursday, December 12, 2019	vs Lake Shore
Friday, December 13, 2019	Practice 245-530
Saturday, December 14, 2019	No Practice
Sunday, December 15, 2019	No Practice
Monday, December 16, 2019	Practice 245-530
Tuesday, December 17, 2019	Practice 245-530
Wednesday, December 18, 2019	Practice 245-530
Thursday, December 19, 2019	Practice 245-530
Friday, December 20, 2019	Practice 11-130
Saturday, December 21, 2019	No Practice
Sunday, December 22, 2019	No Practice
Monday, December 23, 2019	Practice TBD
Tuesday, December 24, 2019	No Practice
Wednesday, December 25, 2019	No Practice
Thursday, December 26, 2019	Practice TBD
Friday, December 27, 2019	Practice TBD
Saturday, December 28, 2019	No Practice
Sunday, December 29, 2019	No Practice
Monday, December 30, 2019	Practice TBD
Tuesday, December 31, 2019	No Practice
Wednesday, January 1, 2020	No Practice
Thursday, January 2, 2020	Practice TBD
Friday, January 3, 2020	Practice TBD
Saturday, January 4, 2020	No Practice
Sunday, January 5, 2020	No Practice
Monday, January 6, 2020	Practice 245-530
Tuesday, January 7, 2020	vs Lamphere
Wednesday, January 8, 2020	Morning 545-7, Practice 245-530
Thursday, January 9, 2020	vs WWT
Friday, January 10, 2020	Morning 545-7, Practice 245-530
Saturday, January 11, 2020	No Practice

Sunday, January 12, 2020	No Practice
Monday, January 13, 2020	Morning 545-7, Practice 245-530
Tuesday, January 14, 2020	at Roseville, Bus 430
Wednesday, January 15, 2020	Practice 11-130
Thursday, January 16, 2020	at L'Anse Creuse, Bus 430
Friday, January 17, 2020	Practice 11-130
Saturday, January 18, 2020	No Practice
Sunday, January 19, 2020	No Practice
Monday, January 20, 2020	Practice TBD
Tuesday, January 21, 2020	vs Warren Mott
Wednesday, January 22, 2020	Morning 545-7, Practice 245-530
Thursday, January 23, 2020	Practice 245-530
Friday, January 24, 2020	STALLION RELAYS
Saturday, January 25, 2020	No Practice
Sunday, January 26, 2020	No Practice
Monday, January 27, 2020	Morning 545-7, Practice 245-530
Tuesday, January 28, 2020	vs Fitzgerald
Wednesday, January 29, 2020	Morning 545-7, Practice 245-530
Thursday, January 30, 2020	Practice 245-530
Friday, January 31, 2020	Morning 545-7, Practice 245-530
Saturday, February 1, 2020	No Practice
Sunday, February 2, 2020	No Practice
Monday, February 3, 2020	Morning 545-7, Practice 245-530
Tuesday, February 4, 2020	Practice 245-530
Wednesday, February 5, 2020	Morning 545-7, Practice 245-530
Thursday, February 6, 2020	Practice 245-530
Friday, February 7, 2020	Morning 545-7, Practice 245-530
Saturday, February 8, 2020	COUNTY MEET @ LCN
Sunday, February 9, 2020	No Practice
Monday, February 10, 2020	Practice 245-500: SS1
Tuesday, February 11, 2020	at South Lake, Bus 430
Wednesday, February 12, 2020	Practice 245-500: SS1
Thursday, February 13, 2020	vs Cousino
Friday, February 14, 2020	Practice 11-130: SS2
Saturday, February 15, 2020	No Practice
Sunday, February 16, 2020	No Practice
Monday, February 17, 2020	Practice 10-12: SS2
Tuesday, February 18, 2020	vs Hazel Parl
Wednesday, February 19, 2020	Practice 10-12: SS3
Thursday, February 20, 2020	vs Utica
Friday, February 21, 2020	Practice 10-12: SS3
Saturday, February 22, 2020	No Practice
Sunday, February 23, 2020	No Practice
Monday, February 24, 2020	Practice 245-430: SS3
Tuesday, February 25, 2020	Practice 245-4: 2/3 SS3 (100% SS3 for some)
Wednesday, February 26, 2020	Practice 245-4: 1/3 SS3, 2/3 SS3 for some
Thursday, February 27, 2020	1000 yards, relays, starts, turns, 1/3 SS3 for some
Friday, February 28, 2020	MAC Silver Prelims warmups are @3, meet @5
Saturday, February 29, 2020	MAC Silver Finals warmups @10am, meet @noon

**GOAL TIMES  
(SILVER TIMES BASED ON LAST YEAR'S DIVISION MEET)**

Events	County Cut	Silver 1st Place	Silver 6th Place	Silver 12th Place
200 Medley Relay		1:57.72	3rd: 2:02.35	
200 Free	2:07.59	2:11.34	2:35.08	2:40.12
200 IM	2:28.59	2:35.31	2:45.14	2:25.71
50 Free	25.99	25.97	29.75	30.32
Diving	115/meet			
100 Butterfly	1:07.29	59.14	1:24.13	1:41.60
100 Free	56.99	57.42	1:09.68	1:12.61
500 Free	5:49.99	6:03.70	7:19.39	9:37.42
200 Free Relay		1:40.58	1:48.73	us: 1:46.40
100 Backstroke	1:07.99	110.13	1:22.31	1:47.72
100 Breaststroke	1:15.99	107.19	1:20.38	1:37.44
400 Free Relay		3:48.93	4:11.46	4:39.13



# STALLION PRIDE!

STERLING HEIGHTS SENIOR HIGH SCHOOL

## BOYS VARSITY SWIMMING

### Full Schedule

SUBSCRIBE 

Key:  Home  Away  Practice  School  Other  Scrimmage  Postponed  Cancelled

	Date & Time	Opponent(s)	Facility	Score
 (H)	12/09/19 6:00 PM	vs Marine City HS	Sterling Heights High School	
 (H)	12/12/19 6:00 PM	vs Lake Shore HS	Sterling Heights High School Pool	
 (H)	01/07/20 6:00 PM	vs Lamphere HS	Sterling Heights High School Pool	
 (H)	01/09/20 6:00 PM	vs Warren Woods Tower HS	Sterling Heights High School	
 (A)	01/14/20 6:00 PM	vs Roseville HS	Roseville High School	
 (A)	01/16/20 6:00 PM	vs L'Anse Creuse HS	L'Anse Creuse High School	
 (H)	01/21/20 6:00 PM	vs Warren Mott HS	Sterling Heights High School Pool	
 (H)	01/24/20 6:00 PM	vs Multiple Opponents Stallion Relays	Sterling Heights High School	
 (H)	01/28/20 6:00 PM	vs Fitzgerald Senior HS	Sterling Heights High School Pool	
 (A)	02/08/20 8:00 AM	vs L'Anse Creuse HS - North COUNTY MEET	L'Anse Creuse North HS - Macomb	
 (A)	02/11/20 6:00 PM	vs South Lake HS	South Lake High School - St. Clair Shores Pool	
 (H)	02/13/20 6:00 PM	vs Cousino Senior HS	Sterling Heights High School	
 (H)	02/18/20 6:00 PM	vs Hazel Park HS	Sterling Heights High School Pool	
 (H)	02/20/20 6:00 PM	vs Utica HS	Sterling Heights High School	
 (H)	02/28/20 5:00 PM	vs Multiple Opponents Gold Division meet @ T...		





STERLING HEIGHTS HIGH SCHOOL  
VARSITY SWIMMING



## Swim Team Expectations and Standards

This is year 4 for the boys swim team in my second stint as coach of the team. We have had great individual and team success in the past, and I hope to continue that as we move forward through this season. We are lucky to have the vast majority of meets at home this season, only 4 away meets (including the county meet!)

Team Website: <http://shhsswim.weebly.com/>

Official SHHS Athletic Website: <https://shstallions.com/> Boys swim is under "Year-round sports"

Remind: Text @shhsswimb to 81010 for all updates from me!

### **COMMUNICATION IS KEY TO SUCCESS.**

- Please keep me informed about anything that will affect practice, a meet, an injury, or anything else
- Parents: if you have a concern, please come to me first before going to any administrator. Most issues can be resolved with a conversation.
- **24 HOUR RULE:** This rule states that after a competition, coaches and spectators will not discuss strategy, playing time, or other tactical details about the competition. Competitions can be very emotional, and the 24 Hour Rule is there to make sure that there is a cooling off period so a productive conversation can take place. I have an open-door policy with communication, however I will strictly abide by the 24-hour rule after meets.

There is a **team calendar in Google**. Here's how you get to it:

- Sign into Google
- Go to Google Calendars
- On the left side, in the OTHER CALENDARS section, type in shhsswimming and then enter and the calendar will be added to your calendar.
- You can also access it on the **team website**

**Team Remind** (1-way texts from me to the team and parents) Text @shhsswimb to 81010

**Practice Times:** The start time (2:45pm, 10am, etc.) means swimmers are suited up and stretched to begin their warm-up swims. I will have the pool open ASAP after school and by 9:30 on days prior to the start of school or on Saturday practice days. Please refer to the team calendar (on the website) for the most up-to-date practice and meet times available!

We are responsible for **setting up the pool** for all home meets. That is why the team is required on deck at 4:30 on home meet dates. The first meet we will be on deck at 4pm to learn what goes into setting things up.

**Bus Schedules** will be posted on the website and on the calendar. Bussing is one-way in WCS, which means students will need a ride home from all away meets. Maps to away meets are on the team website's main page.

Swimmers will not be asked to swim an event they are not physically ready for. They may be asked to swim an event they don't like for the sake of the team.

Parents, protocol in Macomb County for swim teams means **home teams supply snacks at the end of a meet for each of the teams**. It is a tradition, and the swimmers greatly appreciate it. Parents, you are all welcome to get involved in this and be part of the time.

Parents, you can also volunteer for other activities at meets, like back-up timing (so the swimmers can focus on the meet) as well as other activities. The more people involved in the team, the more fun and successful seasons are.



**STERLING HEIGHTS HIGH SCHOOL  
VARSITY SWIMMING**



Swimming is a **NON-CUT sport**, so all will be on the varsity team. You have certain standards to meet in order to earn your varsity letter, though. Through hard work, good attendance and outstanding effort, I am sure this will not be a problem.

**Stallions Swim Team Standards**

**THE TEAM, THE TEAM, THE TEAM**

Bo Schembechler said those words, that it is all about the team. Not only because I am a Wolverine, but also as a coach, I believe this 100%. We are a team, a small subgroup of Sterling Heights High School, a family. We need to establish a culture that cares about each other as individuals and athletes, will help each other when they need it (not only when they ask for it), that celebrates our successes together, and picks each other up when we are down. Being part of a team is about being part of something bigger than yourself. Work hard for each other. Care for each other. Be there for each other. You will have good friends on the team, and people you may not be close to. That doesn't mean that we aren't a family, that we treat anyone any different than we would want to be treated.

**EFFORT**

I expect all athletes to give their best effort. Not everyone will be at the same level, and my expectations for them will change accordingly. Some are just beginning, and I expect them to learn, while others are seasoned veterans that I expect them to work hard and practice hard. It depends on the swimmer. The swimmer, though, must give their best at everything that they do. That is all I will ever ask of an athlete that I coach. I am happy when a swimmer gives their best, whether they win or lose.

**SPORTSMANSHIP**

I value sportsmanship above all else. Stallion Swimmers will treat each other with respect at all times. Stallions will be fierce competitors, but will always be gracious to the opposing team **AT ALL TIMES**. We cannot control the actions of others, but we can control our own choices and decisions. **DO NOT ENGAGE IN NEGATIVE BEHAVIOR** with other teams or with our own team. That includes any online activity as well.





**STERLING HEIGHTS HIGH SCHOOL  
VARSITY SWIMMING**



**BEING THE BEST (THAT YOU CAN BE)**

All athletes should strive to be the best that they can be. Whether you are just starting out and have no idea how to swim or have been swimming for years, the only things that you can control are your choices, your dedication, your effort. Being the best isn't necessarily about having the fastest time. Being the best can be summed up as being the best that you can be! **MAKE THE CHOICE TO BE THE BEST YOU CAN BE!**

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|--|---|
| <ul style="list-style-type: none"> <li>• The Best know what they truly want.</li> <li>• The Best want it more than others.</li> <li>• The Best are always striving to get better</li> <li>• The Best do ordinary things better than everyone else.</li> <li>• The Best are laser-focused.</li> </ul> | <ul style="list-style-type: none"> <li>• The Best are mentally strong.</li> <li>• The Best accept their fear and overcome it.</li> <li>• The Best seize the moment. (Carpe Diem)</li> <li>• The Best leave a legacy.</li> <li>• The Best make everyone around them better.<br/><a href="http://www.trainingcamp11.com">http://www.trainingcamp11.com</a></li> </ul> |
|--|---|

**ATTENDANCE**

The only way to get better in the pool is to work hard and be at practice! My expectation is that you are at all after school practices. These are mandatory. We will run morning practices. These are optional (I will say the best swimmers take advantage of all the opportunities that they have) and are great ways to replace a missed practice during the week.

**Varsity Letter Requirements:**

For a team to be successful, it must have common goals and maximum participation by everyone involved.

- During the season, you must attend 90% of all mandatory practices (**not** including illness, injury, authorized school activity).
- If you do not swim practice, skip practice, leave practice early, or come to practice late, I reserve the right not to enter you in a meet for that week.
- Team events (i.e. meets, pictures, etc.) WILL NOT be rescheduled due to an absence of any swimmer for any reason.
- If you are late for the start of practice, I reserve the right to deduct points that you have earned towards your letter. The amount of points deducted will depend on how late you arrive or how early you leave.
- NOTE FOR SWIMMERS: I will keep track of when you come into practice late, or leave early, this does affect your attendance. **PRACTICE STARTS AT 2:45 P.M**

**METHODS OF EARNING YOUR VARSITY LETTER**

- **15 varsity meet points** earned in swim meets during the season. Relay points will be divided equally amongst the 4 swimmers.
- **Eligible and swimming in all meets**
- **Automatic Varsity letter** for qualifying for an individual event at the County Meet.
- **Automatic Varsity letter** for finishing in the Top 12 at the Division Meet
- **Individual Times For Events** will posted in the pool. If a swimmer achieves one of these times, they will automatically earn their letter.
- Upon completion of **3 full years of dedicated practice and participation** a swimmer can earn a Varsity Letter.
- **JV Level:** Maintains practice level but does not meet any time requirements or meet points
- **Freshmen Level:** Freshmen who meets practice level but does not meet any time requirements or meet points.

- REMEMBER -- *The Coach will make the FINAL decision on all season awards.*

Only a **TEAM** can win a championship, and we all have to work together to achieve all we can achieve. Success depends on what is done, not what is said!

**Be fierce but gracious competitors!**



STERLING HEIGHTS HIGH SCHOOL  
VARSITY SWIMMING



## Parent Expectations

For the returning parents, welcome back! For the new parents to the program, welcome! Being a member of that swim team is going to hopefully be a very rewarding experience. I would also invite all parents and family to be as much a part of the team. Support in and out of the pool is essential to success at this level, the more parent involvement, I have found, the more fun and success we can have. There are many opportunities to help out the team as much or as little as you would like to this year.

### Volunteer and Participate

- 1) For our home meets this year, and your child would greatly appreciate your show of support by attending as many meets as possible. There are various ways to volunteer at meets as well:
  - i) Entrance Fee/Hand Stamper
  - ii) After meet snacks
  - iii) Timekeeping during the meet
  - iv) Carpooling at away meets

### Leading and Supporting by Example

- 1) Parents need to help support the coach by assuring that their athletes:
  - i) Get the proper amount of sleep (which is huge for success during the swim season and for school)
  - ii) Getting proper nutrition (You can look up good nutrition for swimmers on the internet. Essentially junk is bad, high protein is good)
  - iii) Support the coach's decisions
    - (1) All of my decisions are for the good of the team and the student-athlete.



**STERLING HEIGHTS HIGH SCHOOL  
VARSITY SWIMMING**



**Athlete Information**

**Name:** \_\_\_\_\_ **Grade:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Class Schedule:**

1 <sup>st</sup>	4 <sup>th</sup>
2 <sup>nd</sup>	5 <sup>th</sup>
3 <sup>rd</sup>	6 <sup>th</sup>

**Parent's Contact information:**

Name:	Name:
Phone Number:	Phone Number:
Email:	Email:

Swimmer's past swimming history: (Please be detailed so I know as much as I can about your experience)

Preferred events/event times (if known): If you are a new swimmer, just say new swimmer!

**I have read this packet and understand the rules and standards of the swim team**

**Swimmer:** \_\_\_\_\_

**Parent/Guardian:** \_\_\_\_\_





## **SHHS STATEMENT OF STALLION PRIDE**

1. I am responsible for making the swim program work for myself and for everyone else on the team.
2. I will accept every team member as a person. I will respect her rights to pursue excellence. This includes myself.
3. I place a high value on the pursuit of excellence. I will keep the pursuit of excellence and victory enjoyable. I will do everything I can to help my teammates to pursue excellence.
4. I will treat every practice as an opportunity.
5. I will embrace physical and mental challenge because I know it is necessary to make my team and myself stronger.
6. I will encourage others to embrace challenge and to make challenge fun.
7. I will enjoy swimming and I will express my enjoyment in practice and competitive situations. I will encourage others to talk about the fun.
8. I will thank others on the team for their encouragement and support.
9. I will thank my coach for challenging me to better my physical and mental skills.
10. I will express complaints only to a person who can do something about the problem. When I voice concerns, I will offer solutions for correcting the problem.
11. I will encourage my teammates to remind me when I am not focused or am acting in a negative manner. I will thank them for taking the responsibility to help my team and me.
12. I have no interest or use for excuses. I don't need to protect myself from others opinions by making excuses before or after I swim.
13. I realize failure is an important part of success. I will use my failures to make myself stronger.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

