**RENO HIGH SCHOOL SWIMMING & DIVING TEAM**

**EXPECTATIONS 2024**

**Tryout Policy:** Official team practice begins on Tuesday, February 20th at Northwest Pool on Apollo Drive. As of this meeting, I still don’t have an official practice schedule as pool usage times are being worked out. We normally swim either in the afternoons or evenings depending on the location. As soon as I get more information, I will make sure everyone knows when and where practice will be.

**Expectations:**

**To be eligible to practice on February 20th, each swimmer/diver must be cleared at Reno High School. (Athletic packets turned in, medical clearance turned in, and academic clearance signed.)**

**Practices:**

1. To compete in the first meet on March 1ST, each swimmer/diver must be present for 4-5 practices with either the high school team or their respective club team. If you are participating in an outside club sport, you can use those practices as dry land swim practices.
2. Reno High School swimmers who are active members of a USA Swimming club swim team will be asked to make the high school practice the day before high school meets to work on relay exchanges. This will be based on pool space availability. There will be communication between the Club Coach and the High School Coach for practice attendance requirements.
3. Swimmers and divers must communicate with the High School Coach before missing practice. Unexcused absences will result in the swimmer not swimming in the meets.

**Meets:** All swimmers must compete in half of scheduled league meets to qualify for the Division I Regional Meet. A swimmer may compete in USA Swimming/USA Diving sanctioned meets during the season; however, the athlete may not compete in more than 12 meets total during the season excluding Regional’s and State meets. USA Swimming meets and times cannot be interchanged for league meets.

1. Athletes must be in the water by the designated warm-up time the day of each meet. Failure to do so will result in the swimmer being scratched from the meet.
2. Athletes must comply with all WCSD guidelines including alcohol, tobacco, and drugs (see form in athletic packet).
3. Athletes must remain academically eligible to compete. Grade checks will be done every three weeks. See athletic packet for academic eligibility guidelines.

**Parents:** You are an integral part of your high school athlete’s success. Please assist Reno High School Swimming by timing during meets and helping with events during the season. If you have any questions or concerns, please call Head Coach Dave Hoover (cell) 830-1029, (work) 325-2235 or (email) ddhoover0862@gmail.com.

**Varsity Lettering Requirements:**

1. Remain academically eligible the entire season.
2. Strict adherence to all school and WCSD rules and regulations.
3. Always follow the rules of good sportsmanship and fair play.
4. Swim/dive in at least half of all high school sanctioned meets.
5. Swimmer or diver must compete in the championship meets after qualifying. Failure to do so will result in not receiving a varsity letter.
6. And one of the following:
7. 1st year swimmers swim the 50 free, 100 free; one of the three events 100 back, 100 breast, or 100 fly during the dual meet season. 1st year swimmers are highly encouraged to swim the other three events (200 free, 200 I.M., 500 free) as they usually have softer time standards to make Regional’s. Please talk to coaches regarding swimming these events if you are interested.
8. 2nd year or more swimmers swim the previous events plus the other 200 (either free or I.M.) and the 500 free during the dual meet season. 1st or 2nd plus year swimmers who try to swim both 200’s and the 500 free during the season are eligible for a Varsity Letter.
9. Scoring 15 or more points throughout the dual meet season.
10. 100% attendance in practice throughout the season. Consideration will be made for those who have either medical or dental conflicts.
11. Qualification for Regional’s in one or more events.

**RENO HIGH SCHOOL**

**SWIMMING & DIVING TEAM**

**2024 MEETING AGENDA**

1. Athletic packets must be turned in prior to start of season. Go to registermyathlete.com to access all your seasonal paperwork. You will not be able to practice or compete without it.
	1. Must have a 2.0 and be passing at least 4 classes.
	2. Switch athletic packet to swimming or diving.
	3. Switch your sport online at the registermyathlete.com website.
2. Practice and meet schedule
	1. Regular season swim practice is at Northwest Pool on Tuesdays and Thursdays and alternating Friday’s. Meets are typically on Fridays or Saturdays.
	2. In season swim practices are held from 3:00 – 4:00 p.m. at Northwest Pool.
	3. First official day of in-season practice is Tuesday, February 20th.
	4. Pre-season practice will start on Tuesday, February 6th and will be conducted on Tuesday’s and Thursday’s from 3:00-4:00 p.m. at Northwest Pool.
	5. Dive practice is at the University of Nevada, Lombardi Pool. Dive practices are typically from 4:30-5:30 p.m. Monday through Friday.
3. Expectations – See Expectations Next Page
4. Transportation – There is no transportation to and from practice. You are responsible for getting to the pool on time and being picked up after practice. Meet transportation will be provided by the school district except for home meets (Northwest Pool). You will be responsible for your own transportation for home meets.
5. Equipment – You will need a sturdy swimsuit for practice. You will also need a good pair of goggles. If you have long hair, you will need a practice swim cap. I will not excuse athletes who miss practice due to missing gear or equipment failure. **I want all the non-year-round swimmers to have fins. They should be the type with an enclosed heel. You will need this for practice!** We will be utilizing a swim shop for team suit and apparel purchase. Fins can be purchased at Big-5 or any online swim shop. Fin sizes should be one half size larger than your normal shoe size. Fins are usually sold in men’s shoe sizes.
6. Team Apparel – Team Captains will be determining what we will be getting for team suits and apparel this season.
7. Team Captains this season are **Sam Dalinis**, **Hunter Gardner**, **Lucy Platz, Keira Scott**, and **Delaney Sullivan**.
8. Coaches – Dave Hoover and Lindsay Robertson (swimming), Madison Moffitt (diving).
9. Winning Team
	1. Positive attitude, supportive environment
	2. Practice is everything.
	3. Come out, work hard, and have a blast.
10. Club Swimmers – You must attend at least 2 club practices per week to remain eligible for the team. Please be sure to list your club coach on the information sheet. If you are participating in an outside sport or activity, please list it on your information sheet along with your coach or advisor.
11. Please contact me for questions/concerns. Dave Hoover (cell) 830-1029 or (work) 325-2235 or (email) ddhoover0862@gmail.com.