

Maclay
Swimming & Diving
2011



Swimming: Swimming is an exciting and high intensity sport to get involved in. It allows the athlete to learn how to work as a team as well as be successful as an individual. Swimming is one of the most recommended sports to do when you are trying to stay in shape. It is a low impact sport which helps build muscle growth and development without the dangers of straining bones and joints from impact with the ground. Swimming provides a good cardio workout as well as the ability to work every muscle group due to its high range of motion.

Coach Dave: I started swimming in high school and learned quickly that the more I put into the sport the more I got out of it. I was a mid-distance freestyle and backstroke swimmer. I was a captain as a junior and senior and helped lead the team to back to back conference victories which had not been done in over ten years. I currently hold the 200 meter backstroke record for the Oak Forest Barracudas swim team in Illinois. I have been coaching swimming since 2007. I coached with several head coaches learning different styles and have coached teams that have won several championship meets. This is my first season as a head coach and plan on using my abilities to build a strong team and help the individuals discover their true potential in and out of the pool.

“Being your best is not so much about overcoming the barriers other people place in front of you as it is about overcoming the barriers we place in front of ourselves. It has no relation to where you finish in a race or whether you break world records. But it does have everything to do with having the vision to dream, the courage to recover from adversity and the determination never to be shifted from your goals.”

Kieren Perkins

(Olympic Gold Medalist and World Record Holder)

Attendance: Showing up to practice as much as possible is essential not only for the swimmer, but for the team. A swimmer who does not show up to practice often not only hurts his/her own abilities, but also hurts the team's ability to train and compete at their highest level. This season the swimmers will be required to show up to 4 days a week to participate in the meets. If a swimmer does not show up to practice for at least 4 days and is not excused from those missed practices during the previous week of a meet then he/she will not be allowed to swim.

****Excused absences are any of the following: Illness, Medical Appointment, Funeral, etc. Documentation or note from parent is required to be excused.****

****Year round swimmers will receive full credit for participating with their year round teams. The same 4 day policy still applies. Athletes must have their coach email/call/write a note for days they were in attendance.****

****Dual sport athletes will receive half credit for each practice they attend that is not swimming. They must still have 4 full days of practice in order to be eligible for the meets.****

The swim season: A typical swim season is 14 weeks starting with the first practice going all the way to the State Meet.. It is essential for the swimmers to continue and stay with practice in order to be able to do their best at the championship meets. The first few weeks are swimmers getting accommodated to the water. This is followed by a few weeks of race preparation leading to the peak of the season in "yardage" and intensity. After the peak the intensity and distance swim goes down to give the swimmers the ability to rest their muscles and have energy to get best times at the championship meets at the end of the season.

Meets: In general, we will be facing teams that are around our ability level and that are in our district meet at the end of the season. These meets are designed to help the swimmers track their progress of how they are developing throughout the season. They are good practice to put to test what they have learned. For meets in Tallahassee, parents are responsible for transporting their swimmers to the pool which is usually Morcom Aquatic Center. For away meets, Maclay will provide transportation to and from the meets. All swimmers are assumed to be going to every meet. If you cannot make a meet please contact Coach Dave as soon as you know.

Traveling Dress code: when traveling on the school bus to away meets we must keep within dress code. Any swimmer who is not in proper dress for traveling to away meets will not be allowed to travel with the team. The following has come straight from Bruce Irvin the Maclay Athletic Director:

All male students and coaches shall wear a collared shirt, slacks and dress shoes or dress sandals.

All female students and coaches shall wear a dress or skirt and blouse or slacks and blouse with dress shoes or dress sandals.

Only exception would be when the team is traveling in uniform or warm-up.

This means NO t-shirts, tank tops, non-team sweat shirts, jeans and tennis shoes or flip-flops.

We are representing the school when we travel and expect that the students and coaches at Maclay should dress and act accordingly

"Mainly, I like to have fun. Swimming is all about having fun, and I am firm believer that you should keep swimming as long as you are having fun, but I can say that it becomes much more fun as you get older and learn more about the sport, life, and especially more about yourself".

Scott Goldblatt

Districts: Districts is the first of the state series championship meets. The FHSAA puts together a list of schools of close area and population to determine who is in what district. Our district meet has schools from Tallahassee, Panama City, and Pensacola. Swimmers will be chosen to swim their best events so that they may advance to the regional meet and give points to the team so that we may win the district title. This meet is specifically important to Maclay because this season we have the ability to win the district title for both Boys and Girls teams. For Maclay, this is the most important meet of the season!

Blue and White Challenge: The blue and white challenge is a program that was created to help encourage swimmers to do their best in all the aspects that surround the swim team. Swimmers will be given points for everyday that they show up to swim practice. They will also receive points individually at meets based on how many points they give the team, as a team during the blue and white meet, for fundraising for the team, and finally by showing sportsmanship to opponents or being a leader during practice or at a meet. Points will be updated weekly and progress will be tracked. The winning team gets a special award at the end of the season for the hard work that they did throughout the season.

End of Season Awards

Varsity Letters are awarded to swimmers who show up to at least 80% of practices and swim in at least 75% of total meets including districts during the season.

Junior Varsity Letters are awarded to swimmers who show up to at least 70% of practices and meets and swim in half of the meets 6 during the season not including districts.

Blue and White Awards: Teams will be chosen during the first week of practice. Teams will have to work together as a team on several categories (Attendance, Meet Points, Blue and White Meet, Fundraising, and Leadership/Sportsmanship.) Winning team receives a medal and a prize.

Head Award: This award is presented to the athlete who exhibits the following attributes: Hustle-Effort-Attitude-Desire on a daily basis. It's this kind of athlete that makes up the backbone of any sporting team.

Most Improved Swimmer: This award is given to the athlete who makes great progress from the beginning to the end of the season in attitude, ability, and speed. This athlete presents an unexpected, positive surprise to the team.

Most Valuable Player: This award is given to the athlete who is most responsible for the success of the team. Their ability to stay focused, train and compete on a high level is the foundation of any successful team.

Coach's Award: This award is presented to the athlete who not only places the team first, but sees the purpose of the entire program and works endlessly to make it the best that it can be. This athlete's impact becomes a part of the program that lives on after he/she has moved on.

Coach Denny Bunn Award: This recipient of this award displays traits and characteristics that transcend the sport and reach out to the betterment of mankind. The spirit and love of Coach Denny Bunn manifests itself through the qualities that the recipient of this award possesses.

Hidden Training

There are many factors away from the pool that can have a significant impact on your performance. Please keep these things in mind in order to help you maximize the results of all of the hard work being done in the water.

Stay Rested

- Getting enough rest is essential to peak performance both in the pool and at school.
- Try to establish a regular sleeping pattern.
- Get your homework done ahead of time, so you don't have to stay up late to finish things.
- Use the weekends to catch up on sleep, not as a time to stay up as late as possible.

Dress Appropriately

- When leaving practice, take the time to dry off completely, including your hair. You should not be leaving practice wearing only a towel.
- As the weather changes, make sure that you adjust your habits accordingly. *On colder days, coats, hats and shoes should be worn.*

Nutrition

- Make sure you are staying properly hydrated with water, sports drinks or fruit juices. Please remember to bring your own water bottle to practice.
- A diet high in carbohydrates is recommended for swimmers in training. Recommended foods include: pasta, fruits, vegetables, chicken, bread and cereal.
- Try to limit your consumption of fried foods.
- You must eat enough calories to compensate for all the calories burned during practice in order to prevent fatigue.
- A bottle of water and a bagel is not a sufficient lunch for a growing athlete.

What Does It Mean to Be Part Of A Team?

Written by: John Leonard

To become a part of a team is a privilege. Few people ever get the wonderful opportunity to experience the support of teammates and friends in the crucible of the competitive arena. A team lifts and elevates the performance of an individual to heights never before achieved. Each Individual must also recognize their responsibility to the team.

A team is a collection of individuals who have chosen to pursue one or more common goals. One of these goals, by tacit agreement of all concerned, is the improvement of each individual, which can result in improvement of the team performance. This is true in swimming. We compete individually, but preparation for competition is best accomplished in a team environment. No individual can create this environment for excellence on their own. It takes a team.

There is no such thing as a free lunch. If an individual wishes to benefit from the team, they must give to the team. Successful teams nurture the individual, and expect the individual to respond by also nurturing the team. Individual sacrifices on behalf of the team are just as much a part of the team environment as team accommodation of the individual.

The most successful teams have some characteristics in common in terms of accommodating the needs of individuals;

1. They demand adherence to the core values of the team. Outside these core values, they allow freedom of individual expression. But the core values are absolute, and not to be modified or bent for the individual.
2. They recognize that not every individuals every need can be met, but they bend over backwards to accommodate the **MOST IMPORTANT** needs of each individual.
3. They react positively to the idea in action that each individual first takes care of their own responsibilities, then assists others in their needs.

Individuals on successful teams also have some common characteristics;

1. They give back. If they want to be cheered for, they cheer for teammates. If they need special attention, they provide special attention to others.
2. They recognize that the fastest swimmer and the slowest swimmer on any team have unique responsibilities. The team will go no higher than the fastest, and will be limited by the efforts of the slowest. The individuals put special effort into assisting each to maximize their potential.
3. They know that Rules do not make teams, but traditions based on what it takes to achieve group goals do make a team. The individual recognizes the power of peer pressure when the object is right behavior.
4. Individuals recognize that a rising tide lifts all the boats, and that it is better to make the pie bigger than to fight for their small piece of the pie.

TEAM has been described as "Together Everyone Achieves More". Anyone who has been on a good team, will agree with that acronym.

If you are on a good team, be thankful. If you are not, what are you doing to **CREATE** a good team from the one you are on today?"

"The Team Takes Care of Me, and I Take Care of The Team"

"Each member of a team has a responsibility to be better today, than they were yesterday, as an athlete, and as a person. That's how teams get better"

"On our team, the fastest guys help the slower guys every day. Then when the meet comes around the slower guys do better, but they also cheer so hard for the fast guys that they'd bust a gut."

"Team means together. We do a lot of things outside the pool together. When you know your teammates as people, it makes it a lot easier to support them when it counts."

"A team is knowing other people care about you."

"We all commit easier to group goals than we do to our own. We want to not let anyone else down....why else do we swim faster on relays than in individual events?"

"I love my team, because they give me so much. I get to follow five other fast women in practice each day, and that makes me faster. I get to spend time with five other fine women outside of practice, and that shows me how to solve problems and be a better person than I could ever manage on my own. What's not to love? I gotta give it back, and repay my debts."

"Its funner on a team"

"Teams double the pleasure and half the pain."

"I know people who think swimming is an individual sport. They've never tried practicing alone."

"Swim teams are like families. It ain't always pretty, but it's much more rewarding to be in one."

Maclay Swim Team

2011 Meet Schedule

8/31/11	Florida High @ Maclay 5:00 PM Warm-Up 6:00 PM Meet Begins	10/7-8/11	Panama City Beach Invitational (Frank Brown Park, Panama City) TBA Bus Time Swimming Warm-Up 7:30am (10/8) Diving warm-up: 3pm (10/7)
9/6/11	Maclay @ Suwannee(Suwannee High School)—(Bus leaves around 2pm, dinner on the way home) 4:30 PM Warm-Up 5:00 PM Meet Begins		Meet begins: 4:30pm Dive (10/7); 9am swim (10/8)
9/9/11	Rocky Bayou @ Maclay 3:30 PM Warm-Up 4:30 PM Meet Begins	10/11/11	Rickards @ Maclay (Senior Night —final home meet) 5:00 PM Warm-Ups 6:00 PM Meet Begins
9/14/11	Maclay @ Florida High (Morcom Aquatic Center) 5:00 PM Warm-Ups 6:00 PM Meet Begins	10/15/11	Big Bend Championship Meet TBA Warm-Up TBA Meet Begins
9/17/11	Maclay @ Arnold (Frank Brown Park, Panama City)---(Quad meet with Arnold, Rutherford, and Florida High) TBA Bus Time TBA Warm-Up TBA Meet Begins	10/19/11	Maclay @ Florida High (Morcom Aquatic Center) 5:00 PM Warm-Ups 6:00 PM Meet Begins
		Oct 24-Oct29 (Date TBA)	Districts @ TBA TBA Bus Time TBA Warm-Up TBA Meet Begins
9/27/11	Suwannee @ Maclay 4:30 PM Warm-Ups 5:00 PM Meet Begins	Nov. 3	Regionals @ Jacksonville (Bolles) Bus time TBA Meet Begins @ 9am

