

## Saratoga Swimming Newsletter

### *First Edition*

***PLEASE FORWARD THIS TO PROSPECTIVE SWIMMERS, DIVERS and YOUR PARENTS***

#### Welcome

I can't tell you how absolutely elated I am to work with this team. No kidding, it's a team I have always wanted to coach as I have heard inspirational stories about all of you as inquisitive young adults, hard working and persistent students, and just all around cool people. This season is going to be a great one...one that makes you laugh, makes you proud of your accomplishments, and if your self-esteem doesn't go up, I didn't do my job good enough!

*One more thing...I am not good with names at all so I apologize in advance for forgetting or butchering yours. Patience is appreciated.*

#### Respect and Ownership

We had a lengthy conversation about respect at our meeting last Tuesday. If there ever were two coaches or teachers that gave respect and expected it back, it's Coach Christian and Coach Cristin me. Respect for oneself, respect for those around you, and respect for your environment will be something we'll be working on and appreciating. There will be no cut-downs:

- Student to student or coach
- Coach to student
- Student and coach about other teams

If any disrespect is displayed by a swimmer, there will be consequences such as removal from practice for a day, a week, a season, and whatever other consequences are given by the schools administration.

**Ownership:** If a coach upsets another swimmer, or a swimmer upsets a coach, rather than talking about this person behind their backs, we **MUST** and **WILL** go to the person that upset us and communicate, calmly and politely, what bothered us.

#### Paperwork and Attachments

All paperwork **MUST** be turned into myself or Mrs. Lamm by **FRIDAY, February 1<sup>st</sup>**, otherwise swimmers will not be allowed to swim with the team. At that moment, I apologize, however, you will become a bench warmer until all of the paperwork is turned in.

Items for Mrs. Lamm:

- Athletic Steroid Form
- Athletic Dept. Form
- Athletic Participation Form
- Spring Sports Donation

Items for Coach Cristin:

- Swimmer Contract (attached)
- Q&A Form (attached)

Random Attachments:

- Tardy Slips: Print a few copies of this form. You are responsible for bringing one whenever you are late. If you do not bring a form (or even borrow one from another team mate), this counts as a tardy and an absence.

### Swim Workouts

- **Workouts Times:** M, W, Th, F: 2:30-4:30; T: 1:45-3:45
- **Club swimmers** must swim with their clubs and check in with Coach Cristin every Monday to turn in swim logs. Swim logs must include minor and main sets and overall yardage including warm up and warm down. Once the swim meets start, all club swimmers are expected to come to Monday's workout to discuss the line-up. Swimmers will not be required to miss any of their club practices. Those doing relays will practice starts to get the timing right.
- **Club swimmers must turn in swim logs** every Monday to Coach Cristin. Again, swim logs must include minor and main sets and overall yardage including warm up and warm down. You can turn them into me personally or by e-mail (preferred).
- **Tutorial Swimmers:** Those that have 7<sup>th</sup> period tutorial must let me know so I can add your name to my list of tutorial students. E-mail this information to me for my records.
- **Swim Groups:** We recognize there will be various levels of swimming levels within the JV and Varsity teams. We will respect each person's abilities and will build upon their current skills.
- **Coaches:** For the month of February, Coach Christian will handle the non/club Varsity swimmers and Coach Cristin will take the JV team, the divers, and the Varsity club team members (when they show up at practice on Mondays). After February, it has been discussed that Coach Christian will take all of the boys and Coach Cristin will take all of the girls and keep the club swimmers and divers. This is to be decided on at a later time.

### Diving

- We are ecstatic to have a Junior Olympic diver joining our team this year and we want more! Diving scores from your diving meets can be transferred to the league and divers are expected to attend our away dual meets at pools where there is diving. If you know of any divers, please let Coach Cristin know.
- Coach Cristin will be managing the diving team.

### Random Information

- **Boys Swimming Swimsuits:** Finis will be visiting next Friday (2/1) for swimsuit sizing. Make sure you are there or send me your swim suit size. They do have somewhat of a plaid in red and blue. WOO HOO!
- **Parent Meeting:** The parent meeting will be Thursday, February 7<sup>th</sup> at 6PM in the library. This meeting should last no longer than an hour.

- **Team Moms:** We need 2 from the girls team and 2 from the guys team. The responsibilities are not tremendous at all. Please step up and make our season super.
- **Equipment:** All students are *required to bring their own buoys and paddles* to every practice. Short fins are optional but desired. A representative will be on deck with buoys, paddles, fins (Zoomers), and boards for you to purchase (at a 25% discount!). Official prices will be given next week. If you are unable to afford these items, please contact Mrs. Hyde.
- **Absences and Tardies:** Swimmers will be allowed 5 absences and/or tardies. You are tardy if you are not suited up on the pool at the start times of each day's practice. All absences must be cleared with Coach Cristin ahead of time when possible so I can list that you will be absent and I can log it in your file. If you are taking off for vacation during our breaks, those count as days absent. Missing a swim meet counts as an absence, even for those who are doing two sports, except for special circumstances.
- **Swim Calendar:** For your convenience, a swim calendar is attached.

#### First Week of Swimming (January 28-February 1)

- Monday Focus: Freestyle
- Tuesday Focus: Fly
- Wednesday Focus: Backstroke
- Thursday Focus: Breaststroke
- Friday Focus: Demonstration from Tim Elson from Finis, Inc., a swim apparel and training equipment specialist. He will have fins, buoys, paddles, and boards on hand. A short practice will be held.

#### Coach Contact Information

- **Head Coach Cristin Reichmuth:** Prefers to be contacted by e-mail for her records. E-mail: [cristin@bodyandmindsolutions.com](mailto:cristin@bodyandmindsolutions.com), Cell: (408) 406-4112, Website: [www.bodyandmindsolutions.com](http://www.bodyandmindsolutions.com).
- **Assistant Coach Christian Bonner:** Prefers to be contacted via cell phone. Cell: (718) 757-6545, E-mail: [christiankbonner@gmail.com](mailto:christiankbonner@gmail.com).

Thank you so much and keep on keepin' on.

Coach Cristin and Coach Christian