



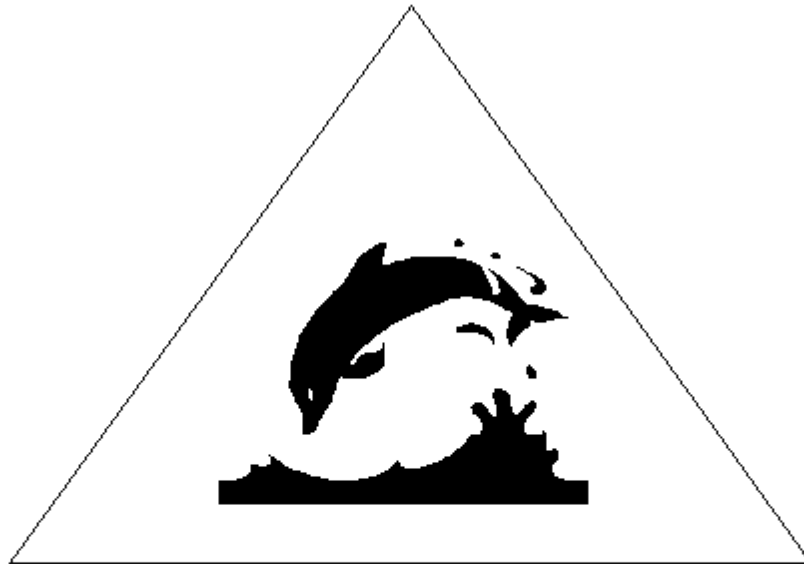
New Athlete/Parent Packet

2011-2012

BREWER

SWIMMING & DIVING

SWIMMER/DIVER



COACH

PARENT

TEAMWORK

Incredible strength in the combined efforts
of many to accomplish a common goal.

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WELCOME TO BREWER SWIMMING & DIVING

Welcome to Brewer Swimming & Diving! Nearly everything you need to know about Brewer Swimming & Diving is in this packet! Please read it thoroughly and sign (Parent and Athlete) the Agreement Form. ***Agreement Forms are to be turned in to Coach Cahill on the first day of practice in order for the athlete to participate.*** (Athletes must also have turned in the other 4 forms at the Winter Sports Night before the athlete will be allowed to practice). We are looking forward to a wonderful, enriching season and we are pleased that you are now part of our swimming and diving community!

2011-2012 SEASON

COACHING STAFF:

Head Coach: Kathleen Cahill (Phone: 942-2410; Email: vivakc@myfairpoint.net)
Assistant Coaches: Diving: Michelle Davis
Swimming: Jordan Buck

Volunteers: John Williams, Hali Fleishman, Martina Bosse, Eileen Williams

COMMUNICATON WITH COACH CAHILL:

After reading/referring to the packet, or at any time during the season, should you have a question, please contact Coach Cahill. The best time to reach me *by phone* is during the day. If parents wish to speak to me in person, please call so we may set up a time to meet. Should parents come to the pool to speak with me, unfortunately I cannot give you my undivided attention before, during or right after practice. (Before practice I am going over the evening's practice workouts with my coaching staff and preparing equipment needed, etc. During practice...well...I'm coaching! ☺ After practice we have 10 minutes to get all the athletes off deck, out of the locker rooms and out the door.) Out of courtesy, because of our late practice time, if I miss your phone call or if parents call me while I'm at practice, unless it is an emergency, I will return your phone call the following day. I can also be reached via email.

Kathleen Cahill

PHONE: 942-2410 or EMAIL: vivakc@myfairpoint.net

PARENT REPRESENTATIVES:

Each year we have Swim Team Parent Representatives who organize back-up timers, lunches and snacks for meets, and the Team Spaghetti Dinner. The Parent Reps are "experienced" Brewer Swim Team Parents and, in addition to Coach Cahill, they are available to answer questions, etc. The Parent Reps also maintain a parent email list. The parent email list helps to organize volunteers for back-up timing and volunteers to provide snacks and drinks for meets, etc. as well as to keep parents informed of swim team news, etc.

MISSION STATEMENT:

To empower young people to be champions in life through excellence in Swimming and Diving.

PHILOSOPHY/GOALS:

We strive to provide every athlete with a positive experience. For Swimmers, we teach the four competitive swimming strokes (butterfly, backstroke, breaststroke, and freestyle). For Divers, we teach the basic dives from each of the five categories (forward, back, reverse, inward, and twist). As the swimmer/diver becomes more experienced, their strokes/dives are constantly improved and perfected and their training program (intensity and difficulty) adjusts according to their swimming/diving development. We provide a training atmosphere that emphasizes optimal physical conditioning, stroke and dive efficiency, mental toughness, pursuit of goals, mental concentration/focus and healthy competition. We strive to provide athletes with the mental and physical tools needed to continually progress to their fullest potential in this stage of their development. We not only train the physical body we also train the mental side of sport as well.

SUPPORT:

Parental support is necessary. The greater the athletes' base of support, the more free they are to take risks- taking risks is key to athletic success! That is why we, coaches and parents, are the bases of the "High-Performance Team".

HIGH-PERFORMANCE TEAM ROLES:

Athlete: RESPONSIBLE: Punctual (you are on time to practices, meets, and meetings). Comes prepared to swim (you bring your swim/dive gear, entrance ID, and a good positive attitude). Attends practice 5 days/week. Calls Coach when absent. Quiet in bleachers prior to practice. Attentive (knowing what's going on. Not in la-la land!). Willing to try. Willing to evolve. Works hard. Continually strives to improve times/scores, swimming technique or execution of dives. Good student (gets homework done on time, makes studying a priority, asks for help when needs it, maintains eligibility). Does preventive injury exercises. Takes responsibility for own health and healing. RESPECTFUL: Good sportsmanship. Supports/Encourages teammates in practice and at meets. Speaks positively about the team and represents Brewer Swimming & Diving with respect and pride. Uses appropriate language at our home pool or away. Follows pool rules. Has patience (with others and self). Listens to and speaks appropriately to all coaches/volunteers. Respects coaches decisions (we are looking out for your safety and what's in the best interest for your development).

Parent: SUPPORTS YOUR SON/DAUGHTER (YOU ARE CHILD'S # 1 FAN). SUPPORTS THE PROGRAM (supports/respects all athletes). SUPPORTS THE COACHING STAFF. Provides adequate nutrition for your son/daughter. FOCUSES ON THE PROCESS NOT THE OUTCOME. (READ "HOW TO BE A WINNING PARENT" AND "PARENTS' ROLE" located in this packet and follow these guidelines.) Be actively involved in your child's rehab (if needed). Supports the team's fundraising activities. Contact Coach Cahill by phone with questions or concerns.

Coach: These are just a few...Provides critique, feedback. Trains athletes at their abilities. Motivates athletes to continually push their limits and constantly strive to improve. Teach latest in stroke mechanics/dive techniques. Provides physical and emotional safety. Cares about each athlete. Knowledgeable. Coaches the mental side of sport as well as the physical. Organized. Keeps informed. Good listener. Role model. Looks to progress the program.

WINNING AND SUCCESS:

Here at Brewer Swimming and Diving, athletes are motivated to push their OWN limits and are expected to constantly strive to do better than their previous best. Stepping up to the challenge of competition (desire to compete, race strategy, mental toughness, poise and composure, handling pressure) is also a critical aspect to the success of the athlete.

COMPETITION:

Swimming/diving is a team sport. We consider competition to be a healthy seeking/working together. Only focusing on the outcome usually results in performance problems. The competition is the athletes' partner and their real obstacle lies within. Parents please encourage your child to push his/her own limits and continually strive to improve.

TRY-OUTS:

One must try-out to be a Brewer Diver. During the first two weeks of the season, in addition to the general expectations of all swimmers/divers, the coaching staff will be looking at several criteria to determine the diving team (**fearless**, coachable, attentive, motivated, good body control, graceful, powerful, natural athleticism, follows directions, quickness to pick up new material, mentally tough). The students who do not make the diving team have the option of becoming swimmers. Depending on the number of swimmers, there may or may not be try-outs to be a Brewer Swimmer. **IMPORTANT: All swimmers and divers must meet the expectations outlined in this packet in order to stay on the team.**

BREWER ID'S:

In order for the YMCA to ensure that only Y members and swim team participants are entering the facility, for accountability purposes, the Y requires all athletes/coaches to “check in” at the front desk to gain entrance to the pool lobby. **Monday-Thursday, you cannot enter the YMCA prior to 6:30pm.** Each athlete/coach is issued a Brewer Swimming/Diving ID. Each athlete must flash the orange Brewer Swimming/Diving ID *for the attendants at the front desk to see.* They then will buzz the door to the pool lobby to unlock it so you may enter. If you lose/forget your ID, just tell the front desk you are a member of the Brewer Swim Team and you forgot your ID. The front desk will have a copy of our roster (they may ask for your name to verify you are on the roster). See Coach Cahill immediately if you lost your ID to obtain a new one. **KEEP YOUR ID TIED TO YOUR SWIM BAG OR KEY CHAIN AND DO NOT LOSE IT**

PRACTICES: *Swimming & Diving is a VARSITY sport at Brewer High School. You are expected to be here 5 days a week. Generally practices are Monday – Thursdays 6:45-8:45pm* and Fridays 6:15-8:15pm**

Be suited up, ready go at 6:45pm (6:15pm for Friday practices). At 6:45pm (or 6:15pm on Friday practices), you may enter the pool area and sit on the brown bleachers. While on the bleachers you are expected to do some light stretching, abdominal work and *whisper quietly* amongst teammates. Bring a towel out on deck for stretching, etc. ***Please be sure athletes are picked up by 9:00pm M-F as the YMCA building closes at that time.** (If you are late, one of the coaches has to stay outside with your son/daughter until you arrive. It's not a safe neighborhood and *it's cold.* So please be on time.) See “Practice Schedule” link for vacation practice schedule.

TEAM MEETINGS: Throughout the season athletes may be asked to stay after school for a team meeting at the high school centering around goal setting, nutrition, taking risks, positive self-talk, using setbacks and failures as stepping stones to success (just to name a few!). The athletes who practice healthy mental training are far more successful than those who don't. If an athlete should miss one of these mandatory meetings, he/she should see Coach Cahill for the appropriate handout and any other additional information.

SNOW DAYS:

If school is cancelled due to bad weather, practice is also cancelled (Superintendent's rule). If it's a vacation day (or while in school) and it begins to snow...Often times by late afternoon our mini-blizzard has melted and it's a warm, safe-driving evening. If we hold swim **practice** it is always **optional on “snowy days”**. We generally wait until 4:00pm before making a determination whether practice is

cancelled or not. Please be patient. Coach Cahill will leave a message on her answering machine stating whether or not we have practice and it will be posted on the swimming website. If you are not sure if there is practice or not...call Coach Cahill (942-2410) after 4pm and listen to the message.

ABSENCES/MISSING PRACTICE:

***IF YOU ARE UNABLE TO ATTEND PRACTICE, THE ATHLETE (OR PARENT/GUARDIAN) MUST CALL COACH CAHILL WITH THE REASON FOR THE ABSENCE AT 942-2410** (Leave a message if necessary.) For planned absences, the athlete may tell Coach Cahill in practice.

*A varsity member is expected to be here 5 days a week. Obviously unexcused absences will result in not competing in the upcoming meet, although the athlete will attend the meet.

*A participant (swimmer/diver/manager) is allowed three (3) **excused** absences. Athletes will be expected to swim or dive unless medically excused. After three absences, a meeting between the athlete and Coach Cahill is in order to discuss the commitment and progress of the athlete.

*If you must attend a school related function (NHS, Junior Ex, Speech, Band obligations, etc.), we certainly consider this an excused absence... we know often times these conflicts cannot be avoided. ***Missing practice due to a part-time job is NOT an excused absence. Work is not an acceptable excuse to miss practice or a meet.*** Nor is it acceptable to be late to practices or to have to leave early from practice due to your work schedule. ***You now know the practice and meet schedules...if you work, plan your work schedule around our meets and practices allowing sufficient time to get to the YMCA on time!*** You cannot miss *school* to go to work; therefore...you cannot miss practice.

*If your family has made vacation plans during our practice sessions clearly this is an excused absence. However, it is important for you to be aware that if an athlete misses double sessions during Christmas break he/she will essentially be missing the equivalent of 2 weeks of practice (the nucleus of our season). Missing this much training during a critical point in the season will certainly have an impact on your son/daughter's performance. We encourage our athletes who will be missing practice for an extended period of time to do any the following: 1.) Swim at a hotel pool (if one is available). We can provide daily workouts; however it is the athlete's responsibility to keep in contact with Coach Cahill via email during the vacation so he/she may receive the workouts for each day. 2.) If a pool is not available, run, stationary bike, or any other aerobic activity.

TRANSPORTATION:

TO PRACTICE: Athletes are responsible for finding their own transportation to and from practice. If you are your child's mode of transportation, please plan to pick up your son/daughter **no later than 9:00pm** Mondays-Fridays (the Y closes the building at 9:00pm) at the YMCA. Your anticipated cooperation is greatly appreciated.

TO MEETS: The Team travels together! We are bused to and from most away meets...the bus departs from Brewer High School. The time of departure is located on the meet schedule. After the meet is over, when we are 20 -30 minutes away from the high school, we ask our athletes to call for their rides (we have cell phones available) to let you know our arrival time at Brewer H.S. *Please be waiting for your son/daughter at that time.* If, for some reason, you need to take the athlete home from the meet in your own vehicle, the parent/guardian must notify Kathy Cahill (942-2410) by note or phone call the **DAY BEFORE** the meet.

CAR POOLING: Car-pooling is a wonderful way of saving time and energy! Please contact Coach Cahill if you are interested in being involved in a car pool with families who live near you.

ATHLETIC ACTIVITY FEE:

Each participant of a winter sport is expected to pay **\$10.00** for the activity fee. All checks for the Athletic Activity Fee should be made out to **BREWER HIGH SCHOOL**. The athletic activity fee is **due by Monday, November 28th**.

LIFESTYLE:

ATHLETIC CODE:

Athletes have made a commitment to themselves and to others by being a member of the team. Therefore, it follows that they are obliged to do nothing to hamper their development as a swimmer/diver. In addition, by signing the athletic contract they *and you*, as parents, have given your word that you have read and understand the consequences and that the athletes will adhere to the training policy. The sports season begins with the first practice and ends at the conclusion of the banquet. Violation to the athletic code as well as other general school policies could (and usually does) end in suspension from the swim team.

SLEEP:

Swimming is a very physically demanding sport. Swimmers and divers should try to get 8 hours of sleep per night with an extra hour to two hours of sleep during double sessions.

NUTRITION:

Swimmers and divers need good nutrition...they must **EAT TO COMPETE!** (See Nutrition Handouts included in this packet). Parents generally do the shopping. *Please* stock the refrigerator and cupboards with good, healthy foods and beverages. All athletes need to eat breakfast, lunch and dinner! If your son/daughter won't get up early enough to sit down for cereal, etc. provide them with some "grab" foods such as fruit, bagels, muffins, etc. They also are required to drink 2 quarts of water a day! I refuse to coach athletes who severely restrict their calories (less than 1200 calories/day) because they are trying to lose weight. Athletes will receive more information on nutrition at our Nutrition Team Meeting.

INJURIES:

If the athlete is too sick or injured to swim or dive or cannot participate in the water for any other reason, the athlete is NOT to come to practice to "watch" or "help out". The athlete needs to rest to get healthy...take that time and use it wisely. Athletes must listen to their bodies. If something doesn't feel right during practice or a meet, they must inform one of the coaches. Tell the coaching staff right away...don't wait for it to "go away". **IF THE COACHING STAFF RECOMMENDS AN ATHLETE TO SEE A SPECIALIST SUCH AS A PHYSICAL THERAPIST, THE ATHLETE SHOULD DO SO WITHIN 48 HOURS.** Brewer High School has contracted the services of Results Physical Therapy at no cost to the athlete/parent. We expect each athlete to swim or dive unless medically excused. *We also expect that athletes take an active responsibility in their own healing and recovery (i.e. seeing the athletic trainer or specialist when recommended, doing prescribed rehabilitative exercises, etc).* The athlete's recovery (how long it takes and how successful) is truly up to the athlete and how responsible/diligent he/she is in executing the desired exercises/rehab. We recommend each swimmer to do preventative shoulder exercises at home. These conditioning exercises are used to strengthen the internal and external rotator cuff muscles, which help to prevent shoulder injuries (tendonitis, etc.). Swimming puts a *lot* of stress on the shoulder muscles... swimmers will move their arm above their head 3,600 to 10,080 times *a day* depending on the yardage they do. **AND** they do it through a resistive force called water. One can see how months of training could potentially lead to shoulder pain. Athletes, who do these shoulder exercises daily, are often able to prevent shoulder injuries. These exercises are done at home...please encourage your swimmer to do them! Athletes will receive prevention exercises during the first week of practice.

ACADEMICS:

The athletes' first responsibility is in the **classroom**. Swim Team is not an excuse to become sloppy in schoolwork. Through efficient organization, swimming & diving do afford athletes the opportunity to achieve success in both the classroom and an athletic activity. In other words, swim team is not an excuse for grades to suffer. With proper planning and organization, athletes can do the job in both areas! See Coach Cahill if you would like tutoring...we have several high honors students on our team who volunteer as tutors. Coach Cahill will contact you if she has concerns regarding your son/daughter's academic progress and eligibility.

ELIGIBILITY: Brewer student athletes must be passing a minimum of 4 credits in order to be academically eligible to participate.

Most yearlong classes are equal to 1 credit. Most semester (1/2 year) classes are equal to 1/2 a credit. Take the classes the athlete is passing and add up the number of credits for those classes. If the number of credits passed equals or is more than 4, the athlete is still on the team. If the number of credits passed is less than 4, the athlete is no longer allowed to be on the team (no practices, meets, team get-togethers, banquet, etc.) Usually there are two weeks left to our season after 2nd quarter grades come out. We are a TEAM and count on each other. Studying, learning and completing your academic work are your responsibility. If you fall behind and need some extra time to get caught up, speak with Coach Cahill.

ACADEMIC AWARDS AVAILABLE TO SWIM TEAM MEMBERS:

MAINE ACADEMIC ALL-STATE SWIM TEAM

- A. Criteria:
 - 1. Must be a senior swimmer or diver.
 - 2. Must have been on the High School Swim Team for at least 2 years.
 - 3. Must have qualified for the State Meet during the Senior year.
 - 4. Must have at least a 3.00 grade point average through seven semesters.
- B. Only grades in English, Science, Social Studies, Math and Foreign Language are counted. (Advanced, accelerated, honors, and AP courses are not weighted.)
- C. Coach Cahill submits the names of all senior state meet qualifiers to the Brewer/Hampden registrar's office who completes the application process.
- D. Athletes who make the Maine Academic All-State Swim Team are announced at the Swim Team Banquet.

NATIONAL ACADEMIC ALL-AMERICA (Sponsored by the National Interscholastic Swimming Coaches Association of America)

- A. Criteria:
 - 1. Must have earned a varsity letter in swimming/diving during the Senior year.
 - 2. Must have earned a varsity letter in swimming/diving during at least one other year. (A minimum of 2 years...one of which must be the senior year.)
 - 3. Must have at least a 3.75 cumulative grade point average through seven semesters.
- B. Only grades in English, Science, Social Studies, Math and Foreign Language are counted.
- C. Advanced, accelerated, honors, and AP courses are weighted.
- D. Coach Cahill submits the names of senior swimmers/divers who meet the varsity letter requirement and have high GPA's to the registrar's office.
- E. Coach Cahill will notify you if you meet the requirements. You and your parent will be asked to sign the application form before it is submitted to NISCA.

DUAL MEETS: WHO COMPETES? In regards to dual meets, it is our policy that every athlete swims at least once either on a relay, an individual event or an exhibition event. However, it is also important to note that there are several new athletes that are still learning proper stroke technique and how to execute a start off the blocks (or learning to execute a forward dive in the case with divers) ...therefore, *it is reasonable to expect that their debut in a competitive meet will be delayed until they are ready!* If we have more than 3 male divers and/or 3 female divers, the divers who know 6 dives and are able to execute the required dive of the week will be rotated on a weekly basis. We will do our best to get as many divers in the meet (scoring or exhibition). The officials and the head coaches must agree on the number of exhibitions prior to the meet. **AN ATHLETE MUST BE IN PRACTICE THE DAY BEFORE THE MEET IN ORDER TO PARTICIPATE IN THE MEET** Exceptions: mandatory school related functions, religious obligations and family emergencies (i.e. Death in family).

EXTENUATING CIRCUMSTANCES: There might be circumstances that may prevent your son/daughter from competing such as skipping practice, or an unexcused absence. The coaching staff will always decide who will be participating in the upcoming meets. (For example, if an athlete was out sick or injured Monday through Wednesday, practices Thursday, there might be a chance he/she would not compete on Friday.) Any instances like the previous example and perhaps other extenuating circumstances (death of friend/family member) will be left up to the discretion of the coach whether or not the athlete will compete. In respect to violations of the athletic code or school policies, the decision to suspend athletes is in the hands of the administration and the coaching staff.

*Generally after our home meets or an early away meet (if no school the next day), athletes/parents/coaches who wish, go out to dinner at Dysarts or Dennys. Parents are invited as well. Athletes/parents are to pay for their own meal.

LAST DUAL MEET OF THE SEASON: The last dual meet of the season is always with Orono H.S. It's been a tradition at this meet to recognize the seniors from both teams and present them with a rose. This "Senior Send-off" is a special day for our Seniors and their parents because it marks the end of their dual meet career for Brewer High School.

SPORTSMANSHIP: Remember teammates are counting on each other! We, the high-performance team, are all in this together. Impressions are formed of the team and the coaching staff as well as of the parents at the pool, at meets and at school. We are expecting all to demonstrate good sportsmanship. At meets, ALL athletes will stay TOGETHER on deck. The bleachers are off limits during the meet. The "Magic Area" is a designated area for our athletes to go to before their event to focus on their race/dives, talk with the coaching staff, etc. This is an important aspect of their pre-race preparation. At the State Championships, a Sportsmanship Award will be awarded to the team selected by the coaches and officials at the end of the State Meet. Teams will be judged based on their deck behavior among team members and interactions with opposing teams, officials, and fans through demonstration of respect, courtesy, appropriate response to negative situations, restricting members on deck to eligible team members, appropriate team spirit, and team cohesiveness. Teams will also be judged on **appropriate fan behavior**, which is to be positive and supportive toward all teams and officials (i.e. no taunting, etc.) The Sportsmanship Banner will be awarded to the team selected at the end of each State Championship. Sportsmanship during the dual meet season may also be used in judging. (By the way, the Brewer Men's Swim Team was the recipient of the 2003 Sportsmanship Award!)

BACK-UP TIMERS: *At home meets Brewer Parents are responsible for being back-up timers.* This is done on a volunteer basis from meet to meet. Days before each meet, the Back-up Timer Parent Representative will send an email to parents asking for volunteers to be back up timers (we always need 12 at home meets, 3 at PVC relays and 3 at each PVC Championship). Volunteers sign up via email. **NO EXPERIENCE NECESSARY...**we can teach you to use a stopwatch! This gives a great bird's eye view of the swimmers, etc. (It beats sitting in the stands sweating to death!)

CHAMPIONSHIP MEETS:

PENOBSCOT VALLEY CONFERENCE CHAMPIONSHIPS:

The Boys' PVC meet will last approximately 3-4 hours (not including diving semifinals). The Girls' PVC meet will last 5-6 hours (not including diving semifinals). Every member of Brewer Swimming & Diving will compete at the PVC Championships. There are no cut-off times to be eligible to compete. (Guidelines for who will be competing are the same for dual meets.) Brewer needs to supply 3 back-up timers to each championship meet. *For the majority of the swimmers and divers, the PVC Championship is one of the most important meets of the season! Please attend!*

STATE CHAMPIONSHIPS:

WHO GOES? The Brewer State Championship Swim Team is made up of athletes who qualify for an individual event as well as relay participants and alternates. Students who compete at the state championship must meet the qualifying cut-off times during the season in a particular event. Only four athletes from Brewer may be entered into an event. The coaching staff decides (as with all other meets) who is swimming what events and relays. The state championships take place during February vacation (see meet schedule). Per the rules set forth by the Maine Principals' Association only meet participants are allowed to attend the state meet.

TRIALS & FINALS: Swimming Trials take place in the morning. All swimmers compete in the morning session (trials) to try to qualify for the evening session (finals). Diving trials will be conducted between the swimming trials and finals. The top *sixteen* athletes in each event will compete at night. Points are awarded for places 1-16; medals are awarded to places 1-8. The morning swims/dives are critical for this will decide who will be competing at night. Your presence is requested at both trials and finals.

MAGIC SPEECH: The Magic Speech is the coaching staff's last big, motivational speech of the season. This is a memorable event that athletes look forward to year after year. In fact, even alumni return to experience the "Magic" once again! Parents are always welcome! This is usually held the Saturday prior to the State Championships.

SPAGHETTI DINNER (Pre-States): This team tradition takes place the Sunday prior to the State Meets Feb. 19th and is organized by one of the Parent Representatives. Days before the dinner, athletes volunteer to provide items for the pasta dinner.

LUNCHESES FOR CHAMPIONSHIP MEETS: Parents have traditionally been GREAT about putting together our "Sandwich Buffet" for our lunch for PVC's and snacks and lunch for the State Meet. The snacks for States will be prepared by parents after our Pre-state meet spaghetti dinner on Sunday. The lunches for Girls' PVC's will be prepared (time, date, place to be announced). Your help in preparing the food (cutting veggies, oranges, etc.) would be appreciated. Please contact the appropriate Parent Representative if interested in helping.

NEW ENGLANDS: The state champion in each swimming event in class A and B as well as the next three fastest athletes qualify for the New England Championships. Athletes and their families will be responsible for paying for their own hotel room (should they stay over) and meals. New England is a swimming championship only (no diving).

ADMISSION FEE TO MEETS: There is usually an admission fee to all away dual and championship meets (\$3-\$7).

HOSTING A TEAM "GET TOGETHER":

If you wish to host a girls' team overnight or boys' team overnight (I don't recommend co-ed) not a problem as long as the "team" is invited.

ATTENDANCE:

Swimmers/divers are encouraged to attend non-swimming functions (such as Grinch Party, Karaoke, etc.); however, *they are optional*. These opportunities assist in bringing the team together as a unit. Coach Cahill will be in attendance at the following: Grinch party, Karaoke night, State meet spaghetti dinner, and the Senior dinner. Several swimmers have already expressed interest in hosting a spaghetti dinner above and beyond the above named activities. It is wonderful and encouraged for you to host a team get-together. However, please understand that my presence at any function not mentioned above will be optional. We always try to have a member of the coaching staff present at a non-swimming team function.

EARNING A VARSITY LETTER:

To earn a varsity letter* in swimming and diving, an athlete must adhere to the athletic code and school policies, be a dedicated, responsible, respectful member of Brewer Swimming and Diving and:

1. Qualify in an individual event for the state championship
- OR**
2. Score 35 points in individual events. This usually takes 2yrs. particularly for novice swimmers/divers.

*Earning a varsity letter in Swimming/Diving is an honor.

TEAM & INDIVIDUAL PICTURES:

Margit Studio will be at swim practice to take our team photo as well as individual photos (for those who would like individual photos) at a specified date during the season. Athletes will receive an envelope provided by Margit Studio prior to "Picture Day". Please fill out the envelope and hand it in to the photographer on "Picture Day", indicating which photo package(s) you are purchasing. Please include the appropriate amount of money in the envelope (cash or make checks payable to **MSP**). *Generally, athletes who forget their envelope/money can still have their individual photo taken **but must mail the envelope and money as soon as possible to Margit Studios in order to obtain the photos.***

*(Every year we have athletes who have their picture taken but forget their envelope/money...then at the Banquet, they are wondering why they didn't receive their photos. Please understand that just because you pose for a picture (team or individual) does not mean you will receive a photo(s). **You must submit the envelope (filled out properly!) with money at the time the photos are taken or shortly afterward in order to get your photos!!!** So, if you didn't receive photo(s), the first question you need to ask is "Was the envelope turned in to the photo studio?" ☺ *The coaching staff will not be collecting the money/envelopes.* The photographer will collect them as he/she takes the photos. The photos are all delivered to the H.S. and are usually in just before the banquet; sometimes the H.S. secretaries distribute them and sometimes they are given to the coaches to distribute...if so, we will issue them at the banquet.*

Please keep this memo until *after* the banquet because **All inquiries for photos (incorrect packages or you paid for photos and you never received them should be addressed directly to the photo studio:**

Margit Studio
P.O. Box 248
Pittsfield, ME 04967
Telephone: 487-5434 or 1-800-350-5434

AWARDS BANQUET:

We have a very elaborate awards banquet in March. A lot of time and energy goes into preparing for this grandiose spectacular! We put together a senior highlight DVD as well as speak of the accomplishments of every athlete. We give Outstanding Swimmer/Diver awards, Sportsmanship awards, and Most Improved Swimmer/Diver awards. The very special Cahill Memorial award (Coach's award) is also presented. *All athletes are expected to attend.* This is a family affair...all are welcome!

CONSEQUENCES: When it comes to the banquet (or meets, for that matter) I have a request of the parents/guardians...if you choose to punish your son/daughter for making a bad choice (whatever it may be)...PLEASE, PLEASE, PLEASE don't prevent them from participating in a meet or attending the banquet. If that is your desired punishment, I ask that you give me one weeks notice because in reality I am the one who is punished...me, the assistants, and the other athletes. A lot of time goes into preparing meet line-ups and the banquet...remember we are in this together.

FUNDRAISING ACTIVITIES:

We will do a couple fund-raising activities to raise money for the team's expenses (Nutrition speech, karaoke night, Magic speech, banquet, highlight video, trophies, raffle prizes, etc.) The "elaborateness" of the Magic Speech and Banquet will be in direct correlation with the funds raised. Your support is appreciated.

Bottle Drives: We will be doing a "family~inner team" bottle drive starting immediately! Please save your returnables and cash them in at Brewer Redemption in Brewer. Please tell them that you'd like the money to go to the Brewer Swim Team Account. Ask other family members to save as well.

Swim/Dive-A-Thon: Athletes ask friends, relatives, teachers, neighbors, etc. for pledges to raise money for the Swim Team. The Swimmers will swim 100 lengths of the pool without stopping. The Divers will do as many flips as they can in the allotted practice time. Athletes can get pledges based on per length swum or flip executed (example: 10 cents a length swum) OR a flat pledge (\$5 for example). **The swim/dive-a-thon will be on Tuesday, January 31st. (Pledges need to be completed by the 31st).**

Money raised through the bottle drive and swim/dive-a-thon will be due by Tuesday, February 7th. Checks for the Swim/dive-a-thon are to be made out to Brewer High School.

TEAM APPAREL: (See "Team Apparel" link for sizing and ordering information)

ALL MONEY MUST BE PAID AT TIME OF ORDERING. The orders will not be placed until all money is turned in~please do not hold up our order!! CHECKS FOR THE TEAM ITEMS NEED TO BE MADE OUT TO Kathy Cahill.

PARENT T-SHIRT:

For parents, if you've never been to a swim meet, it's important for you to know that it can get "quite warm" in the pool area! A T-shirt and loose-fitting pants (or shorts) would be most comfortable. A T-shirt that would look absolutely fabulous on you would be the BREWER SWIMMING & DIVING "Parent" T-SHIRT! The Brewer T-shirt is orange with black lettering and has a "Brewer Swimming & Diving" logo on the front. If you wish you can have the following put on the back for an additional fee: "My swimmer is..." or "My Diver is..." with the athlete's first name. The swimmers/divers LOVE to look into the bleachers and see their parent waves of orange! This is just one way you can show your support for the team. Order forms are located on the Swimming & Diving website or through Coach Cahill.

ORDERING FOR ATHLETES (Suit, Caps, T-shirts, Warm-Ups, etc):

Note: Once you've purchased your team suit/cap/T-shirt and they remain in good condition and still fit appropriately it is not necessary to re-order. Any year, however, you may re-purchase any item needed.

MANDATORY (Considered Team Uniform):

1. SUIT: All members of Brewer Swimming & Diving must purchase a team suit *to be worn only at competitions*. All Swimmer suits are Lycra material in our Orange Peel Spider Web design (Orange suit with black spider webs). Divers and larger sized athletes* wear an all black Lycra suit. If you take care of your suit according to the manufacturer's guidelines and only wear it at meets, it should last you 3-4 years.

Male suits (brief and jammer):

Brief is a traditional "speedo" suit. It is fully front and back lined. Brief sizes run from 20-42.

Jammer looks like bicycle shorts. Form fitting from the waist to just above the knee. Jammer is crotch lined only. Sizes run from 20-44*

Female suits (Thin Straps and Sprintback):

Thinstraps is a higher cut competition suit (smaller hips) with thin straps on the shoulders (helps prevent chafing). It is fully front and back lined. Sizes run from 20-38.

Sprintback is a suit for fuller figures (fuller in the hips). It offers more support in the chest and fits swimmers with hour glass figures better than the Thinstraps suit. It is the only suit for girls sized 40-46*; however, smaller sized girls with fuller figures may opt for this suit. Sizes run from 20-46.

*Athletes who require sizes larger than 44 for boys and 46 for girls will be a special order suit which will incur additional costs.

2. CAP*: Those athletes who must wear a cap or choose to do so must purchase our team cap for competition. Athletes who break their cap/need a replacement and/or who decide to wear a cap at a championship meet will be required to pay for the new cap. If you dry your cap after each meet and powder it, you will significantly lengthen its lifespan!

3. SWIMMER/DIVER T-SHIRT*: Black T-shirt with white Swimming & Diving logo on back and orange swimming "B" on front. **PLEASE WRITE YOUR NAME USING A PERMANENT MARKER ON THE INNER TAG!** Most athletes who must re-purchase a new team T-shirt, must do so because they lost their first one! So once you get your T-shirt, mark your name on it!

OPTIONAL ITEMS:

Warm-up Jacket: Black Polyester with orange stripe on shoulders; "Brewer Swimming & Diving" embroidered on left chest. Female jacket is form fitting with a hood.

Warm-up Pants: Black polyester ; Straight leg with open bottom

Team Towel: White oversized towel with embroidered team logo and athletes' name

Sweat Pants: Black sweat pants with drawstring waist and elastic cuffs; BREWER down right leg and Swimming "B" on left hip

ATTENTION!!

MEDIC ALERT!!

CASHEW NUTS, CASHEW BUTTER, PISTACIOS ARE NOT ALLOWED IN THE FOLLOWING PLACES:

- *BANGOR Y.M.C.A. POOL LOBBY OR POOL AREA
- *ALL BREWER SWIM TEAM FUNCTIONS (Grinch Party, Karaoke, Spaghetti Dinner, Dysarts, Team Meetings at Brewer H.S.)
- *BUS TRANSPORTATION TO AND FROM MEETS (INCLUDING AWAY MEET SITES)

**THANK YOU
BREWER SWIMMING & DIVING**

Competitive Advantage

8 High Meadow Road, Northampton, MA 01060 (413) 586-6823

HOW TO BE A WINNING PARENT-A PARENT (AND COACH'S) GUIDE FOR WINNING IN THE YOUTH SPORTS GAME

Dr. Alan Goldberg

If you want your child to come out of his youth sports experience as a winner, (feeling good about himself and having a healthy attitude towards sports) then he needs your help! You are vital and important part of the coach-athlete-parent team. If you do your job correctly and play YOUR position well, then your child will learn the sport faster, perform better, really have fun and have his self-esteem enhanced as a result. His sport experience will serve as a positive model for him to follow as he approaches other challenges and obstacles throughout life. If you “drop the ball” or run the wrong way with it, your child will stop learning, experience performance difficulties and blocks, and begin to really hate the sport. And that’s the GOOD news! Further, your relationship with him will probably suffer significantly. As a result, he will come out of this experience burdened with feelings of failure, inadequacy and low self-esteem, feelings that will generalize to other areas in his life. Your child and his coach need you ON the team. They can’t win without YOU! The following are a list of useful facts, guidelines and strategies for you to use to make you more skilled in the youth sport game. Remember, no wins unless everyone wins. We need you on the team!

#1 When defined the RIGHT way, competition in youth sports is both good and healthy and teaches children a variety of important life skills. The word “compete” comes from the Latin words “com” and “petere” which mean together and seeking respectively. The true definition of competition is a seeking TOGETHER where your opponent is your partner, NOT the enemy! The better he performs, the more chance you have of having a peak performance. Sports is about learning to deal with challenges and obstacles. Without a worthy opponent, without any challenges sports is not so much fun. The more the challenge the better the opportunity you have to go beyond your limits. World records are consistently broken and set at the Olympics because the best athletes in the world are “seeking together”, challenging each other to enhanced performance. Your child should NEVER be taught to view his opponent as the “bad guy”, the enemy or someone to be hated and “destroyed”. Do NOT model this attitude! Instead, talk to/make friends with parents of your child’s opponent. Root for great performances, good plays, NOT just for the winner!

#2 ENCOURAGE YOUR CHILD TO COMPETE AGAINST HIMSELF. The ultimate goal of the sport experience is to challenge oneself and continually improve. Unfortunately, judging improvement by winning and losing is both an unfair and inaccurate measure. Winning in sports is about doing the best YOU can do, SEPARATE from the outcome or the play of your opponent. Children should be encouraged to compete against their own potential, i.e. Peter and Patty Potential. That is, the boys should focus on beating “Peter”, competing against themselves while the girls challenge “Patty”. When your child has this focus and plays to better himself instead of beating someone else, he will be more relaxed, have more fun and therefore perform better.

#3 DO NOT DEFINE SUCCESS AND FAILURE IN TERMS OF WINNING AND LOSING- A corollary to #2, one of the main purposes of the youth sports experience is skill acquisition and mastery. When a child performs to is

potential and loses it is criminal to focus on the outcome and become critical. If a child plays his very best and loses, you need to help him feel like a winner! Similarly, when a child or team performs far below their potential but wins, this is NOT cause to feel like a winner. Help your child make this important separation between success and failure and winning and losing. Remember, if you define success and failure in terms of winning and losing, you're playing a losing game with your child!

#4 BE SUPPORTIVE. DO NOT COACH!!!!- Your role on the parent-coach-team is as a Support player with a capital S!! You need to be your child's best fan. UNCONDITIONALLY!!! Leave the coaching and instruction to the coach. Provide encouragement, support, empathy, transportation, money, help with fund-raisers, etc., BUT...DO NOT COACH! Most parents that get into trouble with their children do so because they forget to remember the important position that they play. Coaching interferes with your role as a supportive fan. The last thing your child needs and wants to hear from you after a disappointing performance or loss is what they did technically or strategically wrong. Keep your role as a parent on the team separate from that as coach, AND, IF by necessity you actually get stuck in the almost no-win position of having to coach your child, try to maintain this separation of roles, i.e. on the deck, field or court say, "Now I'm talking to you as a coach", at home say, "Now I'm talking to you as a parent". Don't parent when you coach and don't coach at home when you're supposed to be parenting.

#5 HELP MAKE THE SPORT FUN FOR YOUR CHILD- It's a time proven principle of peak performance that the more fun an athlete is having, the more they will learn and the better they will perform. Fun MUST be present for peak-performance to happen at EVERY level of sports from youth to world class competitor! When a child stops having fun and begins to dread practice of competition, it's time for you as a parent to become concerned! When the sport or game becomes too serious, athletes have a tendency to burn out and become susceptible to repetitive performance problems. An easy rule of thumb: IF YOUR CHILD IS NOT ENJOYING WHAT THEY ARE DOING NOR LOVING THE HECK OUT OF IT, INVESTIGATE!! What is going on that's preventing them from having fun? Is it the coaching? The pressure? Is it YOU??! Keep in mind that being in a highly competitive program does NOT mean that there is no room for fun. The child that continues to play long after the fun is going will soon become a drop out statistic.

#6 WHOSE GOAL IS IT???- #5 leads us to a very important question! Why is your child participating in the sport? Are they doing it because they want to, for them, or because of you. When they have problems in their sport do you talk about them as "our" problems, "our jump isn't high enough", "we're having trouble with our flip turn", etc. Are they playing because they don't want to disappoint you, because they know how important the sport is to you? Are they playing for rewards and "bonuses" that you give out? Are their goals and aspirations YOURS or theirs? How invested are you in their success and failure? If they are competing to please you or for your vicarious glory they are in it for the wrong reasons! Further, if they stay involved for you, ultimately everyone will lose. It is quite normal and healthy to want your child to excel and be as successful as possible. BUT, you cannot make this happen by pressuring them with your expectations or by using guilt or bribery to keep them involved. If they have their own reasons and own goals for participating, they will be FAR more motivated to excel and therefore far more successful.

#7 YOUR CHILD IS NOT HIS PERFORMANCE – LOVE HIM UNCONDITIONALLY- Do NOT equate your child's self-worth and lovability with his performance. The MOST tragic and damaging mistake I see parents continually make is punishing a child for a bad performance by withdrawing emotionally from him. A child loses a race, strikes out or misses an easy shot on goal and the parent responds with disgust, anger and withdrawal of love and approval. CAUTION: Only use this strategy if you want to damage your child emotionally and ruin your relationship with him. In the 88 Olympics, when Greg Louganis needed and got a perfect 10 on his last dive to overtake the Chinese diver for the gold medal, his last thought before he went was "If I don't make it my mother will still love me".

#8 REMEMBER THE IMPROTANCE OF SELF-ESTEEM IN ALL OF YOUR INTERACTIONS WITH YOUR CHILD-ATHLETE- Athletes of all ages and levels perform in DIRECT relationship to how they feel about themselves. When your child is in an athletic environment that boosts his self-esteem, he will learn faster, enjoy himself more and perform better under competitive pressure. One thing we all want as children and NEVER stop wanting is to be loved and accepted, and to have our parents feel good about what we do. This is how self-esteem gets established. When your interactions with your child make him feel good about himself, he will, in turn, learn to treat himself

this very same way. This does NOT mean that you have to incongruently compliment your child for a great effort after they have just performed miserably. In this situation being empathic and sensitive to his feelings is what's called for. Self esteem makes the world go round. Make your child feel good about himself and you've given him a gift that lasts a lifetime. Do NOT interact with your child in a way that assaults his self-esteem by degrading, embarrassing or humiliating him. If you continually put your child down or minimize his accomplishments not only will he learn to do this to himself throughout his life, but he will also repeat YOUR mistake with HIS children!

#9 GIVE YOUR CHILD THE GIFT OF FAILURE- If you really want your child to be as happy and as successful as possible in everything that he does, teach him how to fail! The most successful people in and out of sports do two things differently than everyone else. **FIRST**, they are more willing to take risks and therefore fail more frequently. **SECOND**, they use their failures in a positive way as a source of motivation and feedback to improve. Our society is generally negative and teaches us that failure is bad, a cause for humiliation and embarrassment, and something to be avoided at all costs. Fear of failure or humiliation causes one to be tentative and non-active. In fact, most performance blocks and poor performances are a direct result of the athlete being preoccupied with failing or messing up. You can't learn to walk without falling enough times. Each time that you fall your body gets valuable information on how to do it better. You can't be successful or have peak performances if you are concerned with losing or failing. Teach your child how to view setbacks, mistakes and risk-taking positively and you'll have given him the key to a lifetime of success. Failure is the **PERFECT** stepping stone to success.

#10 CHALLENGE-DON'T THREATEN- Many parents directly or indirectly use guilt and threats as a way to "motivate" their child to perform better. Performance studies clearly indicate that while threats may provide short term results, the long term costs in terms of psychological health and performance are devastating. Using fear as a motivator is probably one of the worst dynamics you could set up with your child. Threats take the fun out of performance and directly lead to your child performing terribly. **IMPLICIT** in a threat, (do this or else!) is your **OWN** anxiety that you do not believe the child is capable. Communicating this lack of belief, even indirectly is further devastating to the child's performance. A challenge does not entail loss or negative consequences should the athlete fail. Further, implicit in a challenge is the empowering belief, "I think that you can do it".

#11 STRESS PROCESS, (skill acquisition, mastery and having fun), NOT OUTCOME- When athletes choke under pressure and perform far below their potential, a very common cause of this is a focus on the outcome of the performance, i.e. win/lose, instead of the process. In any peak performance, the athlete is totally oblivious to the outcome and instead is completely absorbed in the here and now of the performance. Furthermore focusing on the outcome, which is completely out of the athlete's control will focus **AWAY** from how important the contest is and have them focus on the task at hand. Supportive parents de-emphasize winning and instead stress learning the skills and playing the game.

#12 AVOID COMPARISONS AND RESPECT DEVELOPMENTAL DIFFERENCE- Supportive parents do not use other athletes that their child competes against to compare and thus evaluate their child's progress. Comparisons are useless, inaccurate and destructive. Each child matures differently and the process of comparison ignores significant distorting effects of developmental differences. For example, two 12 year old boys may only have their age in common! One may physically have the build and perform like a 16 year old while the other, a late developer, may have the physical size and attribute of a 9 year old. Performance comparisons can prematurely turn off otherwise talented athletes on their sport. The only value of comparisons is in teaching. If one child demonstrates proper technique, that child can be used comparatively as a model **ONLY!** For your child to do his very best he needs to learn to stay within himself. Worrying about how another athlete is doing interferes with him doing this.

#13 TEACH YOUR CHILD TO HAVE A PERSPECTIVE ON THE SPORTS EXPERIENCE- The sports media in this country would like you to believe that sports and winning/losing is larger than life. The fact that it is just a game frequently gets lost in translation. This lack of perspective frequently trickles down to the youth sport level and young athletes often come away from competition with a distorted view of themselves and how they performed. Parents need to help their children develop realistic expectations about themselves, their abilities and how they played, without robbing the child of his dreams. Swimming a lifetime best time and coming in dead last is a cause for celebration, not depression. Similarly, losing the conference championships does not mean that the sun will not rise tomorrow.

PARENTS ROLE (by Dr. Alan Goldberg)

1. Don't coach. – Leave coaching to coaches. This includes prerace psyching, motivation, after race critiquing setting goals, enforcing additional cross training, etc.
2. Support the coach. – Your coach is the expert. They need your support for everyone to “win”.
3. Support the program. – Get involved. Volunteer. Help out at meets, fundraisers, etc.
4. Be your child's best fan. – Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should never have to perform to win your love.
5. Support and root for all swimmers on the team. – Foster teamwork. Your child's teammates are not the enemy. When they go faster than your child, your child now has a wonderful opportunity to improve.
6. Do not bribe or offer incentives. – Your job is not to motivate. Leave this to the coaching staff. Bribes will distract your child from proper race concentration.
7. Take your concerns and problems directly to the coach. – If you have a problem with the coach, do not go to other parents to discuss it. Go straight to the coach involved. Talking behind the coaches' back will not get you what you want.
8. Understand and display appropriate meet behavior. – Remember your child's self-esteem and race performance is at stake. Be supportive, cheer, be appropriate.
9. Monitor your child's stress level at home. – Keep an eye on your swimmer to make sure he is handling stress effectively from the various activities in their life.
10. Monitor eating and sleeping habits. – Be sure your child is eating the proper foods and getting adequate enough rest.
11. Help your child keep their priorities straight. – Help your child maintain a focus on schoolwork, relationships and the other important things in life besides swimming. Also, if your child has made a commitment to swimming, help them keep the priorities around this in mind.
12. “Reality Test” for your child. – If a swimmer comes out of the pool with a personal best time and a last place finish, help them understand that this is a “win”. Help them keep things in their proper perspective including losses, disappointments and failures.
13. Keep swimming in its proper perspective. – Swimming should not be larger than life for you. If your child's performance elicit strong emotion, keep these away from them. Remember your relationship will continue with your children long after their competitive swimming days are over. Keep your goals and needs out of the pool.
14. Be an appropriate liaison to the coach. – Keep the coach informed as to how your swimmer is responding to the experience (when appropriate). If your child is having trouble with something that happened in the pool, or with something the coach said, help them deal with it and if necessary, speak directly with the coach.

Name of Swimmer/Diver: _____

BREWER SWIMMING & DIVING AGREEMENT FORM

We have read the Swimming & Diving Athlete/Parent Packet. In doing so, we, therefore, understand the expectations for parents and athletes. (We understand the team's philosophy and goals. We are aware of the practice schedule and the need for the athlete to bring his/her Brewer Swimming/Diving ID to gain entrance to the YMCA facility. We know the expectations for missing practice/absences, transportation to practices and meets, maintaining academic eligibility and abiding by the athletic code. We understand that injuries must be reported to the coaching staff and that the athlete, coach, parent and perhaps specialist must work closely together in the rehabilitative process. We understand that the athlete must take responsibility for his/her healing...do the exercises prescribed, etc. We are aware of the meet schedule and participation in meets. We understand the financial responsibility involved...ordering T-shirts, suits, etc. as well as fundraising for team expenses. We know the criteria for earning a varsity letter in swimming and diving. For Divers: We understand that there is an inherent risk involved and that there will be try-outs for the diving team.)

Signature of Athlete

Signature of Parent/Guardian

IN ORDER TO PRACTICE ON MONDAY, PLEASE PRINT, SIGN AND RETURN THIS AGREEMENT FORM TO COACH CAHILL ON MONDAY, NOVEMBER 21st.