

# **MT. VERNON HIGH SCHOOL SWIMMING AND DIVING TEAM 2018-2019 SEASON PACKET**



**ATHLETIC DIRECTOR: BRANDON ECKER  
HEAD SWIMMING AND DIVING COACH: BRAD GRIESHOP  
ASSISTANT SWIM COACH: DIXON TIERNEY  
DIVING COACH: JAMES COCHRAN  
GIRLS TEAM CAPTAINS: MADDIE MULL AND ZOEY MUSICK  
BOYS TEAM CAPTAINS: JOE SHEPARD AND COLE WORELY  
DIVING CAPTAIN: HALLE STREGE**

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## COACH INTRODUCTION

### **COACH BRAD GRIESHOP**

- NAME: **BRAD GRIESHOP**
- YEARS IN THE SPORT COMPETITIVELY (AS AN ATHLETE AND COACH): **23 YEARS**
- FAVORITE DIVE OR EVENT: **200 FLY**
- HOBBIES OUTSIDE OF SWIMMING: **BUILDING PROJECTS, GRILLING, GOLF**
- IF YOU COULD TRAVEL ANYWHERE, WHERE WOULD IT BE AND WHY? **ANY WHERE THERE ARE MOUNTAINS AND A LAKE OR OCEAN.**
- LIFE GOAL OF YOUR OWN: **FAMILY AND FULL TIME COACH!**
- 1 GOAL FOR THE TEAM: **RE-DEFINE WHAT "FAST" IS WHILE BUILDING A TEAM THAT SUPPORTS AND EXPECTS PERFECT EFFORT DAILY FROM THEMSELVES AND THE TEAM.**
- FAVORITE MOVIE/TV SERIES/VIDEO GAME: **BATMAN SERIES/SONS OF ANARCHY/NEED FOR SPEED: MOST WANTED OR NCAA FOOTBALL.**
- FAVORITE HOLIDAY: **CHRISTMAS**

### **COACH DIXON TIERNEY**

- NAME: **DIXON TIERNEY**
- YEARS IN THE SPORT COMPETITIVELY (AS AN ATHLETE AND COACH): **16**
- FAVORITE DIVE OR EVENT: **200 I.M.**
- HOBBIES OUTSIDE OF SWIMMING: **LIFTING**
- IF YOU COULD TRAVEL ANYWHERE, WHERE WOULD IT BE AND WHY? **CALIFORNIA- IT HAS THE BEACH AND A LOT OF THINGS TO DO**
- LIFE GOAL OF YOUR OWN: **BEING SUCCESSFUL AT WHATEVER I PUT MY MIND TO**
- 1 GOAL FOR THE TEAM: **WINNING A SECTIONAL TITLE**
- FAVORITE MOVIE/TV SERIES/VIDEO GAME: **FOCUS/MW2**
- FAVORITE HOLIDAY: **JULY 4TH**

### **COACH JAMES COCHRAN**

- NAME: **JAMES COCHRAN**
- YEARS IN THE SPORT COMPETITIVELY (AS AN ATHLETE AND COACH): **6**
- FAVORITE DIVE OR EVENT: **BACK DIVES**
- HOBBIES OUTSIDE OF SWIMMING: **RACING**
- IF YOU COULD TRAVEL ANYWHERE, WHERE WOULD IT BE AND WHY? **CARIBBEAN, FUN AND SUN.**
- LIFE GOAL OF YOUR OWN: **HEALTHY, HAPPY FAMILY.**
- 1 GOAL FOR THE TEAM: **EACH TEAM MEMBER TO PERFORM AT THEIR PERSONAL BEST.**
- FAVORITE MOVIE/TV SERIES/VIDEO GAME: **TOP GUN**
- FAVORITE HOLIDAY: **CHRISTMAS**

### **TEAM PHILOSOPHY**

- MT. VERNON HIGH SCHOOL SWIMMING AND DIVING PROGRAM WILL FOLLOW THE MARAUDER ATHLETICS PHILOSOPHY OF "COMMITMENT TO EXCELLENCE!" THE COACHES WITH THE SUPPORT OF THE PARENTS WILL FOSTER THIS EXCELLENCE THROUGH SIX MAIN CHARACTER TRAITS: INTEGRITY, HONESTY, SUPERIOR WORK ETHIC, ACCOUNTABILITY, RESPONSIBILITY AND SPORTSMANSHIP.

### **TEAM MANTRA**

- GOOD, BETTER, BEST. NEVER LET IT REST. TIL YOUR GOOD IS BETTER AND YOUR BETTER IS BEST!
  - EACH DAY FOCUSING ON MAKING YOURSELF BETTER THAN THE PREVIOUS DAY.

### **VARSITY LETTERS**

- COMPETE AND SCORE AT THE CONFERENCE MEET.
- COMPETE AND/OR SCORE AT THE SECTIONAL MEET.
- COMPETE AT THE DIVING REGIONAL MEET.
- COMPETE IN THE STATE.
- MAINTAIN PASSING GRADES.
- BE IN GOOD STANDING WITH THE SCHOOL AND TEAM AT THE CONCLUSION OF THE SEASON.
- MAINTAIN A 95% PRACTICE ATTENDANCE FOR THE SEASON.

### **SWIMMERS EQUIPMENT**

- HIGHLY ENCOURAGED: FINS, KICKBOARD, PULL BUOY AND MESH BAG.
- RECOMMENDED AND USEFUL: SNORKEL, TWO TENNIS BALLS, PADDLES

### **TEAM CAPTAINS**

- WHAT IS A TEAM CAPTAIN- BEING ELECTED AS A TEAM CAPTAIN IS A TREMENDOUS HONOR AND PRIVILEGE THAT YOU SHOULD BE VERY PROUD OF. HOWEVER, THIS NEW ROLE ALSO BRINGS A GREAT DEAL OF RESPONSIBILITY. YOU ARE NO LONGER JUST A MEMBER OF THE TEAM. YOU ARE EXPECTED TO BE A LEADER ON AND OFF OF THE COURT, A ROLE MODEL WITHIN YOUR COMMUNITY, SCHOOL, A CONDUIT BETWEEN YOUR TEAM AND YOUR COACHES. LEADERSHIP IS NOT ALWAYS EASY AND SOMETIMES, IN ORDER TO BE SUCCESSFUL, YOU MAY HAVE TO MAKE DIFFICULT DECISIONS TO IMPROVE YOUR TEAM. DON'T WORRY, THOUGH, BECAUSE THERE IS NO SPECIFIC STYLE OR PERSONALITY THAT DEFINES A GREAT TEAM CAPTAIN. THE MOST IMPORTANT THING IS TO BE YOURSELF. JUST BECAUSE YOU ARE NOW A CAPTAIN DOES NOT NECESSARILY MEAN YOU NEED TO CHANGE THE WAY YOU ACT. YOU WERE CHOSEN TO LEAD FOR A REASON; SO BE YOURSELF. YOU CAN BE DEMANDING AND DIRECT, BUT NEVER ANGRY, ARROGANT, OR BOSSY. THE BEST LEADERS ARE THOSE WHO CAN MAKE EVERYONE AROUND THEM BETTER.
- TEAM WILL VOTE ON TWO CAPTAINS PER TEAM (BOYS AND GIRLS). PLEASE REMEMBER OUR CAPTAINS DO NOT HAVE TO BE THE FASTEST OR OLDEST, BUT THE TEAM MEMBER WHO EXUDES WHAT IT IS TO BE A MARAUDER!

- ❑ TEAM CAPTAINS ARE THERE TO SUPPORT AND BUILD A TEAM THROUGH A POSITIVE AND ENCOURAGING ATMOSPHERE AND LEADERSHIP.

**TEAM GOALS**

❑ **PERFORMANCE**

<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>
<ol style="list-style-type: none"> <li>1. ALL COMPETING ATHLETES QUALIFY TOP 16 FOR SECTIONAL FINALS (INCREASE FROM 50%)</li> <li>2. 75% (UP FROM 50%) OF COMPETING ATHLETES SCORE TOP 16 AT CONFERENCE.</li> <li>3. 1 OR MORE EVENTS QUALIFIED FOR STATE (INDIVIDUAL OR RELAY).</li> <li>4. NISCA NATIONAL DUAL MEET- SCORE 2500-2999 POINTS.</li> </ol>	<ol style="list-style-type: none"> <li>1. 50% OF ALL COMPETING ATHLETES QUALIFY TOP 8 FOR SECTIONAL FINALS! (UP FROM ALL TOP 16)</li> <li>2. ALL COMPETING ATHLETES SCORE TOP 16 AT CONFERENCE.</li> <li>3. 2 OR MORE INDIVIDUAL EVENTS PLUS 1 OR MORE RELAYS QUALIFY FOR STATE.</li> <li>4. NISCA NATIONAL DUAL MEET- SCORE 3000-3499 POINTS.</li> </ol>	<ol style="list-style-type: none"> <li>1. ALL COMPETING ATHLETES QUALIFY TOP 8 FOR SECTIONAL FINALS!</li> <li>2. ALL COMPETING ATHLETES SCORE TOP 8 AT CONFERENCE.</li> <li>3. 3 OR MORE INDIVIDUAL EVENTS PLUS 1 OR MORE RELAYS QUALIFY FOR STATE.</li> <li>4. NISCA NATIONAL DUAL MEET- SCORE 3500 OR MORE POINTS.</li> </ol>

❑ **ACADEMIC**

<b>BRONZE</b>	<b>SILVER</b>	<b>GOLD</b>
<ol style="list-style-type: none"> <li>1. TEAM AVERAGE GPA OF 2.75 OR BETTER (GIRLS AND BOYS AND COMBINED!)</li> <li>2. AT LEAST 1 ACADEMIC ALL-AMERICAN AND 1 ACADEMIC ALL STATE (MUST BE A SENIOR WITH A 3.75 GPA OVER THEIR CAREER!) (INCREASE FROM ZERO)</li> <li>3. AT LEAST 3 INDIVIDUALS WITH ALL AMERICAN STATUS AND ACADEMIC ALL STATE.</li> </ol>	<ol style="list-style-type: none"> <li>1. TEAM GPA OF 3.0 OR HIGHER (GIRLS, BOYS AND COMBINED).</li> <li>2. AT LEAST 1 ACADEMIC ALL-AMERICAN AND ACADEMIC ALL STATE. (MUST BE A SENIOR WITH 3.75 GPA OVER THEIR CAREER!)</li> <li>3. AT LEAST 5 INDIVIDUALS WITH ALL AMERICAN STATUS AND ACADEMIC ALL STATE.</li> <li>4. TEAM QUALIFIES FOR THE NISCA BRONZE SCHOLAR TEAM (3.2-3.499 GPA) FOR GIRLS AND BOYS. (MOVED DOWN FROM</li> </ol>	<ol style="list-style-type: none"> <li>1. TEAM QUALIFIES FOR THE NISCA SILVER SCHOLAR TEAM (3.5-3.749 GPA) FOR GIRLS AND BOYS. (INCREASE FROM BRONZE LEVEL)</li> <li>2. AT LEAST 1 ACADEMIC ALL-AMERICAN. (MUST BE A SENIOR WITH 3.75 GPA OVER THEIR CAREER!)</li> <li>3. AT LEAST 7 INDIVIDUALS WITH ALL AMERICAN STATUS AND ACADEMIC ALL STATE.</li> </ol>

	GOLD)	
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**RECORDS AND TIME STANDARDS**

GIRLS					BOYS			
TEAM	CONFERENCE	SECTIONAL	STATE CUT	EVENT	STATE CUT	SECTIONAL	CONFERENCE	TEAM
1:54.68	1:50.87	1:52.46	1:48.96	<b>200 MED REL</b>	1:37.75	1:36.18	1:38.89	1:36.06
1:59.78	1:55.06	1:56.93	1:53.92	<b>200 FREE</b>	1:43.10	1:46.12	1:45.32	1:46.47
2:06.35	2:10.68	2:08.40	2:06.95	<b>200 IM</b>	1:55.25	1:54.83	2:10.68	1:51.89
24.69	23.58	24.10	24.10	<b>50 FREE</b>	21.59	21.18	23.58	21.94
312.00				<b>6 DIVES</b>				322.55
	463.40	537.65		<b>11 DIVES</b>		592.6	560.10	471.40
56.66	58.40	57.60	57.80	<b>100 FLY</b>	51.48	49.84	49.89	51.30
54.57	51.96	52.90	52.34	<b>100 FREE</b>	47.42	46.82	47.32	47.85
5:23.45	5:06.10	5:16.17	5:05.24	<b>500 FREE</b>	4:40.82	4:55.55	4:46.66	4:51.42
1:41.46	1:40.32	1:41.46	1:38.71	<b>200 FREE RELAY</b>	1:28.17	1:27.85	1:29.19	1:26.96
1:01.03	58.03	58.08	57.84	<b>100 BACK</b>	52.46	50.91	52.58	52.07
1:07.69	1:08.64	1:06.64	1:05.97	<b>100 BREAST</b>	58.47	56.59	59.06	59.06
3:49.46	3:39.35	3:41.99	3:35.14	<b>400 FREE RELAY</b>	3:13.38	3:13.02	3:13.43	3:16.79

## EXPECTATIONS

### PRACTICES

- SCHEDULED MT. VERNON HIGH SCHOOL SWIM AND DIVE PRACTICES ARE MANDATORY. BY JOINING YOU HAVE MADE A COMMITMENT TO THE TEAM. THERE ARE EXCEPTIONS SUCH AS FAMILY EMERGENCIES OR ACADEMICS. IF YOU HAVE QUESTIONS PLEASE TALK WITH YOUR COACH(ES). PLEASE PLAN ALL OTHER ACTIVITIES ACCORDING TO OUR PRACTICE AND MEET SCHEDULE.
- IF YOU MISS THE DAY PRIOR OR THE MORNING OF A MEET YOU WILL NOT BE PARTICIPATING IN THAT MEET.
- 2 HOUR DELAY- THE MORNING PRACTICE WILL BE CANCELED. OUR EVENING PRACTICE WILL REMAIN AS SCHEDULED.
- SCHOOL CLOSING- COACHES WILL BE IN COMMUNICATION WITH THE ATHLETIC DIRECTOR AS TO IF WE CAN HOLD AN OPTIONAL PRACTICE AND IF SO WHAT TIME.
  - PLEASE BE AWARE THIS WILL BE A LAST MINUTE COMMUNICATION AND WE WILL DO OUR BEST IN ACCORDANCE WITH THE ATHLETIC DIRECTOR AND ADMINISTRATORS TO COMMUNICATE IN A REASONABLE FASHION.
- A PRACTICE CALENDAR IS ATTACHED FOR EACH MONTH.

### MEETS

- ATTENDANCE- ALL SWIMMERS AND DIVERS ARE REQUIRED TO BE AT ALL SCHEDULED COMPETITIONS REGARDLESS IF YOU ARE OR ARE NOT COMPETING.
- TRANSPORTATION- SWIMMERS MUST TRAVEL WITH THE TEAM TO AND FROM ALL COMPETITIONS.
  - EACH MEMBER WILL BE ALLOWED 3 NOTES TO RIDE WITH THEIR PARENTS. THOSE NOTES CANNOT BE USED AT INVITATIONALS, CONFERENCE, SECTIONALS OR STATE.
- THERE WILL STILL BE A SMALL PRACTICE FOR THE SWIMMERS AT 4:00 PM BEFORE ALL HOME MEETS.
- ALL SWIMMERS WILL PARTICIPATE IN THE TEAM WARM DOWN FOLLOWING THE MEET.
- DRESS ATTIRE FOR MEETS.
  - HOME MEETS: DRESS UP (BOYS- SHIRT AND TIE, GIRLS- BUSINESS)
  - AWAY- TEAM SHIRT/TEAM APPAREL
  - TEAM SUIT AND CAP, AS WELL AS TEAM APPAREL MUST BE WORN DURING THE MEET.
- DUAL MEETS WILL BE AS "TIME TRIALS" FOR ALL INVITATIONALS, CONFERENCE AND SECTIONALS/STATE. WHILE WINNING IS FUN AND A GREAT EXPERIENCE WE ARE NOT WORRIED ABOUT DUAL MEET RECORD. WE WILL CREATE A LINEUP BASED ON WHAT WE FEEL IS BEST FOR THE TEAM AND TO SET THE ATHLETES FOR THE BEST RESULTS AT THE END OF THE YEAR.
- INVITATIONAL, CONFERENCE AND SECTIONALS/STATE



## TEAM AWARDS

- ❑ TEAM AWARDS
  - ❑ MVP- HIGH POINT SCORER BOTH MALE AND FEMALE
  - ❑ MOST IMPROVED-THIS WILL BE PRESENTED TO THE SWIMMER OR DIVER WHO HAS IMPROVED THE MOST THROUGHOUT THE SEASON. THE ATHLETE COULD HAVE THE BIG TIME IMPROVEMENTS AND/OR TECHNICAL IMPROVEMENTS ON THE TEAM, MALE AND FEMALE BOTH.
  - ❑ MARAUDER OF THE YEAR- THIS WILL GO THE SWIMMER OR DIVER WHO DEMONSTRATES WHAT IT MEANS TO BE A MARAUDER. THEY ARE THE TEAMMATE WHO SUPPORTS, BUILDS UP THEIR TEAMMATES, AND GETS THE QUOTE "WE BEFORE ME", MALE AND FEMALE BOTH.
- ❑ SLAMMY AWARDS
  - ❑ BREAKOUT PERFORMER- THIS SWIMMER OR DIVER IS THE ONE WHO DISCOVERED WHO THEY WERE AND "BROKE OUT" WITH STRONG PERFORMANCES THAT HELPS IMPROVE THE TEAM, MALE AND FEMALE.
  - ❑ RELAY PERFORMANCE- BEST/MOST AMAZING RELAY PERFORMANCE OF THE YEAR, MALE AND FEMALE.
  - ❑ INDIVIDUAL PERFORMANCE- BEST/MOST AMAZING INDIVIDUAL PERFORMANCE THROUGHOUT THE SEASON, MALE AND FEMALE.
  - ❑ PERSEVERANCE AWARD- THIS SWIMMER OR DIVER STRUGGLED THROUGH SOME ADVERSITY OR DIFFICULT TIMES AND CAME OUT AHEAD, MALE AND FEMALE.
  - ❑ DIVER OF THE YEAR- THIS MALE OR FEMALE WILL BE AWARDED BY COACH COCHRAN.
- ❑ GOOFY AWARDS
  - ❑ SENIORS WILL PRESENT GOOFY AWARDS TO UNDERCLASSMAN, WHILE COACHES WILL PRESENT THE SENIORS WITH GOOFY AWARDS.

## **ATHLETE RESPONSIBILITIES**

- CLEAN UP THE DECK AFTER PRACTICE AND MEETS. PLEASE LEAVE OUR TEAM AREA AND THE POOL DECK AS IF NO ONE WAS THERE.
- TAKE CARE OF ALL EQUIPMENT AS IF IT WAS YOUR OWN.
- CONDUCT THEMSELVES IN A LEGAL, MORAL AND ETHICAL MANNER AT ALL TIMES. BASICALLY REPRESENT MT. VERNON HIGH SCHOOL SWIM AND DIVE IN A POSITIVE, RESPECTFUL MANNER IN PUBLIC.
- TREAT TEAMMATES, COACHES AND OFFICIALS WITH RESPECT AT ALL TIMES.
- ADHERE TO ANY RULES SET BY MT. VERNON COMMUNITY SCHOOL CORPORATION AND THE ATHLETIC DEPARTMENT.
- ARRIVE ON TIME AND PREPARED FOR ALL TEAM ACTIVITIES. UPON ARRIVAL YOU MUST ENTER THE PRACTICE/MEET FACILITIES IMMEDIATELY WITH COACH SUPERVISION.
- BEHAVE IN A POSITIVE MANNER AT ALL TIMES.
- MAINTAIN OR IMPROVE GRADES THROUGHOUT THE SEASON.
- PERFORM TO THE BEST OF YOUR ABILITY, AT THAT TIME, AND EVERY TIME YOU COMPETE.
- STAY WITH THE TEAM DURING COMPETITIONS AND CHEER ON YOUR TEAMMATES.
- TAKE CARE OF YOUR BODY PHYSICALLY AND MENTALLY.
- BE COACHABLE!
- HAVE FUN!

I, \_\_\_\_\_, HAVE READ AND AGREE TO THE EXPECTATIONS HIGHLIGHTED IN THE MT. VERNON HIGH SCHOOL SWIMMING AND DIVING TEAM HANDBOOK.

PRINTED NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

GRADE: \_\_\_\_\_

