

# Tesoro High School Swimming and Diving 2015



# Practice Times

## Season Starts February 2nd

### ✦ Boys

- ✦ **Mon 12:57p-1:46p**
- ✦ **Tue 2:45p-5:00p**
- ✦ **Wed 1:02p-2:45p**
- ✦ **Thu 2:45p-5:00p**
- ✦ **Fri 1:02p-2:45p**

### ✦ Girls


- ✦ **Mon 1:56p-3:30p**
- ✦ **Tue 1:02p-2:45p**
- ✦ **Wed 2:45p-5:00p**
- ✦ **Thu 1:02p-2:45p**
- ✦ **Fri 2:45p-5:00p**

Varsity will have mandatory Saturday Practices for ALL swimmers 11a-1:00p. This includes Club Swimmers. Boys Varsity and select JV will have morning workouts throughout the week as well.

# Athletics Website

Inbox (1) - titansaquatics@ x Re: Swim Season / meetin x iCloud Mail - 658 matchin x MTO Tesoro Aquatics Links x

tesoroaquatics.com/teams/default.asp?u=TESORO-AQUATICS&s=htosports&p=links



## TESORO AQUATICS

ABOUT NEWS REGISTRATION STORE FUNDRAISING HOME

SCHEDULE LOCATIONS SCORES STANDINGS LINKS

### TESORO AQUATICS LINKS

[Athletic Clearance Packet](#)  
Also includes CUSD Transportation paperwork and varisty jacket order form.

[USA Water Polo](#)

[USA Swimming](#)

[Tesoro High School](#)

[Tesoro Boys Water Polo Facebook Page](#)

[Tesoro High School Swim Team Facebook Page](#)

[OC Varsity](#)

[SOPAC Water Polo](#)  
USA Water Polo Southern Pacific Zone

# Physical Form

Tesoro HS Athletic Clearance Packet 09-10.doc[1].pdf - Adobe Reader

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**CAPISTRANO UNIFIED SCHOOL DISTRICT  
TESORO HIGH SCHOOL**

**ATHLETIC CLEARANCE PACKET**

**Please Return the Following Forms Completed and Signed**

- o1. CUSD Physical Screening Form
- o2. Tesoro Physical Addendum
- o3. CUSD Athletic Code of Honor
- o4. CUSD Athletic Insurance Verification
- o5. **Photocopy of Insurance Card**
- o6. CUSD Informed Consent & Awareness of Sports Injury Risk

**TO ALL PARENTS/GUARDIANS & STUDENTS OF TESORO HIGH SCHOOL:**  
It is our goal to provide a rewarding educational experience for your student. The Capistrano Unified School District and Tesoro High School offer voluntary participation in a wide range of interscholastic athletic teams. Participation is a privilege, not a right; therefore we strongly adhere to requirements of academic eligibility and citizenship/behavior. Our coaches are supported in their professional freedom to make coaching choices and decisions that are sport specific. *We strive to teach our student-athletes the concepts of team goals and school pride as opposed to individual honors and recognition.* We also recognize your love and concern for your child. If there is a conflict in these objectives, we are here to resolve them. Please take the time to carefully read, understand, complete, and sign where indicated on all forms contained in the packet. This information is mandatory and must be submitted prior to any student's participation in athletics at Tesoro High School. ALL FORMS MUST BE SUBMITTED TO THE ATHLETICS SECRETARY IN THE MAIN OFFICE. PLEASE DO NOT DELIVER THEM TO THE COACHES. PARTIAL PACKETS WILL NOT BE ACCEPTED.

**TESORO HIGH SCHOOL ATHLETIC SPORT SEASONS**

<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
CROSS COUNTRY (boys/girls)	BASKETBALL (boys/girls)	BASEBALL
FOOTBALL	SOCCER (boys/girls)	SOFTBALL
GIRLS GOLF	GIRLS WATER POLO	BOYS GOLF
GIRLS TENNIS	WRESTLING	SWIM & DIVE (boys/girls)
GIRLS VOLLEYBALL		BOYS TENNIS
BOYS WATER POLO		TRACK & FIELD (boys/girls)
SURFING (boys/girls) Year-round		BOYS VOLLEYBALL
PEP SQUAD Year-round		LACROSSE (boys/girls)

**ELIGIBILITY REQUIREMENTS**

- 1) **SCHOLASTIC:** Each athlete must pass 20 units (four classes) of new work during the previous semester. Summer school grades may be counted. A student-athlete will be placed on academic probation if his or her semester GPA falls below a 2.0. A student-athlete will be ineligible for participation if his or her GPA is below a 2.0 for two semesters. Each student is allowed one semester of probation.
- 2) **RESIDENTIAL:** All athletes must reside in the TESORO HIGH SCHOOL attendance area in a bona-fied residence with their parents or legal guardian (s). All transfers to TESORO must call the Athletic Director and complete appropriate paperwork.
- 3) **MEDICAL EXAMINATION:** Each athlete must have a physical exam by a qualified physician on file prior to tryouts, practice, or competition. The physical exam is valid for one calendar year.
- 4) **INSURANCE:** Each athlete must have a copy of a medical insurance card on file before participation. Meyers-Stevens Insurance is available for those that need or would like additional insurance coverage. Information is available in the Main Office at Tesoro High School or by calling Myers-Stevens & Toohy at (949) 348-0656 or (800) 827-4695.

2 Micros... 2 Micros... My Passpo... Tesoro Aq... Tesoro Hi... Tesoro HS ... 11:00 AM

# LETTERING REQUIREMENTS

## TWO WAYS TO EARN A VARSITY LETTER

### 1. EARN 12 POINTS IN VARSITY MEETS

#### INDIVIDUAL POINTS

1<sup>ST</sup> PLACE = 6 PTS.

2<sup>ND</sup> PLACE = 4 PTS.

3<sup>RD</sup> PLACE = 3 PTS.

4<sup>TH</sup> PLACE = 2 PTS.

5<sup>TH</sup> PLACE = 1 PT.

#### RELAY POINTS

1<sup>ST</sup> PLACE = 3 PTS.

2<sup>ND</sup> PLACE = 2 PTS.

3<sup>RD</sup> PLACE = 1 PTS.

### 2. PARTICIPATE IN 50% OF MEETS ON VARSITY



# Additional Lettering Requirements

Scholar Athlete Patch – Must be on Varsity and maintain above a 3.75 GPA

League Champs Patch – Must be on Varsity and win League Championships

CIF Participant Patch – Must swim in prelims at CIF. Alternates will not receive a patch

CIF Finalist Patch – Must swim in Finals at CIF. Alternates will not receive a patch

# Club Training Eligibility Times

- ✦ In order for your athlete to be eligible to train with their club team, in lieu of Tesoro, swimmers must have 2 of the following times\*. Club swimmers must submit a monthly attendance form signed by their coach in order to receive PE credit.

Event	Girls	Boys
200 Free	2:04.00	1:58.00
200 IM	2:24.00	2:16.00
50 Free	28.00	25.50
100 Fly	1:07.00	1:03.00
100 Free	1:00.00	55.50
500 Free	5:40.00	5:25.00
100 Back	1:08.00	1:04.00
100 Breast	1:19.00	1:13.00

\*Times must be achieved within the last 12 months at a USS Meet.

# Attendance Requirements for Swimming

Attendance Requirements--This includes Saturday practices.

0-8 Missed Practices = 'A'

9-16 Missed Practices = 'B'

17+ Missed Practices = 'C'-May be asked to drop class

Missed practices may result in not being able to compete at meets. If a swimmer misses practice towards the end of the season, they may not be allowed to swim at the South Coast League Championships

Illness, injury and family emergencies will be always be excused but will still result in a missed practice. Injuries lasting more than three (3) weeks will require athlete being transferred out of the PE class.

Prioritize your time to allow adequate time to complete homework--Missing practice to complete homework is not excusable. You are a student-athlete!





# Athlete Expectations

These are the minimal expectations for all athletes on the Tesoro Swim Team

1. Athletes arrive on time. Team meetings will precede all practices.  
Arriving after the meeting has started constitutes a Tardy. Two Tardies constitutes a missed practice. Arriving 5 minutes late or later constitutes a missed practice unless an email was received prior to the start of practice.
2. Missed practices will have grade consequences.  
Athletes will not be permitted to sit in the bleachers when others are working out during PE periods. If athlete is injured or sick parents are expected to send written notifications and spell out limitations.
3. Athletes are expected to wear appropriate attire during workouts:
  - \*Swim Suit/Goggles for swim workouts
  - \*Blue/Red Shorts & Shirts-Sweats, Running Shoes for Weight training
  - \*Athletes wearing flip-flops and/or street clothes will not be permitted to work out and an absence will be charged.
4. No iPods or Cell Phones at workouts
5. No eating during workouts-This should be done before and/or after practice.

# 2015 Swim Meet Schedule

Intrasquad	2/25/2015	Tesoro	3:15 PM
Jserra	3/4/2015	Tesoro	3:15 PM
Capo Relay (Girls)	3/12/2015	Capo	4:00 PM
Capo Relay (Boys)	3/13/2015	Capo	4:00 PM
Capo Relay (Combined Finals)	3/14/2015	Capo	2:00 PM
SM	3/19/2015	Tesoro	3:15 PM
Trabuco Hills	3/24/2015	Trabuco	3:15 PM
University	3/30/2015	Tesoro	3:15pm
Capo Valley	4/14/2015	Tesoro	3:15 PM
Dana Hills	4/21/2015	Dana	3:15 PM
Foothill Games (Girls)	4/23/2015	Foothill	3:15 PM
Foothill Games (Boys)	4/24/2015	Foothill	3:15 PM
Foothill Games (Combined Finals)	4/25/2015	Foothill	9:00 AM
San Clemente	4/28/2015	Tesoro	3:15 PM
South Coast Prelims (Girls)	5/5/2015	Capo	3:15 PM
South Coast Prelims (Boys)	5/6/2015	Capo	3:15 PM
South Coast Finals (Combined Open/JV)	5/7/2015	Capo	3:15 PM
South Coast Finals (Combined Varsity)	5/8/2015	Capo	3:15 PM
CIF Swimming (Combined Prelims)	5/14/2015	RCC	9:00 AM
CIF Swimming (Combined Finals)	5/16/2015	RCC	5:00 PM
State Meet (Combined Prelims)	5/22/2015	Clovis	TBA
State Meet (Combined Finals)	5/23/2015	Clovis	TBA

# 2015 Dive Schedule

(Assisted by Curt Wilson)

Dive					
MV Invite	Both	All	Mission Viejo	March 28th	TBD
SMCHS Invite	Both	All	SMCHS	April 25 <sup>th</sup>	11:00
South Coast League	Both	All	Mission Viejo	May 7th	9:00
CIF Championships	Both	All	RCCC	May 14th	TBD

# Swim Meet Expectations

1. Athletes are expected to swim in all meets
2. Lineups will be done the day before a meet. Athletes must let the coaching staff know the day before a meet if they have requests or limitations. Last minute lineup changes can have adverse effects on a carefully constructed game plan. Everyone performs better when there is less stress. Last minute changes must be avoided whenever possible.
3. Athletes who refuse to swim assigned events will face a minimum 1 meet suspension unless there is just cause. Missed meets can disqualify someone from earning a Varsity letter.
4. Athletes are expected to remain at meets until the meet is over. For home meets ALL athletes are expected to stay until the pool deck is cleaned and all equipment has been put away properly.
5. Athletes are expected to ride the bus home from all away meets. This is an opportunity for the coaches to debrief with the team as well as for the team to bond.
6. Athletes are expected to sit with our team during meets.
7. Athletes are responsible for knowing their relay and individual race assignments.
8. Lineups will be posted for all athletes prior to the start of each meet.

# Registration and Spirit Wear

Registration for Swim and Spirit wear orders will be completed at [www.tesorosquatics.com](http://www.tesorosquatics.com).

Details will be sent out shortly

Spirit Orders are Due: Feb. 5<sup>th</sup>



# 2015 Tesoro Aquatics

## State of the Water...

- ✦ Progress / facilities
- ✦ Board Opportunities for 2015 and beyond
- ✦ Volunteer Opportunities

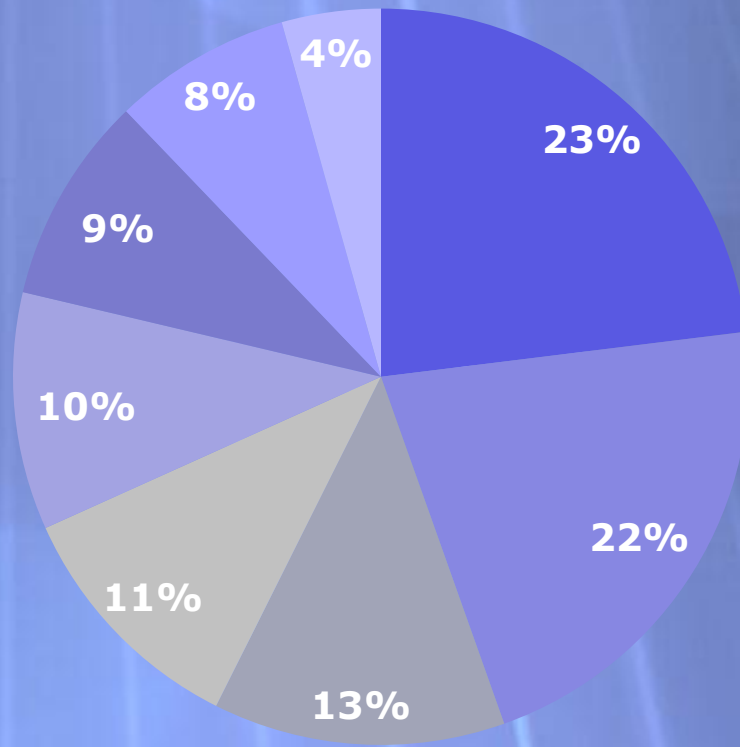
# Parent Volunteers

Parent Volunteers are needed to maintain this great program. From Board Positions to Swim Meet help, there are plenty of ways to get involved. Sign up on the Check-In table today!

<b>Board Positions</b>	<b>Volunteering</b>
Website Administrator	Swim Meet Timing
	Banquet Coordinator
President	Swim Meet Announcer
	Timing Console Operator
Vice President	Snack Bar
	Photographers

# 2015 Swim / Dive Budget

- Coaching
- Banquet - Players portion
- Administration
- Team Events
- Team Apparell
- Repairs/Maintenance & Equip
- Transportation
- Invationals



\$39,000



# 2014 Swim / Dive Teams

- ★ Team Gear – Priced w/no markup
  - ★ Player package will include:  
Suit, Home/Away Shirt
- ★ Team Contribution will be based on final budget (excluding gear) estimated at \$265 per athlete

\* Includes athlete banquet pass

# This is the Year of the TITANS!!!

Coach Gibson  
mkgibson@capousd.org



Coach Todd  
coachtodd@cotocoyotes.com

