

Westlake High School Swimming

Team Handbook

2013-2014

About The Coach

Coach Eric Capalupo:

Coach Capalupo has coached professionally for 8 years, since 1996. His love of the sport of swimming began as a swimmer when he was 5 years old when he joined a local club swim in upstate NY. From this point on, his closest friends and most of his time was spent with “the swim team family”. He continued swimming throughout high school as a varsity swimmer on a very competitive and successful swim team and competed in 2 New York State Championships. At the end of his senior year, he was awarded Most Valuable Player for his swim team. After a 4 year absence, he returned to the sport of swimming as a coach and official for high school swimming in New York State. From 1996 until 1999 he served as the head JV coach and an assistant Varsity coach at his former high school, Horseheads High School. He also became an assistant coach for the local USS club from 1997-1999. All at the same time he personally returned to competitive swimming by becoming a US Masters Swimmer. He swam as a Masters Swimmer from 1996 until 2004, setting 10 district records and competing in 3 National Championship meets with numerous top 10 finishes. From 2003-2005 he was the head varsity coach for Dripping Springs High School, TX and took their first ever swimmer to the 4A Texas State Championship Meet in the spring of 2005. In the spring of 2011, after having 3 children and being away from competitive swimming for 6 years, he again returned to swimming as the head coach of the Barton Creek West Barracudas, within the Eanes ISD district. In his first season his team broke 9 team records and placed 4th, highest ever as a team, at the league All-Star Meet. In the next two seasons, the team grew by 50%, broke numerous additional team records and the team finished 3rd at the league All-Star Meet in 2013. Since then, he has had an opportunity to coach for the Nitro Swim Team in Austin TX, who was ranked 7th in the nation as a Gold Medal USA swim club and continues to have success with the Barton Creek Barracudas.

Vision Statement

Westlake Swimming is committed to developing swimmers of all abilities to reach their potential. We commit to teaching core fundamentals of swimming, providing comprehensive training programs that will physically and mentally challenge and prepare swimmers for championship competition, and provide an environment where everyone will understand the value of a team and it's members in our pursuit of excellence.

Westlake Swimming is a place where individuals are valued for their strengths and talents and encouraged to be active in the process of setting team goals and the commitments needed to reach those goals.

Westlake Swimming will also embrace the power of leadership among team members in order to provide a deeper sense of pride and ownership in the team's success. Swimmers will hold themselves and their teammates to a high standard of work ethic, sportsmanship, and integrity.

Westlake Swimming coaches will model a desire to grow and learn more about our sport to better prepare swimmers today and in the future.

Westlake Swimming community is a partnership with athletes, parents and coaches who all share the same vision of swimmer success. This community encourages athletes be a student of their sport, fulfill commitments to themselves and team, and to show great leadership to the younger swimmers on the team.

Mission Statement

Embracing the power of the TEAM is crucial to the success of this program. Swimmers who set goals and make commitments necessary to reach those goals will take more pride in the program and will hold themselves and their teammates to a higher standard. The more the team prepares with focus, the more they can achieve. Leaders will be encouraged throughout the team, but seniors will have the extra privilege of leading the team through mentoring and modeling excellence. The coaches will take advantage of opportunities to learn and grow in their coaching abilities so that swimmers will have the best possible training methods available to them. Parents, athletes and coaches will work together to provide a positive environment in order to pursue continued development of this program.

Values

Success is measured in multiple ways. We value success and see it as everything from learning how to swim a stroke better, improving time, winning a race and/or winning a championship. How we achieve success is largely based upon our commitments. Commitments are better kept for those participating in making the commitments, therefore, swimmers will be actively involved in defining what commitments are necessary for success, both individual and team.

Westlake Swimming values and commits to:

- Training coaches through coaching clinics and workshops in order to provide the best instruction to swimmers.
- Coaches being prepared each day to give swimmers the best instruction and training possible.
- Creating excitement for swimming among the school community.
- Growing the program to a place where interested swimmers of all ability levels can have a chance to develop and grow where they can contribute to the success of the team.
- Pursue every opportunity to provide state of the art training facilities.
- Caring for the athletes, encouraging them to be students first and to teach them skills they will use the rest of their lives.

Goals

Goals are seen largely as the steps we take to reach the things we value. Swimmers will again be actively involved in setting both personal and team goals that they believe will help achieve success.

Westlake Swimming goals:

- Increase the numbers of swimmers in the program.
- Increase the number of swimmers who commit to practice and meets.
- Increase the awareness and excitement of swimming in the school community.
- To have a team that strongly values sportsmanship, respect and being a good teammate.
- Communicate effectively with the community the need and benefit for Westlake High School to have their own swimming facility.

Team Requirements

1. All swimmers must sign up for swimming- 8th period, or any school related extra curricular activity that has a specific period for that sport/ activity.
2. Swimmers must complete the Team Registration/Order form, which will be posted on the website and due at the Meet the Team Intrasquad Meet.
3. Swimmers are required to review and sign the back of this handbook and return the signed acknowledgement form to the coach. Swimmers are responsible for the information enclosed in the handbook.
4. A Team registration fee will be required to be paid and submitted with the completed registration form.
 - Fee includes:
 - The Team t-shirt.
 - Drinks and snacks at meets, end of year gifts, Regional bus decorations and other miscellaneous costs for the Team that may arise.
 - The fee also offsets the costs for the “Meet the Team” dinner, as well as all spirit dinners, and other Team events.
 - The End of the Year Banquet is **NOT** included in this fee.

Expectations for Athletes

1. Communicate well with teammates and coaches. It is the responsibility of the SWIMMER, not only the parent, to contact the coach to communicate scheduling issues, absences and/or injuries.
2. School is the highest priority. Take care of your school responsibilities and manage your time well.
3. Take care of yourself- get plenty of rest, eat a highly nutritional diet and focus on doing what’s right when it comes to your social lives.
4. Manage your equipment well. Take good care of your swimming gear and always have it with you ready to use.
5. Understand that everything we will do has a purpose- to lead you to success. Therefore, do it 100%. Everyday is a chance to get better.
6. Understand that we are a team and for the team to succeed, we must have a relationship that will support and encourage each other.

Practice Information

Practices are Monday – Friday immediately after the end of 7th period. MWF practice will be at Rollingwood Pool from 3:30-5:30. On TTH swimmers will have strength and conditioning training at the high school during 8th period, then continuing on to Rollingwood pool to swim from 4:30-5:50. Club Swimmers are welcome to join in on any practice during the week, but are required to attend 1 practice per week, typically on Friday. Please contact Coach Capalupo if you have questions on this schedule.

Any changes to the practice schedule will be sent via e-mail to swimmers and their families. Changes will also be posted to the website. Please be certain that we have your current, correct e-mail address.

Swim Meet Information

Types of Meets:

The meet schedule will be posted on the website. The Coach will plan to have a series of dual meets during the fall and 2-3 invitational type meets throughout the season. Coaches expect that all swimmers make an effort to attend **ALL** meets. These meets are crucial for team building and evaluation of swimmers in preparation for championship meets. Any conflicts must be communicated with the coach.

NOTE: It is important that swimmers remember that they need to email the coach with their availability to all meets. The coaches will determine which swimmers are selected to swim in our meets.

Entry Process

1. An email will be sent to swimmers requesting availability for swimming in meets.
2. Swimmers are to send an email to the coach indicating if they will attend or not. (ecapalupo@eanesisd.net)
3. They are to include the meet name in the subject line and their top 4 choices of events in order of preference, along with entry time.
4. Families with more than one swimmer are to only email one swimmer per email.

NOTE: It is important that swimmers express interest in all meets they are able to swim. The coaches will determine which swimmers are selected to swim in each meet.

Dual Meets

Westlake may compete against area schools during the fall months. Meets against just one other team are called Dual Meets. Some of these meets will be held at Rollingwood Pool and others will be away meets. Dual meets typically take place immediately after school, approximately once a week, during September, October and early November. These are very important meets for team building and gaining race experience.

Invitational Meets

Invitational meets are more selective meets, where several teams compete. These teams are selectively invited by the host team. In some cases, some of these meets are out of town. Any swimmer attending an out-of-town meet is expected to travel, stay and eat meals with the Team. Depending on the location of the Austin area meet, there may be a school bus to transport swimmers, or swimmers may be expected to find their own transportation to and from the meet. In these meets, the team will take as many swimmers as possible, but some may not be able to attend.

Championship Meets

Districts

Coaches will select the members of the swim team who will be swimming at the District Meet. As with all meets, many factors will go into the selection process, including but not limited to the swimmer's times, attitude, communication with the Coach and performance at other meets. The coaches will also select who is to compete on a qualifying relay. NOTE: The relay order may change at any time and up until the moment that the relay swims at the meet. The District meet is held at the UT Swim Center, generally in late January. Prelims are held on Friday and finals are on Saturday.

Regionals

Swimmers must qualify for Regionals by placing in the top 6 in their events or relays at the District Meet. The school pays for a charter bus and the hotel and the swimmers receive a meal stipend. However, most swimmers bring additional money for snacks and drinks and t-shirts at the meet. Healthy team meals (pasta, chicken, salads) are planned in advance by the parent volunteers and the coaches.

State

Individuals who qualify at Regionals will swim at the State Meet. The first place finisher in each event from each of the 8 regions in Texas automatically qualifies. The next 8 swimmers in each event qualify based on the next 8 fastest times from all of the Regional Meets. This same system of qualification also extends to relays, although the Coach has final say on who will compete on each qualifying relay. The "call-up" list is typically posted within hours of the completion of the Regional meets on the Texas Interscholastic League Website.

Community

Team Parents

Team parents are a vital part of Westlake Swimming. The current list of Lead Team Parent Volunteers is found on the website. Please contact info@westlakeswimming.com for information on how to volunteer.

Spirit Dinners

The Team hosts several Spirit Dinners during the season at the home of a WHS Swimmer. These dinners are for all swimmers on the Team (whether you are swimming at a particular meet or not!) to build Team spirit and get to know each other. Due to practice schedules, the dinners are typically held on a Sunday night before a major meet. The host house is responsible for the main course; other families sign-up to help with drinks, salads, dessert, etc. Spirit Dinners usually last about an hour and a half to two hours.

Even though all WHS swimmers are invited to the Spirit Dinner, swimmers still need to RSVP to the host family prior to each dinner. Look for an evite invitation in the weeks prior to the Spirit Dinners. The hosts need to know the number of swimmers attending the dinner to plan and prepare accordingly.

Chap Club Membership

All WHS Swimming Families are strongly encouraged to join the Chap Club . All Westlake teams benefit from the Chap Club, directly or indirectly. The hotel rooms at the TISCA North meet are paid for by the Chap Club through the athletic office. We have also asked them in the past for new Team uniforms, equipment and pop-up tents. Membership forms are available online at the Chap Club website (<http://www.chapclub.org>) and will also be available at the “Meet the Team” dinner.

Communication

Team Communication is generally through e-mail and the team website. We will ask for parent and swimmer e-mails at the Meet the Team Picnic, but you are welcome to send your e-mail address (if we do not already have it) to info@westlakeswimming.com. Please call or e-mail with any questions.

Spirit Committee

Be part of the spirit committee, who support our swimmers at the meet. The preparation of goodie bags, signs, and other spirited items show support for our Chaps. They also organize dinners for families at out of town meets.

Cheer on the Team!

Team spirit is important and all swimmers are encouraged to attend local meets (especially District and State meets) and show their WHS spirit. Even if you are not swimming, it is appropriate to attend and cheer on your teammates. Check with the attendance office regarding excused absences (if you are not competing.)

Team Apparel

Spirit Wear

T-shirts, Team suits, sweatshirts, fleeces, pool towels, car decals, lawn signs and silicon caps will be available to order at the Meet the Team dinner. All apparel is available to swimmers, parents, siblings, etc. Latex Caps are part of the school issued equipment.

Team Suits

A Team suit is required to participate in team meets. This year a Team suit will be available for sale at the Intrasquad meet and picnic. At meets, Coach Capalupo also requires that swimmers wanting to wear a swim cap, wear a Westlake High School Chap cap, either a purchased silicon cap or the school-issued latex cap.

School Issued Equipment

Speedo swim bags, parkas, warm-ups, t-shirts and shorts are issued to each swimmer after the Team is determined. All equipment issued by the school is expected to be returned clean and in good condition at the end of the school year. These items are not purchased by the swimmers, but are school-owned equipment. Items not returned will be charged to the swimmer and obligations not met could prevent a senior from graduating. Instructions on when and where to return equipment will be given after the end of the swim season. Latex caps should not be returned.

Varsity Letters

All swimmers who are able to meet the team lettering qualifying time in at least one event during the swim season will be awarded a varsity letter. All varsity letter swimmers will be announced at the end of the season. Information regarding orders for letter jackets, blankets, additional patches and insignia will be passed along as it becomes available. Typically a representative visits the school in late spring to take these orders.

Women			Men	
TISCA Qual	Lettering	Individual Events	TISCA Qual	Lettering
2:05.00	2:15.00	200 Free	1:55.00	2:05.00
2:19.75	2:40.00	200 IM	2:08.00	2:25.00
:27.00	:28.50	50 Fr	:24.00	:25.00
1:03.75	1:10.00	100 Fly	:58.50	1:05.00
:59.50	1:05.00	100 Fr	:53.5	:58.00
5:40.00	6:05.00	500 Fr	5:14.00	5:35.00
1:05.50	1:12.00	100 Bk	1:01.50	1:08.00
1:13.25	1:21.00	100 Br	1:07.50	1:15.00

Parent/ Athlete Team Handbook Acknowledgment Form

Every athlete and parent is expected to read and acknowledge all information in the team handbook. By signing this form you are in agreement with the Westlake High School Swimming policies and procedures.

Parent Name: _____

Signature: _____ Date: _____

Athlete Name: _____

Signature: _____ Date: _____

Athlete Information Form

Athlete Name: _____

If Club Swimmer:

Name of Swim Club: _____

Coach's Name: _____

Coach Contact Info: _____

Swimming Experience: _____

What you hope to accomplish this season with Westlake High School Swimming?

Personal Swimming Goals: _____
