

# Walton Swim and Dive

## 101



**A guide to Walton High School's  
Swim and Dive Program**

Updated October 2010

Dear Parents, Swimmers and Divers,

We would like to welcome you to the Walton High School Swim and Dive 2010-2011 season. For those of you returning, it will be great seeing you again, and for those of you who are new to the swim and dive program, we look forward to getting to know you throughout the season.

The purpose of this packet is to give you general information concerning the season. If at anytime, however, you need additional information, feel free to call or email a board member. Contact information is listed on the website, [www.waltonswimdive.com](http://www.waltonswimdive.com).

The Walton Swim and Dive program has been a great success over the years and with your support we can continue this tradition. As with any volunteer supported program, we look forward to working with you during the upcoming season to ensure our swimmers and divers have all the support needed for another memorable season!

Patti Cagle  
President  
Walton Swim and Dive Booster Club

## **The Booster Walton Swim and Dive Club**

The Walton Swim and Dive Club is a 501c3 nonprofit organization created with the sole purpose of making the swim and dive program operate successfully and efficiently. The Cobb County school system provides only a small part of the operational funds needed to make the program a success. We rely on registration fees and volunteer support to create a great program for our swimmers, divers and coaches.

The By-Laws of the Walton Swim and Dive Booster Club are available for your review on our website. The scheduled board meetings will be posted on the Walton Swim and Dive website and are open to any booster club member, and are generally the last Wed. of the month.

### **General Information**

#### **Potluck Dinner and General Meeting of The Walton Swim and Dive Club, Inc.**

This is a dinner in the commons where each family is asked to bring a dish to share with other swim and dive families. It is also the first meeting of the season and a great deal of information is given to parents. In addition, the required team swim suits and warm-ups, and other apparel will be ordered at that time. **This meeting is mandatory.**

**Registration needs to be completed on-line at [www.waltonswimdive.com](http://www.waltonswimdive.com) before the meeting**

#### **Team Photos**

The team photo is taken on a web soon after the team has been announced. The date will be posted on our website. Other photos will be available throughout the season for purchase; please check the website.

## Tryouts

Tryouts are held over two days, and are scheduled at the beginning of the season when permitted by Georgia High School Swimming Association. New team members tryout on one day, returning swimmers tryout on the other. If a swimmer has a state cut time, he/she does not have to try out. Divers will also have a two day tryout schedule. These dates will be posted on the website. Following tryouts, a list of those athletes making the team will be posted on the swim team bulletin board, and on the website. Coaches make the sole determinations of swim team members.

## Physicals

Cobb County requires a sports physical before participating on a high school team. The physical forms will be distributed at the student information meeting held by the swim coach, or can be picked up at Walton's front office.

## Practice-Transportation is the Athlete's Responsibility

Practice is mandatory for swimmers and divers unless the athlete practices a full schedule with a year round team/coach. These swimmers must practice at least as often as the Walton Swim/Dive Team. If participation in non-Walton practices does not meet this requirement, the athlete must supplement with Walton swim/dive practices.

## Equipment List

Non year round swimmers are required to purchase fins and goggles and must have these available at practice. These may be purchased at local swim shops. Other practice equipment will be assigned to non-year round swimmers at the pot luck dinner, and it will be the swimmer's responsibility to return assigned equipment at the end of the season.

## Practice Locations

Practices will be held at the East Cobb Pool, Pinecrest Pool, and Mountain View Aquatic Center.

## Meets:

The meet schedule is distributed at the pot luck dinner and posted on the web site. There will be a maximum of 10 meets in a season usually beginning with Cobb Relays and ending with the Cobb Championships. The State Meet is an additional meet if the swimmer qualifies. Rosters will be posted by the coaches on the swim bulletin board, the website, and discussed at the Wednesday morning meeting with the coaches. Swimmers and Divers need to arrive 15 minutes prior to warm-up at all meets.

**Swimmers must go to [www.waltonswimdive.com](http://www.waltonswimdive.com) and fill out an availability form by the designated deadline date on the meet schedule to be considered as a swimmer in that meet.** Swimmers who do not sign up, will not be in the lineup (although being “available” does not guarantee you’re swimming in that meet). **“No shows”** (after confirming you’re available for a meet) will result in consequences as deemed by the coaches. Consequences may consist of but not limited to elimination in future meets.

All swimmers are expected to be available for the Cobb/Gwinnett Challenge, Cobb County Championships, and the State Meet unless specifically excused by the coaches.

**Not all swimmers will participate in all meets** due to limitations on the number of swimmers allowed or based on time standards.

**Home meets** will be at Mountain View Aquatic or CAC. Athlete are responsible for their own transportation to these locations. .

**Away meets** are held at the pool of the home team’s choosing. We try to arrange buses for these meets (depends on bus availability with county) Departure times will be posted on the website.

Meets may last 2-4 hours, depending on size of the meet.

**Attire for the meets** consist of the team warm ups, t-shirts and team swim suit. **Warm ups and team suits are mandatory and should be worn to all meets.** These will be purchased at the potluck dinner at the beginning of the season. Racing suits are permitted upon authorization of the coaches only and must follow certain guidelines. Goggles are required and no jewelry can be worn. Bring towels and extra clothes as well.

**Food at Meets:** We have a great spirit team who makes sure our athletes have necessities such as water and a limited amount of food. It is the athlete's responsibility to bring additional items such as Gatorade, sports bars, fruit, etc...Athletes should not drink soft drinks, eat candy, or consume energy drinks during a meet.

### Wednesday Morning Meetings

These are mandatory meetings for all swimmers and divers and will occur at scheduled times throughout the season. The schedule will be posted on the website. The meetings provide athletes with specific information concerning upcoming meets. Parents provide refreshments and this is a volunteer opportunity throughout the season.

### County Championships and State Meet

These meets require the athlete to make a particular time standard. The state team will have required practices, and a state dinner prior to the meet. **All parents of the state team are required to be available to volunteer at the state meet if needed.**

### Volunteering

Parents are required to volunteer for a committee position or work two meets. **If your child is swimming in the Walton Invite** (a meet for all swimmers who are not attending senior state meet on the same night), **you will be expected to be available to help at this meet.**

### Communication

Please check your emails and the team website often. If you have a block on your emails please set it up to allow emails from our team. Text messages will only be sent when there is short notice of important information.

### Parent T-Shirts

Blue parent t-shirts can be ordered at the potluck dinner/mandatory meeting. Our swimmers/divers are encouraged by parents wearing these shirts. They are a nominal price and will only be for sale at the meeting.

### Senior Recognition Meet

This is a meet where the seniors and their families are recognized for their contributions to the Walton Swim and Dive team over the years. We schedule this meet with another school(s) and recognize our seniors during the meet. Following the meet, we have a celebration of their contributions.

### Lettering

Coaches set these standards and they are available on the website.

### Banquet-Awards-Senior/Coaches gifts

At the conclusion of the season, we will have an awards banquet where seniors and others will be recognized. Seniors and Coaches are presented their gifts at this time.

