

2019-2020

Bartram Trail

High School

Swimming and Diving  
Handbook

## INTRODUCTION

The purpose of the Bartram Trail High School (BTHS) Swimming and Diving Handbook is to provide background information and guidelines regarding the BTHS swimming and diving program. The high numbers of participants in this sport creates situations that are unique to the sport of swimming and diving.

Last year, more than fifty swimmers and divers took part in the swimming and diving program. Dealing with the logistics of this program during the fall, when the weather is a factor, requires a great deal of understanding, dedication, sacrifice, and preparation on the part of many people: swimmers, officials, coaches, and parents.

This handbook has been prepared for the 2019–2020 swimming and diving season as a collection of varied materials created to assist swimmers, officials, and parents.

The BTHS Swimming and Diving Handbook is also available online in the Announcement section of the Swim and Dive website.

*The National Federation of State High Schools (NFHS) Swimming and Diving Rules Book* governs the swimming and diving program.

Amendments to NFHS rules as stated will be considered official for all BTHS Swim and Dive competitions.

The team Schedule may be found at:

<https://www-bths.stjohns.k12.fl.us/swimming/>

## **HISTORY OF BTHS SWIM AND DIVE**

BTHS Swim and Dive began in 2001 with the school. The team began its training at the South Hampton Community Swimming Pool. The boy's team had 4 swimmers, one of which was the quarterback for the football team too. The girl's team had roughly 10 swimmers.

In 2002 until 2012, the team trained at St. Johns Golf and Country Club and Julington Creek Swimming pool (the old pool). From 2012 to present, the team has trained and competed at the River Town Community pool

BTHS Swim and Dive is a member of the St. Johns River Athletic Conference and is a member of Florida High School Athletic Association where the team competes on the 4A level as of 2019.

In its nineteen years of time, the team has won several conference championships for both teams. The team has brought home a few district championships and regional championships. In 2015, the women's team brought home a state 3A championship. 2018 was an exciting time for the BT Swim and Dive team as both teams brought home State 3A Runner-up awards.

Besides team success, there have been 6 individual state champion and 6 state champion relay teams. BTHS Swim and Dive has produced 2 NISCA All-American swimmers.

## **Individual State Champion Swimmers and Divers**

Alyssa Bodin – 100 Breaststroke  
Stephen Andrews – 1 meter Diving  
Nathan Howze – 1 meter Diving  
Summer Stanfield – 100 Butterfly, 200 I.M.  
Jack Van Duesen – 200 IM  
Lilly McCabe – 100 Breaststroke

## **State Champion Relay Members**

Women's 400 Freestyle Relay – Summer Stanfield, Nicole Sowell, Haley Harris, Lexi Smith, Lily McCabe

Men's 200 Free Relay – Jake Camp, Mason Campbell, Luke Williams, Chris Sylvester

## **State Championship Team**

2015 Women's Team – Summer Stanfield, Jennifer Brennock, Tatiana Brown, Emma Geiger, Nicole Sowell, Lexi Smith, Lilly McCabe

## **NISCA All-American Swimmers and Divers**

Summer Stanfield  
Jack Van Duesen

**BARTRAM TRAIL SWIM TEAM STATE CHAMPIONSHIP PLACINGS**

<b>YEAR</b>	<b>GIRLS' STATE PLACING</b>	<b>BOYS' STATE PLACING</b>
<b>2018-2019</b>	<b>2<sup>nd</sup></b>	<b>2<sup>nd</sup></b>
2017-2018	2 <sup>ND</sup>	3 <sup>rd</sup>
2016-2017	1 <sup>st</sup> (State Champions)	13 <sup>th</sup>
2015-2016	2 <sup>nd</sup>	24 <sup>th</sup>
2014-2015	32 <sup>nd</sup>	14 <sup>th</sup>
2013-2014	18 <sup>th</sup>	9 <sup>th</sup>
2012-2013	31 <sup>st</sup>	24 <sup>th</sup>
2011-2012	31 <sup>st</sup>	34 <sup>th</sup>
2010-2011	50 <sup>th</sup>	47 <sup>th</sup>
2009-2010	15 <sup>th</sup>	43 <sup>rd</sup>
2008-2009	21 <sup>st</sup>	no placing
2007-2008	13 <sup>th</sup>	46 <sup>th</sup>
2006-2007	38 <sup>th</sup>	24 <sup>th</sup>
2005-2006	no placing	no placing
2004-2005	22 <sup>nd</sup>	no placing
2003-2004	31 <sup>st</sup>	39 <sup>th</sup>
2002-2003	21 <sup>st</sup>	no placing
2001-2002	24 <sup>th</sup>	no placing
2000-2001	no placing	no placing

# Team Philosophy

1. Give 100%, 100% of the time
2. Don't be a selective swimmer/diver
3. Don't put yourself above the team
4. You have to love swimming/diving

## Coaching Staff

### Head Coach – Mr. Robert Bruns

Coach Bruns has been coaching high school swimming and diving, U.S. Swimming, and NCAA Div. III swimming and diving since 1984. Coach Bruns is an AP World History, AP Art History, and AP European History teacher at Bartram. In the time he has been with Bartram, he has coached the team to many conference championships, district and regional championships. The women's team has captured one state championship and three state runner-up awards. The men's team has captured one state runner-up award.

### Assistant Coaches

Edward Tolisano will be entering his 9th season as an Assistant Coach for the BT Swim/Dive team. Coach Ed has been involved at Bartram as a swim parent and as a meet official since 2006. Coach Ed is a lifelong swimmer and advocate of the sport of swimming. Currently he is Head Swim Coach for the Durbin Crossing Dolphins summer league swim team.

Ms. Shannon Murray will be joining the team. She was an assistant swim coach at a private school in Gainesville, FL before coming to Bartram Trail. Coach Murray teaches Human Geography.

## Tryouts

Training and “tryouts” begin on the first day that FHSAA allows Fall Sports programs to begin.

The coaching staff expects that all swimmers and divers have knowledge and experience in this sport. Swimmers should be able to swim freestyle, backstroke, breaststroke, and butterfly legally and cleanly for 25 yards.

### Day 1 – Team Meeting

On this day swimmers and divers will meet with the head coach. **All paperwork (FHSAA physicals, parent permission, code of conduct, heat stroke/exhaustion video, and any other item) must be completed and uploaded to the school’s online service.** If paperwork is not complete, your child will not be able to train and prepare for tryouts.

### Day 2-5 Training

On these days swimmers will arrive at the River Town facility at least 15-10 minutes before practice and be prepared to swim between 3,000-4,500 yards. We will be doing stroke drills, kicking, and swim sets. Swimmers should bring water to stay hydrated.

## Tryouts

Swimmers will compete in a two-day heptathlon. Swimmers times will be compiled to create a list of swimmers fastest to slowest. Top 25 swimmers from girls and boys teams will make team. The squad will be 50 swimmers plus dive team.

Not everyone will make the team. I encourage young swimmers to join a local USS team and begin to train with those programs and return the following year and tryout again.

## High School Events – Dual Meets

Girls	Event	Boys
1	200 Med Relay	2
3	200 Free	4
5	200 IM	6
7	50 Free	8
9	1 m Diving	10
11	100 Fly	12
13	100 Free	14
15	500 Free	16
17	200 Fr Relay	18
19	100 Back	20
21	100 Breast	22
23	400 Fr Relay	24

Meets take about 2 to 2 ½ hours. Teams will have 30 minutes for warm-up. Diving competition is hosted at an alternate site and scores will be added after competition. Results are posted through the team Facebook page and will be emailed to opponent team. Host team is responsible for sending in meet results.

## Hosting a Meet

When BTHS hosts a meet, we have several responsibilities that will make a meet successful.

Responsibility	Equipment
Home Team	Electronic Timing System and Timing Board (Extension cords, plugs, etc)
Home Team	Computer Operators (2) Meet Manager and CTS Dolphin Timing System
Home Team	Runner – 1 person to run times from timers to computer operator
Home Team	Stop Watch (1) per lane
Home Team	Clipboard (1) per lane



Home Team	Starting System
Home Team	Starter Whistle
Home Team	Timers – 2 per lane
Home Team	Timers Cards (backup time from stopwatch)
Home Team	Heat Sheet/Swimmer Card
Home Team	Lap Counters
Home Team	PA system and announcer

### **Meet Set Up**

The following responsibilities need to be completed.

1. Table for computer operators.
2. Extension cords run for computer system
3. 2 chairs behind each block for timers
4. Starting system set up on south end of pool closes to lane 1
5. Outside lane lanes to block off stairways
6. Lap counters at west end of pool

### **Meet Clean Up – This a mandatory host team effort**

1. All tables and chairs returned to their original locations.
2. All electronics, cables and cords into appropriate containers.
3. All trash collected and trash bags out to trash dumpster.
4. Locker rooms checked for cleanliness.

### **During the Meet**

1. During the meet all spectators, athletes and coaches are to stay on the competition side of the community pool. No one is allowed in the family pool area.
2. Everyone needs to help. The more help, the effective the meet runs.
3. Cheer and support the team.

## Meets

Information regarding BTHS Swim and Dive meets, invitational meets, and championship meets will be available in the BTHS Swim and Dive webpage, which is updated on a regular basis.

- A. All team members should wear matching suits and caps. Uniforms must comply with NFHS restrictions regarding materials and design.
- B. Maximum number of events in which a swimmer is eligible to participate is **four** (4). Swimmers can participate in either two individual events and two relays or one individual event and three relays.
- C. In an effort to involve as many swimmers/divers as possible, exhibition swimming will be permitted (if time permits). The lane and the swimmer should be clearly designated on the heat sheet and to the referee and opposing coach prior to the event and marked as "Exhibition" or EX. Exhibition swimmers do not score points, even if they are faster/better than an opposing swimmer/diver team member. However, exhibition times and scrimmage times count toward seeding in future dual meets or championship meets.
- D. Swimmers and divers need to be cheering on their teammates during competition. Please be a participant.
- E. Swimmers and divers are to stay off their phones during competition.

## Lane Assignments

Lane 1	<b>Home</b>
Lane 2	<b>Vistor</b>
Lane 3	<b>Home</b>
Lane 4	<b>Vistor</b>
Lane 5	<b>Home</b>
Lane 6	<b>Vistor</b>

## **Scoring Dual Meets**

Relays – 8, 4, 2

Individual - 6, 4, 3, 2, 1, 0

## **Scoring Championship Meets**

Relays – 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

Individual – 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

## **Swim Meet Line-ups**

Depending on the number of lanes will dictate the number of varsity swimmers who will be allowed to compete and score points. For example, if the pool is an eight (8) lane pool, then four (4) swimmers will compete as varsity swimmers. Line-ups are based on swim

Coaches will choose the three/four fastest swimmers to compete in the individual events. Relay teams are based on the fastest swim times or best possible combinations. The goal of the line-up is to garner enough points to gain a victory over the opposing team.

Line-ups changes will occur due to exhibition swimmer who may swim a faster time than a varsity swimmer who is competing in particular event. Because of organic nature of swimming, swimmers should never limit the type of events they swim.

Coaches reserve the right to change the line-up at their own discretion.

## Varsity Letter Award

In order to gain a “Varsity” award as swimmer/diver must

1. Earn 14 Varsity points from
  - a. Individual events during dual meets or championship meets
  - b. Varsity scoring relays
2. Earning a position on the Championship Team (District, Regional, and State)

## State Championship Awards

Athletes who make it to the state championship meet may:

1. Earn a championship ring\*
  - a. If swimmer/diver win an individual event or are a member of a winning relay team.
  - b. If they are a “scoring” member of a championship team.
    - i. Swimmer **must** score points for the team in either A or B Finals. Divers must make it into the top 16 to score points. A swimmer/diver that does not score points is not eligible for a championship ring. If a non-scoring swimmer/diver wishes to have a ring, they will need to cover 100% the cost.

\* = BBABC will cover up to \$150.00 US Dollars per swimmer/diver for their championship ring. The remaining cost must come from the athlete.

## Practice and Attendance

Like many teams in Florida, BT Swim and Dive do not train together. This is very unfortunate, but it is our reality. Our team may train at several location, but when we compete, we compete as a singular unit. When given the chance swimmers should support the dive team and the dive team should support the swim team.

## Swim Team

Swimming and diving, like other sports, demands a high degree of sacrifice. Swimmers and divers must be at practice in order to develop their strength, endurance, and skill. There for attendance is necessary. Practices are Monday through Friday.

Monday	4:15 to 5:45
Tuesday	4:15 to 5:45
Wednesday	3:15 to 5:00
Thursday	4:15 to 5:45
Friday	4:15 to 5:45*

\* = Unless there is a home football game, practice will end at 5:15.  
Homecoming game = no practice.

Swimmer who are members of USS teams, such as Loggerhead or Bolles, you may train with your team on Thursday and Friday in place of team practice. Swimmers must be at practice on Monday-Tuesday-Wednesday.

Swimmers/divers who have part-time jobs, please schedule your work time around swim/dive practice and meets.

Swimmers who miss workout must bring a note from their parents explaining reason for missing workout.

Swimmers are to be on time to workout. Workout begins at the time posted. If the swimmer is chronically tardy to practice the following will occur:

1. Warning to swimmer
2. Phone call to parent
3. Suspension from next dual meet/invitation/championship meet
4. Removal from team

Swimmers who have chronic attendance issues will face the following:

1. Warning to swimmer
2. Phone call to parent
3. Suspension from next dual meet/invitation/championship meet
4. Removal from team

## **Dive Team**

The dive team trains at **Atlantic Coast Diving** in Mandarin, FL. Coach Courtney Gils and Coach Nathan Shiber work with the divers. The cost of diving is divided between parents and Bartram Trail Swim and Dive team. All divers are expected to attend practices as outlined by the dive team coach. The dive coach will contact the head coach if attendance is becoming an issue.

Divers must compete in 5 dive meets in order to be considered for the Championship season. Also, divers must have an eleven (11) dive line-up which must include two dives from each category + 1 additional from any of the dive catalog.

**<http://www.atlanticcoastdivingjax.com/>**

## **Team Expectations**

1. Team members are expected to be respectful of all team mates
  - a. Members who bully, intimidate, harass, stalk, discriminate another team mate based on their gender, religion, ethnicity, sexual orientation through verbal or electronic communication (internet, social media platforms) have no place on the team and will be asked to leave.
2. During swim meets, swimmers and divers should refrain from being on their personal electronic devices. Swimmers and divers should be focusing on the meet – cheering, preparing to compete, or cooling down.
3. Swimmers and divers must make sure that their “physicals” are current and will not expire during the season. If a swimmer/divers

physical expires during the season they may not practice or compete until given clearance by the athletic department.

4. Team members who are caught
  - a. Smoking tobacco products
  - b. Using tobacco products such as “chew” or “snuff”
  - c. E-cigarettes, vape style devices (Juul, etc)
  - d. Consuming alcohol

Will be held accountable to school policies and will be suspended for a period of time from the team. Swimmer/Divers and parents will need to attend weekly EPIC meetings which will conflict with dual meets and championship meets. If the swimmer/diver hold the title of “Captain,” they will lose that title.

5. Team members who are caught/arrested on campus using or in possession of illegal drugs will be removed from the team.
6. For more clarification, refer to the SJCS D Student Handbook page 23 Section 4 Part 3, Page 50 to 54 Section 8 Part 1-5.

## **Parent Expectations**

1. Support your child in this sport. This means:
  - a. Make sure they are eating a healthy diet – junk food does not make a better athlete.
  - b. Make sure they are staying on top of their academics. Your child is known as a “Student-Athlete” not the other way around.
  - c. Don’t “coach” your child, that is the coaches job. Stay off Youtube and the internet when it comes to swimming.
  - d. Love your child. Your child’s success or lack of success is not an indication of who they will be as an adult. Cheer for your child whether they win or not.
  - e. Show respect towards the coaching staff, meet officials, and other parents. Please email the head coach if your child is ill or if there is an emergency in which your child will miss practice or a meet.

- i. Parent(s) who shows disrespect or unsportsmanlike conduct to anyone listed above, at practice, meet, or electronic communication (ie Facebook, Instagram, etc.) will be banned from further practices, meets (including championship venues), and our communication outlets for 365 days from the time of the incident.

## **River Town**

BTHS Swim and Dive team are visitors at the River Town Community Center. Swimmer are to show the highest level of respect when they are on site. We do not want to lose our pool because of poor choices.

Swimmers are **not** to be in the family poolside of the facility. Swimmers are not to be on the water slide at any time. Swimmers are to stay on the competition side of the pool.

Swimmers, during dry days, will put their bags in the pump area behind the walls. If the weather is raining, swimmers may place their bags under the overhang.

River Town is not responsible for anything stolen from your bags or damages/theft to your vehicle. Please do not leave anything of value in your bags or out in the open for someone to take.

## **Senior Night**

Senior night will be celebrated during the last home dual meet. The team will order a cake to celebrate the Seniors. We will take a moment prior to the meet to celebrate the achievements of our Senior swimmers.

## **End of Year Celebration**

The End of Year Celebration (EYC) will be scheduled as soon as team competition has ended (typically after state championship).



End of Year Celebration will be a moment to celebrate the achievements of swimmers and divers for the year. The team will offer cake, coffee, soft drinks, and water.

Swimmers and divers will receive one of two awards:

1. Swimmers and divers who did not achieve the total points needed for a varsity letter will receive a “participation” award.
2. Swimmers and divers who met the total points (14) to receive a varsity letter will receive a
  - a. Letter for their first award
  - b. Two stripes for their second year
  - c. Three stripes for their third year
  - d. Four stripes for their fourth year + a 4 year plaque

### Team Awards

Swimmers and divers vote on the following:

1. Most Valuable Swimmer/Diver
2. Most Inspirational

Coaching staff chooses one swimmer for the “Coach Award.”

The swimmer or diver who scores the most points throughout the year will receive the Male/Female High Point Award.

## **Fundraising**

Fundraising is a critical element for the swim and dive team. Monies raised during the year help pay for:

1. Home meet fees (\$250 per meet)
2. Replacement of equipment such as
  - a. Kickboards
  - b. Pull buoys
  - c. Hand paddles
  - d. Lane lines
  - e. Timing equipment (starting horn, watches)
  - f. Software upgrade
  - g. Backstroke flags
  - h. Starting blocks
3. Awards (EoYC)
4. Celebrations (Senior night and EoYC)

Fundraising is through “Heat Sheet Ads” and on occasions “Lap-a-thon” events

## Heat Sheet Fundraiser

### 1. Business Ad

- a. Gold = company logo on team sponsor banner + full page ad in every home meet heat sheet + announcement as a team sponsor at every home meet = \$500
- b. Silver = ½ page ad in every home meet heat sheet + announcement at every home meet = \$200
- c. Bronze = ¼ page ad in every home meet + announcement at every home meet = \$100
- d. Business card – every home meet heat sheet = \$50

**Gold – Bronze must send company art work and logos via email**

### 2. Family Ad

- a. Gold = ½ page layout (photo and announcement) in every home meet heat sheet = \$100
- b. Silver = ¼ page layout (photo and announcement) in every home meet heat sheet = \$75
- c. Bronze = “Word of Encouragement” page every home meet heat sheet = \$30

**Send photos and announcements via email**

Name \_\_\_\_\_ Contact # \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

Type of ad:

Business Ad    Gold                  Silver                  Bronze                  Business Card

Family Ad      Gold                  Silver                  Bronze

Type of payment:

Company Check          Personal Check          Cash

Credit Card (there will be a fee if credit card used)

Print Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_