



Boys Swim & Dive

Head Coach – Jeremy Hunter

Assistant Coach – John Kotwis

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Coaching Philosophy:

Swimming & diving is a unique, challenging and rewarding sport. While it has highly individualistic components, a successful swim team is built on a foundation of shared goals and principles between coach and teammates. Success as a program is measured in not only wins and losses but in the growth of team sportsmanship, understanding the relationship between goal setting and hard work, developing self-discipline, and appreciation of the role of an individual on a team. To be a SW swim and dive team member is to share these same goals and principles of success. The coaches commit to supporting every athlete in their pursuit of these goals and help them reach individual and team success. Athlete success in these goals will build skills that lead to success in other aspects of life.

General Guidelines For Participation:

1. Attendance: With participation on the team comes the expectation you will **attend all required practices, meets, and team functions** (school meetings, etc.). Required practices are on all school days. Any *optional* practices offered are **highly encouraged**.
 - a. You must make **10 practices** before you can participate in a meet
 - b. If you have a conflict and expect to **miss a practice or meet I must be informed ahead of time through email and the conflict must meet the required guidelines to be considered “excused”**.
 - c. Swim practice time is **3:30 – 5:00 pm M – F** at Innis Arden pool. We get in the water at 3:30 sharp.
 - d. Dive practice time is at Madison Pool at the following times:
 - Monday, Tuesday, Thursday 3-4pm
 - Wednesday 6:30-8pm
 - Friday 6:15-7:45pm.
2. Academics: All student athletes must be passing all classes to be eligible to participate in the swim program. If you have a **school related conflict** preventing you from participating at a meet or practice you must communicate with me early to allow adjustments to practice plans or lineups but the coaching staff will always work with you to support your academic success.
3. School Athletic Contract: All student athletes must **sign and follow the rules and regulations** of the Shoreline Student Athlete Code of Conduct to participate on the team.
4. Final Forms: All students must be **signed up in Final Forms and in the Green** to be eligible for the first day of practice on Monday Nov 14th.



SHOREWOOD HIGH SCHOOL

17300 FREMONT AVENUE NORTH SHORELINE WA 98133

shorelineschools.org/shorewood



2022-2023 Varsity Lettering Policy:

A varsity letter will be awarded to athletes who meet all of the following criteria during the swim season,

1. Meet all team expectations *including but not limited to* attendance requirements and sportsmanship towards officials, teammates, and coaches.
2. Follow the Athletic Code of Conduct and remain Academically Eligible
3. Meet one of the District Qualifying times or be on the District Team due to a wildcard situation (times will be distributed at first day of practice).

Dates You Need To Know:

1. First Day Of Practice November 14th @IA Pool or Madison Pool.
2. Final Forms must be Green to participate by Nov 13th (Sunday).
3. Sports Physical must be completed by November 13th. (Is yours still good??) Physicals can be completed at some Rite Aids (across the street from SW).
4. Our meets will start in December. You must have 10 practices to be eligible to participate. We have away duel meets this season on Tuesday & Thursday. Plan ahead for your early dismissals with your 5th & 6th period teacher and work around your academics proactively.
5. Your season will end with one of the following dates (12-14 week season),
 1. JV Champs Thursday Feb 2nd(tentative),
 2. Districts Friday Feb 10th and Saturday Feb 11th
 3. State Friday Feb 17th & Saturday Feb 18th (3A Evening Session)
6. Tentative End of Season Banquet is Tuesday Feb 28th at 6pm in SW Library

Top Ten Reasons to Join SW Boys Swim & Dive:

1. Be a part of something bigger than yourself
2. Tan lines in the winter
3. Tradition of excellence, multiple District titles and State Title 2010
4. Everyone loves speedos. Everyone.
5. 71% of the Earth's surface is water – be the dominant life form in your environment
6. You control your ability to letter
7. Gear is easy to wash and pack
8. You can set individual goals and work towards them with the support of a team behind you
9. Find out how far you can push your mind and body
10. You get to cheer with a seashell

Facilities Address:

Innis Arden Swim Club, (Swim)
1430 NW 188th St, Shoreline, WA 9817

Maddison Pool (Dive)
13401 Meridian Ave N, Seattle, WA 98133