

Woodstock High School Swim Team
Preseason Student Information Meeting
8-19-04

Meeting Purpose

1. Collect Swimmer Information
2. Provide Team Contacts
3. Discuss Preseason Training Programs
4. Review Academic Eligibility Requirements
5. Review Physical Requirements
6. Discuss Next Steps

1. Collect Swimmer Information

Please fill out and return Swimmer Information Sheet to Coach Quinn.

2. Provide Team Contacts

Team Website:

<http://www.orgsites.com/ga/whsswimteam/>

The team website is the place to go for directions, times and dates for all team events. The website is in the process of being updated for September events.

Team Officers:

Contact Coach Quinn for Student Captains For safety reasons, this information will not be posted on the Internet.

Team Coach:

Geoff Quinn

You may have luck catching me in my office in room **101-B**. But, since I don't have my own classroom, the best way to reach me is by email.

I will announce meetings over the PA system. You need to listen carefully to morning announcements and keep in touch with your teammates.

3. Discuss Preseason Training Programs

Swimming takes place in a completely different medium than all other sports, and requires the greatest amount of adjustment time. From the day of our first team practice on October 18th, we have only one month to prepare for our first competition. After Thanksgiving, we will be competing in 7 meets between December and the end of January. During any of these meets, you may be required to swim long-distance events or strokes that require significant conditioning.

Our first “official” practice on October 25th will begin with a time trial to determine lane assignments. In the weeks following the initial time trial, all swimmers will be required to successfully complete a time trial for each individual high school event prior to their first competition. Swimmers are, therefore, strongly encouraged to prepare themselves during the pre-season period.

Although, a high school coach may not be on deck until October 18th, high school swimmers may train under the supervision of a captain or local United States Swimming team. Currently, there are two pre season programs within Towne Lake - one by the Woodstock team captains and the other by the Stingray Swim Team. Both are designed specifically for high school swimmers. The highlights of each are listed below:

Captain’s Practices

Starting September 7th, the team captains will be holding swim practices every Tuesday and Thursday at the World of Swim from 8:30 PM to 9:30 PM. In addition to these workouts, captains will be leading dry land practices on the high school campus every Wednesday from 4:00 PM to 5:30 PM.

Stingrays Swim Team

Starting September 7th, Keegan Walkley will be conducting a preseason training program designed for all high school swimmers in Cherokee County. Keegan Walkley, a former NCAA national champion is presently the lead coach of Stingrays elite Cobb Aquatic Program. Keegan will be conducting practices at the Eagle Watch swimming pool in Towne Lake from 7:45 PM to 9:15 PM, four days a week.

If you would like more information on either program, please note so on your Swimmer Information Sheet. More information will be forthcoming on our web site.

4. Review Academic Eligibility Requirements

In order to be eligible to compete on a varsity team, (beginning with the second semester of the 9th grade) you must have passed five (5) courses or their equivalent the semester immediately preceding your participation. Academics always come first. If you find yourself struggling during the semester, let your coach and teachers know so that we can work with you. Most failing students do not take advantage of the many free tutoring services available at Woodstock.

5. Review Physical Requirements

All students who participate in competitive interscholastic athletics must have an annual physical examination prior to participation in any practice. Blue physical examination forms are available on wall outside the main office. Note: any physical examination taken on or after April 1, in the preceding year will be accepted for the following school year. Please submit your completed forms to Lisa Wooten in the main office.

6. Discuss Next Steps

Once we have our practice and meet schedule confirmed, we will hold our first student/parent meeting on September 21st. In the student/parent meeting we will discuss rules, fees, dates and times. The first team practice will take place on October 18th, although mandatory practices will not begin until October 25th. Our first competition will take place during the third week of November and the final State Championship will be held on February 12th

In the meantime, make sure your physical examination information is up to date and commit to a pre season training program. I'm looking forward to seeing you all at the pool.

All the best,

Coach