

Ottawa Hills High School 2011-2012 Swim Season Men's Season Packet



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Welcome to Ottawa Hills Swimming and Diving. My name is Eve Julian and I am the head coach.

I grew up in Grand Rapids. I began my competitive swimming career as a freshman here at Ottawa, and by my senior year had broken a 200 Medley Relay and twenty year old 100 Breaststroke record. I also had the opportunity to compete in the MISCA Invitational my sophomore, junior and senior years and the MHSAA State Meet you sophomore and senior years. I attended Michigan State University, where I swam for a year and a half before a shoulder injury forced me to quit.

I have been coaching since high school. I was the assistant coach for the Grand Rapids Gators Age Group swim team and for several summer swim camps over the years. During the 1997-1998 school year I was the assistant coach for the women's and then the men's swim teams here at Ottawa, which gave me the opportunity to learn from one of the best coaches in the area – my former coach, Gary Williams. During the 1998-1999 season I was the women's head coach and the men's head coach from 2000 through 2002 at Warren Central High School in Indianapolis. I began coaching at Ottawa in 2002 as a volunteer assistant and took over the men's and women's programs in 2005. I attend several swim clinics every year, which help me continue to grow with the sport and as a coach.

I chose to coach swimming because I love the sport, it is my passion. I also feel that I gained so much from being a swimmer and through my experiences on the team that I want to be able to give some of that back to future swimmers.

My philosophy is that swimming is so much more than the numbers - the yards and times. I believe that swimming, especially at the high school level, is more about growing as a person than anything. I feel that even if an athlete is not a star, they can still benefit from participating on the team and make the team greater in the process. Swimming teaches discipline, organization, goal setting, teamwork, competitiveness, responsibility and mental and physical toughness. If a swimmer can develop these traits, then they are going to win in life, regardless of how they perform in the pool. It is no accident that many CEO's of top companies were once swimmers.

My training philosophy is that you have to learn to crawl before you can walk. Swimmers must have proper technique and be comfortable in the water before they can go fast. I also believe in quality over quantity. If a swimmer is training correctly and giving maximum effort, then a low yardage workout can be just as effective as swimming yard after endless yard.

I also believe that anyone can learn to be a good swimmer and their potential is limited only by their desire and dedication.

I am looking forward to this season, and I am excited about teaching and coaching these athletes. I am positive that we are going to have a very productive and exciting season.

My name is Kelsey Bosmeijer, and I am the diving coach for OHHS. I graduated from Jenison High School in 2008, and currently go to Calvin College, studying science, -- biology, chemistry and physics.

I started diving in the 7th grade, during high school I continued to swim and dive. My senior year I competed in the MHSAA State Meet. In 11th grade I began my dive coaching career, I volunteered for both Brian Zuehlke (girls junior high and high school coach) and for Grant Weick (boys varsity coach). Since that time I have coached at the junior high level for two seasons, age group lessons for three seasons, and as the Calvin Christian Girls Varsity and Grand Rapids Christian Girls Varsity dive coach. I began coaching for the OHHS Men's team in 2010.

My coaching philosophy is simple, the fundamentals are essential; I am a stickler on building from this. Basic dive techniques have to be mastered first, such as the correct way to leave the board for a jump, before progressing onward and try more difficult ones. Each diver should and will progress at their own rate. It is the coaches' responsibility to encourage divers to reach their full potential. Safety is essential! No diver is expected to perform a dive they cannot safely execute. Another key concept is team work. Divers must feel a part of the team, that their contribution is vital to the team's performance. Fun is another component. Divers must enjoy themselves and take pride in their accomplishments.

I am looking forward to working with the divers this year. I'm sure we're going to have a great season.

Hello, my name is Adam Vera.

I was born and raised in the Grand Rapids Area and have been involved with competitive swimming since the age of five. It all began at the age of 1 yrs old swimming lessons at our local YMCA Pool in Lowell Michigan. We didn't have a year round swimming club so from the first day of summer until the closing of the pool Labor Day weekend it was 24/7 having fun at the pool. Recreational swimming, competitive swimming, getting and tan and hanging out with friends were the start of my love for swimming.

My entire family participated in competitive swimming so following their kicking and splashing into the pool was in my genes. I attended Grand Rapids Catholic Central and was a member of their Varsity Swimming Team. I was a Captain my Junior and senior season, a member of the 200 freestyle relay school record, four year Varsity letterman and was a member of the State Team. (Sophomore, Junior, senior years.) I had the opportunity to swim at the college level but elected to concentrate on my studies while attending Grand Rapids Community College and Northern Michigan University.

My passion for swimming was still deep inside so after college I had the opportunity to get back into the great sport of swimming. I started out coaching under Jack Pyper with Grand Rapids Christian, John Hams at Grand Rapids Catholic Central (Men's and Ladies Swimming), and Head Coach at Grand Rapids Catholic Central until 2011.

I currently am the Head Coach for the Cannon Cudas (summer team) in Rockford and the Assistant Coach for Dennis Neat at Forest Hills Northern/ Eastern girls' high school swimming team.

My philosophy in coaching swimming focuses on the building of TEAM. We must have discipline, dedication and the understanding that everyone is of equal importance to become successful. I am a firm believer that if we work hard as a TEAM, have fun as a TEAM and give our best efforts as a TEAM the sky is our limits to success. (Success in the pool, success as a person and a successful member in our community.)

I am looking forward to coaching and working with my new Family at Ottawa Hills High school. Dating back to 1988, my freshman year I was a member of the "City League" and to this day, I wouldn't trade my experiences and History in this past great league. Times have changed, a new conference this year "OK Rainbow" but the steady leadership from Coach Eve and hard working swimmers will make this season an honor for me to be a part of.

Thank You,

Adam Vera

Important Contact Phone Numbers

Coaches:

Eve Julian Home –
 Cell –
 e-mail –

Kelsey Bosmeijer Cell -
 e-mail –

Adam Vera Cell –
 e-mail –

Facebook Group: OHHS Men's Swim Team - We post information and send messages from here.

School: Pool Office – 819-2904
 Athletic Office – 819-2879 (Marcus Harris, AD)
 OHHS Main Office – 819-2900

2011-2012 Meet Schedule

Day	Date	Home/Away	Opponent	Location	Dive/Swim Start
Sat	12/10/10	Away	Raider Sprints	GRCC	8:30/11am
Thu	12/15/10	Home	Muskegon CC	OHHS	6pm
Sat	1/7/11	Away	Polar Bear Classic	Creston	8am/10:30am
Thu	1/12/11	Away	Union	Union	6pm
Tue	1/17/11	Away	Muskegon	Muskegon HS	6pm
Thu	1/19/11	Away	Creston	Creston	6pm
Thu	1/26/11	Home	Wayland	OHHS	6pm
Thu	2/2/11	Home	Calvin Christian	OHHS	6pm
Sat	2/4/11	Home	Ottawa Invitational	OHHS	8:30am/11am
Thu	2/9/11	Away	Tk/Hastings	Hastings	6pm
Sat	2/11/11	Away	MISCA **	EMU	12pm
Wed	2/15/11	Away	West Catholic HS	Union	6pm
Fri	2/24/11	Away	Conference Swim Prelims	Hastings	TBA
Sat	2/25/11	Away	Conference Final	Hastings	TBA
Tue	3/7/11	Away	MHSAA Dive Regionals **	TBA	TBA
Fri	3/10/11	Away	MHSAA Swim Prelims **	TBA	TBA

** Swimmers and Divers must qualify

November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16 Parent Meeting 6:30pm-8pm Athletic Classroom	17	18	19
20	21 First day of Practice Practice 4:15-6:30	22 Practice 4:15-6:30	23 No School Practice 8-10am	24 Thanksgiving	25 Optional Practice TBA	26 Optional Practice TBA
27	28 Practice 5:45-6:45am 4:15-6:30pm	29 Practice 5:45-6:45am 4:15-6:30pm	30 Practice 4:15-6:30pm			

December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Practice 5:45-6:45am 4:15-6:30pm	2 Practice 4:15-6:30pm	3 Optional Practice 8-10am
4	5 Practice 5:45-6:45am 4:15-6:30pm	6 Practice 5:45-6:45am 4:15-6:30pm Orange and Black Inter-squad meet	7 Practice 4:15-6:30pm	8 Practice 5:45-6:45am 4:15-6:30pm	9 Practice 4:15-6:30pm	10 Raider Sprints @ GRCC 8am/11am
11	12 Practice 5:45-6:45am 4:15-6:30pm	13 Practice 5:45-6:45am 4:15-6:30pm	14 Practice 4:15-6:30pm Team Pictures	15 Practice 5:45-6:45am V. MCC 6pm Warmup 4pm	16 Practice 4:15-6:30pm	17 Optional Practice 8-10am
18	19 Practice 8-11am	20 Practice 8-11am	21 Practice 8-11am	22 Practice 8-11am	23 Alumni Meet? Practice 8-11am	24 Christmas Eve Practice 8-11am
25 Christmas Day	26 Practice 8-11am	27 Practice 8-11am	28 Practice 8-11am	29 Practice 8-11am	30 Practice 8-11am	31 New Years Eve Practice 8-11am

January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Years Day	2 Practice 5:45-6:45am 4:15-6:30pm	3 Practice 5:45-6:45am 4:15-6:30pm	4 Practice 4:15-6:30pm	5 Practice 5:45-6:45am 4:15-6:30pm	6 Practice 4:15-6:30pm	7 PBC @ Creston 8am/11am
8	9 Practice 5:45-6:45am 4:15-6:30pm	10 Practice 5:45-6:45am 4:15-6:30pm	11 Practice 4:15-6:30pm	12 Practice 5:45-6:45am @ Union 6pm	13 Practice 4:15-6:30pm	14 Optional Practice 8-10am
15	16 No School Practice 8-11am	17 Practice 5:45-6:45am @ Muskegon 6pm	18 Exams Practice 12:30-2:30pm	19 Exams @ Creston 6pm	20 Exams Practice 12:30-2:30pm	21 Optional Practice 8-10am
22	23 Practice 5:45-6:45am 4:15-6:30pm	24 Practice 5:45-6:45am 4:15-6:30pm	25 Practice 4:15-6:30pm	26 Practice 5:45-6:45am v. Wayland 6pm	27 Practice 4:15-6:30pm	28 Optional Practice 8-10am
29	30 Practice 5:45-6:45am 4:15-6:30pm	31 Practice 5:45-6:45am 4:15-6:30pm				

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Practice 4:15-6:30pm	2 Practice 5:45-6:45am v. Calvin Christian 6pm	3 Practice 4:15-6:30pm	4 OHHS Invite 8am/11am
5	6 Practice 5:45-6:45am 4:15-6:30pm	7 Practice 5:45-6:45am 4:15-6:30pm	8 Practice 4:15-6:30pm	9 Practice 5:45-6:45am @ TK/Hastings 6pm	10 Practice 4:15-6:30pm	11 MISCA @ EMU Noon
12	13 Practice 4:15-6:30pm	14 Practice 4:15-6:30pm	15 @WC 6pm	19 Practice 4:15-6:30pm	17 Practice 4:15-6:30pm	18 Practice 8-10am
19 Practice 8-10am	20 No School	21	22	23 Practice 4:15-6:30pm Shaving Day	24 Conference Prelims @ Hastings	25 Conference Finals @ Hastings
26	27 Fun Day 4:15-6:30	28 State Team Practice 4:15-6:30pm	29 State Team Practice 4:15-6:30pm			

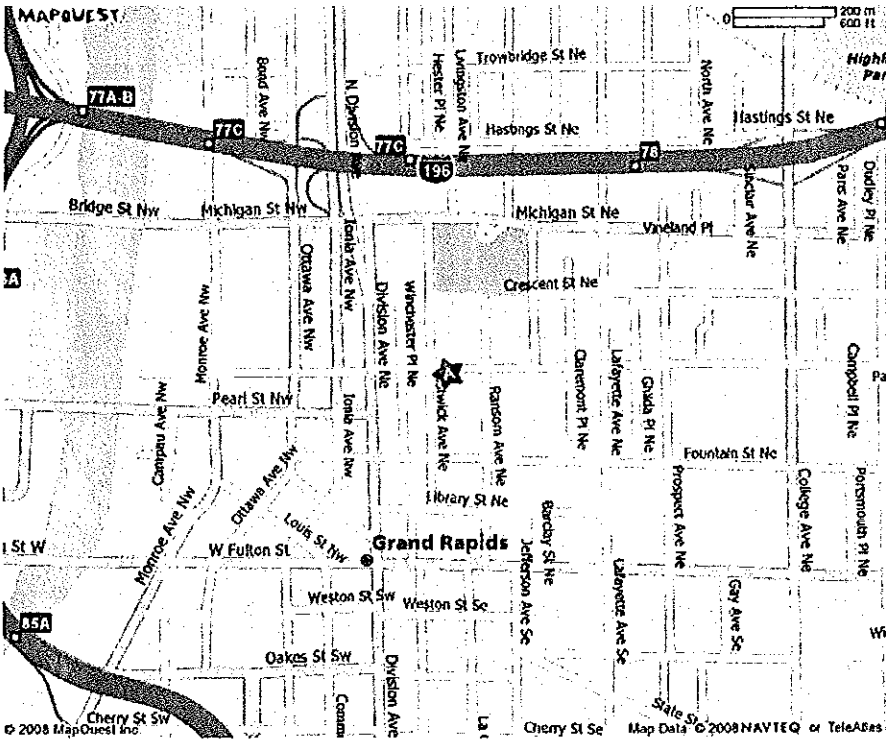
March 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 State Team Practice 4:15-6:30pm	2 State Team Practice 4:15-6:30pm	3 State Team Practice 8-10am
4 State Team Practice 8-10am	5 State Team Practice 4:15-6:30pm	6 State Team Practice 4:15-6:30pm Regional Diving	7 State Team Practice 4:15-6:30pm End of Season Banquet?	8 State Team Practice 4:15-6:30pm OHHS All Sports Ceremony	9 MHSAA State Prelims @ Oakland	10 MHSAA State Finals @ Oakland
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Maps to Away Meets

GRCC Ford Pool 111 Lyon NE (Fieldhouse) Grand Rapids, MI 49503 (616)234-3505 or (616)234-4266

Take Eastern north to Fulton. Right on Fulton to Ransom. Turn right on Ransom. Parking is available on the street or in the CC Lot at Ransom.



Creston High School 1720 Plainfield NE, Grand Rapids, MI 49505 (616)819-2424

Take Division north until it becomes Plainfield. Creston is on the right. Pool is up the steps and toward the back of the building.

