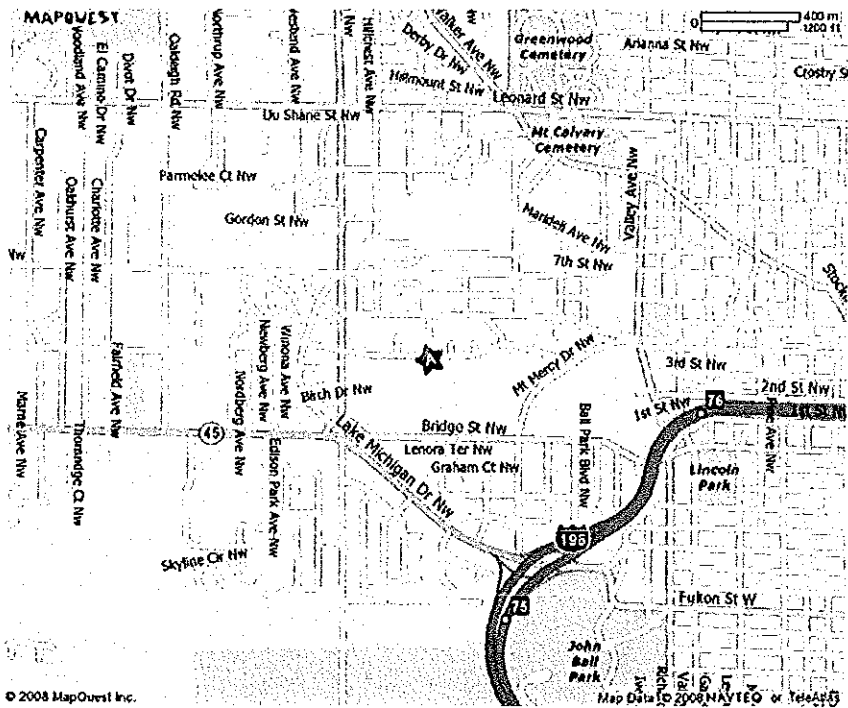


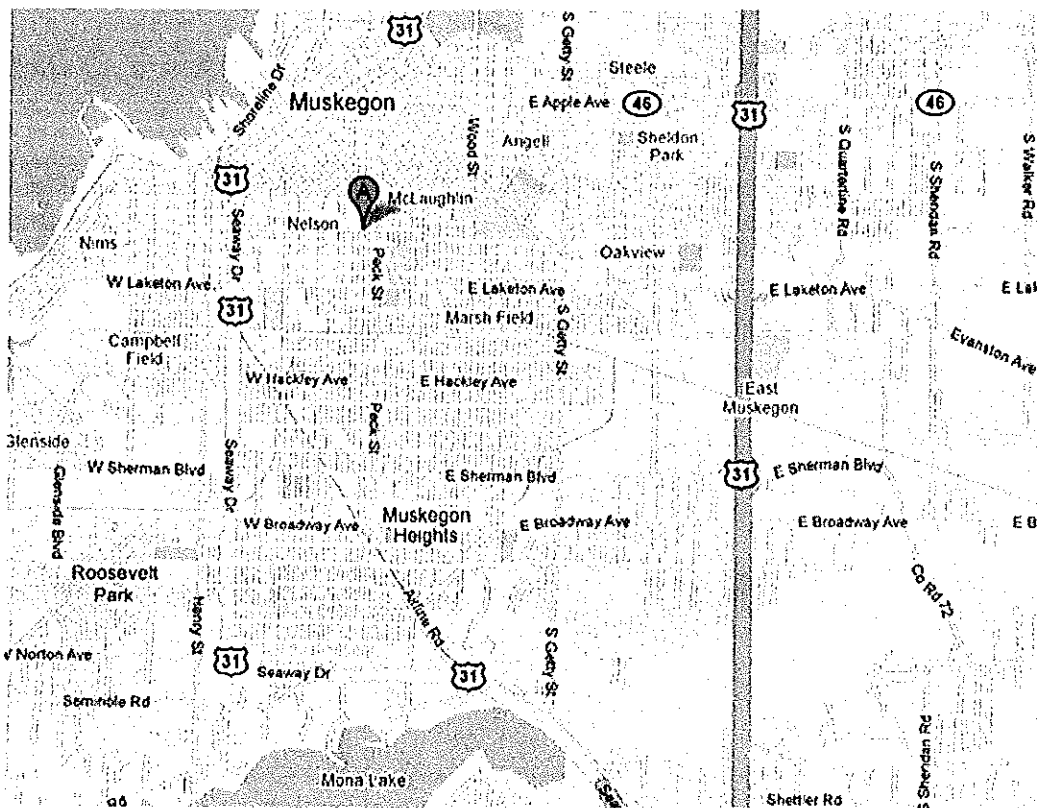
Union High School (West Catholic) 1800 Tremont NW Grand Rapids, MI 49504 (616) 819-3160

Take 196 to Lake Drive. Go west on Lake Drive to Covell and turn right. Turn right on Tremont. Park in the first lot. Pool is in the part of the building closest to the street.



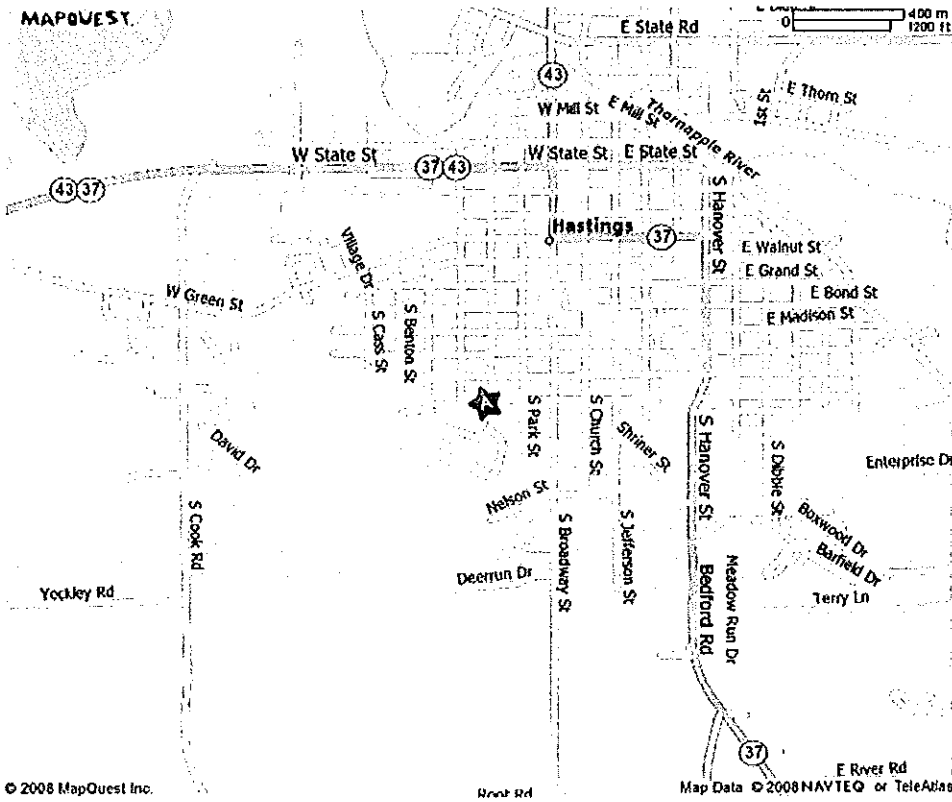
Muskegon High School - 80 W Southern Ave, Muskegon, MI 49441

Take 131 North to 96 West. Continue onto 31N, turn right at W. Southern Ave.



Hastings Recreation Center (TK/Hastings) 520 W. South St. Hastings MI (269)948-4409

Take M37 (Beltline/Broadmore) south to South Washington and turn right. Turn right on West South St.



Expectations for Swimmers

By signing up to be on the swim team, you have given us a commitment. It is a commitment to be at practice every day, to participate in all meets, and above all to dedicate your selves to the sport of swimming for the duration of the season.

You are expected to try to do your best all the time, to push past your mental and physical limits and to give 100% every day. You are expected to be a positive role model, not only for your team mates but for everyone in the school. You are expected to demonstrate respect, honor and encouragement for family members, teammates, coaching staff and opponents.

You are expected to think about how your actions will impact the TEAM both positively and negatively. We expect that you will put the welfare of the TEAM before your own desires. We expect that swimming will be a primary focus in your life, and that you will minimize outside distractions that will take your focus off swimming.

You are expected to communicate with your team mates and coaches in a clear and appropriate manner. You are expected to conduct yourself like the young adult that you are.

You are expected to be a team leader, regardless of your grade level, and show enthusiasm for the sport of swimming and for your teammates.

Expectations for Parents

Your child has made a commitment to the swim team, and they will need your full support in order to succeed. They will need you to bring them to the pool on time. They will need you to pick them up right after practices and meets, so that they can get home and do their homework.

Supporting your swimmer means making sure that they're eating right, getting enough sleep and staying healthy. It means asking them about their day and taking an interest in what they are doing in both practice and in meets. Be supportive of their efforts for personal improvement and try not to be critical of failures. They need to know that you will support them win or lose.

Supporting your swimmers means coming to as many meets and events as you can. We understand that you lead busy lives and that the meets may conflict with your work and family schedule, but it is important for your swimmer to be able to look up in the stands and see you there. They may tell you that they don't need you there, but the truth is they want to know that you're willing to take the time for them.

Supporting your swimmer also means taking an interest in the whole team. Get to know other parents, carpool, and volunteer to help out the team. Support our swimmers by stopping by practice if you have time. Let them know you see how much hard work and time they are putting into the sport.

Finally, you are expected to support the coaches. The best thing that you can do for the coaches is to communicate with us. We would like to know about any problems, concerns, fears or issues that your child is having. The more we know about your child, the better able we are to help them succeed both in and out of the water.

Team Policies

1. **Attendance** Your presence is important to the coaches and the team! If an athlete accumulates **5 absences** they will be given a 1 meet suspension. Accumulation of **9 absences** (either excused or unexcused) during the course of the season will result in suspension from the team. **Missing the practice immediately before a meet will result in suspension from the meet.**
 - Missed morning or afternoon practice = 1 absence
 - In late** or out early = ½ absence
 - Missed meet = 2 absences

**** The only exception is for ACADEMIC tutoring or help and the athlete must come to practice with a signed pass from the teacher. **The pass must be presented the day that the athlete is late or it will not be accepted or the absence will stand.****

2. **Quitting the Team** Athletes have 2 weeks to decide whether or not they are willing to commit to the team. If, at the end of the 2 week grace period, they decide they do not want to participate they must **NOTIFY THE COACH IN PERSON**. Any athlete who quits after ordering a suit or team gear will not get their money refunded, but may pick up any items that they paid for.
3. **Skipping Class/Tardies** There will be penalties for skipping class or being tardy to class. Penalties will be determined by the coaching staff and could include extra workouts, suspension from a meet or meets, and/or other penalties.
4. **Out of School Suspension** If an athlete is suspended from school, they will not be allowed to practice or compete through the duration of their suspension. Additionally, they will not be able to compete in the meet immediately following their return to school.
5. **Possession/Use of Alcohol/Drugs/Tobacco Products** As per the athletic handbook, athletes will be suspended from the team for 20% of the team competitions. Additional punishment may also be assigned to the athlete during practice, and can also result in suspension from the team. See athletic handbook for complete details.

Team Policies Regarding Meets

- 1. Dress on Meet Days** On away meet days or the Friday before a Saturday away meet, the athletes **MUST** dress up (NO JEANS! Slacks, collared shirts, or dress sweaters, ties, etc.). On home meet days athletes should wear team gear or school colors (black and orange) if allowed by their school.
- 2. Transportation To and From Away Meets** If we are taking a bus to a competition (outside a 15 mile radius of OHHS) you are expected to ride the team bus. If you will not be riding the team bus (either to or from the meet), the coaches will need a note signed by a parent or guardian stating how you are going to travel to/from the meet and that you have their permission. Swimmers are expected to find their own transportation to any away meet that is within a 15 mile radius of OHHS.
- 3. Participation in Meets** Athletes who are suspended from meets for disciplinary reasons (other than out of school suspension), or who are unable to participate due to injury are **still expected to travel** with their team mates and **attend the entire meet, including warm-ups and warm-downs.**
- 4. During the Meets** During any meet or competition, the athletes are expected to stay with the team **AT ALL TIMES**, either on the pool deck or in the locker room. Athletes are not permitted to leave the pool area or go into the stands at any point during a meet.

Failure to follow team policies will result in punishment or suspension from the team.

I have read and understand the team policies, and agree to abide by the policies and any consequences imposed for violating the policies.

Athlete Signature: _____

Parent Signature: _____

Lettering Policy

In order to earn a letter or varsity award for the season the athlete must **meet or exceed one of the following times or points****

	Girls	Boys
200 Freestyle	2:32.92	2:22.00
200 IM	2:54.99	2:40.99
50 Freestyle	29.5	27.5
Diving	145	145
100 Butterfly	1:23.99	1:18.99
100 Freestyle	1:07.99	1:03.00
500 Freestyle	6:40.99	6:30.00
100 Backstroke	1:15.99	1:12.99
100 Breaststroke	1:24.99	1:21.99
50 Backstroke	35.50	33.90
50 Breaststroke	36.90	34.90
50 Butterfly	35.90	32.50

**** Veterans who have lettered in an event must better their previous season's best time for that event.**

-OR-

- 1. Place top 6/8 in an individual event at an Invitational or Conference Championship meet.**
- 2. Score 30 or more total individual points in dual meets.**
- 3. Based on coaches' recommendation for exceptional accomplishments not mentioned above.**

The following will prevent an athlete from earning any letter or award:

1. Violating team or school policies.
2. Failure to attend a finals event in which they are scheduled to swim.
3. Expulsion/suspension from team or school (including in school suspension)
4. Loss of academic eligibility during the season.
5. Failure to complete the season.

2011-2012 MISCA and DIII MHSAA STATE CUT-OFF TIMES

MISCA	EVENT	D III STATE
1:52.19	200 Medley Relay	1:49.09
1:54.77	200 Freestyle	1:55.09
2:12.08	200 Ind. Medley	2:12.29
23.63	50 Freestyle	23.39
200.00**	Diving (6)	Regional Top 16
58.89	100 Butterfly	58.29
51.79	100 Freestyle	51.79
5:14.71	500 Freestyle	5:15.59
1:38.59	200 Free Relay	1:36.09
1:01.35	100 Backstroke	1:00.79
1:07.89	100 Breaststroke	1:06.49
3:40.59	400 Free Relay	3:34.39

MISCA Entry Deadline: Boys Feb. 6, 2012

** Average of scores from 2 meets

OHHS and CITY LEAGUE RECORDS

OHHS	EVENT	CITY
1:42.90	200 Medley Relay	1:41.09
1:46.18	200 Freestyle	1:40.67
2:03.96	200 Ind. Medley	1:58.76
22.41	50 Freestyle	21.20
314.60	Diving (6)	321.00
452.35	Diving (11)	
53.58	100 Butterfly	52.56
48.87	100 Freestyle	47.21
4:58.70	500 Freestyle	4:33.48
1:30.37	200 Free Relay	1:28.50
58.29	100 Backstroke	55.06
1:02.04	100 Breaststroke	1:00.60
3:22.89	400 Free Relay	3:18.68

Top 10 Men's Swimming Times
*** No data Available from '97 to '05**

200 Medley Relay	98	1:24.90	S. Dykema, C. Jones, P. Kozera, C. Williams
200 Free Relay	95	1:31.30	J. Ike, N. Boyer, G. Barney, S. Mortensen
400 Free Relay	82	3:22.95	R. McClafferty, P. Murphy, T. Jabin, M. Dashnaw

200 Free	100 Butterfly	100 Backstroke	Diving 6 dives
1:48.70 J. Slykehouse	53.58 J. Nardi	58.44 J. Buchanan	314.60 R. Ward
1:49.47 P. Kozera	54.68 R. McClafferty	59.00 Hoek	265.00 R. Toddy
1:49.83 J. Kraght	55.27 P. Kozera	59.50 P. Murphy	263.75 Oliver
1:50.71 K. Wilson	55.93 J. Buchanan	59.64 S. Dykema	251.58 Brey
1:51.48 M. Lautenbach	56.02 J. Kragt	59.90 K. Vance	251.20 Strockreff
1:52.00 N. Boyer	56.55 S. Schelling	1:00.02 K. Willson	236.60 Cornelius
1:52.19 R. McClafferty	56.96 S. Kachman '11	1:00.81 T. Hood	236.60 M. Dion
1:53.29 J. Williams	57.06 J. Ward	1:01.02 Je. Ike	233.30 B. Nerli
1:53.30 Hartley	57.54 J. Williams	1:01.07 J. Toddy	218.96 D. Drinan
1:53.48 T. Smith	57.60 Cornelius	1:01.50 Rieth	211.70 M. O'Brien

200 IM	100 Free	100 Breastroke	Diving 11 dives
2:03.69 S. Vance	49.24 N. Boyer	1:02.04 J. Williams	452.65 R. Ward
2:06.50 J. Williams	49.44 R. McClafferty	1:03.46 R. Block	432.15 R. Toddy
2:06.82 Je. Ike	49.69 S. Vance	1:03.94 S. Mortensen	416.15 Oliver
2:09.45 R. Kohn	49.70 J. Slykhouse	1:04.60 J. Murphy	397.14 M. Dion
2:09.90 M. Dashnaw	50.12 T. Smith	1:04.90 C. Fletter	381.05 M. O'Brien
2:10.26 S. Schelling	50.40 P. Kozera	1:04.93 Je. Ike	374.75 Stockreef
2:11.89 J. Nardi	50.41 G. Barney	1:05.11 K. Elliot	374.75 Cornelius
2:11.99 K. Wilson	50.42 J. Kragt	1:05.52 N. Tett '11	352.45 G. Vinson
2:12.16 Jo. Ike	50.50 M. Dashnaw	1:05.65 Jo. Ike	373.50 Bredy
2:12.50 N. Boyer	50.52 Jo. Ike	1:06.02 R. Smith	335.60 D. Dixon

50 Free	500 Free	4x1 Hour Relay
22.41 R. McClafferty	5:05.50 J. Slykhouse	18,825 T. Cors
22.50 R. Smith	5:07.50 K. Wilson	J. Merris
22.61 N. Boyer	5:07.72 J. Williams	M. Lautenbach
22.79 G. Barney	5:08.26 S. Vance	J. Betts
22.80 J. Slykhouse	5:12.90 T. Dashnaw	
22.84 J. Ward	5:15.61 M. Lautenbach	
22.87 N. Tett '11	5:15.63 T. Cors	One Hour Swim
22.93 S. Mortensen	5:15.74 M. Welscott	5012.5 T. Cors
23.05 S. Schelling	5:15.76 J. Hams	4890 K. Wilson
23.10 M. Joling	5:15.80 Hartley	4780 J. Merriss
		4575 M. Lautenbach
		4457 J. Betts
		4445 P. Hatch
		4300 Jo. Ike
		4190 T. Hillbrands

NATIONAL INTERSCHOLASTIC SWIMMING COACHES ASSOCIATION OF AMERICA, INC.

RULES, REGULATIONS AND PROCEDURES FOR BOYS AND GIRLS NISCA

Scholar Team Award Application

The objective of the Scholar Team award is to recognize teams that perform on a high academic level. The award is a cumulative effort by a team of 12 or more athletes who strive for academic success during their high school careers.

**Deadline postmark date for submitting Scholar Team applications is April 15th for all seasons.
Fall season option due date is Nov. 30th.**

Directions

1. Athletes must have participated and finished the season in good standing to be eligible. Spring athletes must currently be in good standing.
2. Cumulative GPA is to be used including the 1st semester or 2nd trimester of the current year. If your school schedule does not allow your team to adhere to the deadline please consult with the administrator of the program **BEFORE THE DEADLINE**. Deadline for all seasons is April 15th. (See fall season option exception on front for the above.)
3. Round GPA to the nearest thousandth.
4. Recorded scores may not be higher than 4.000. Those GPAs above 4.000 should be listed as 4.000 in the NISCA GPA column.
5. The application is to list the entire varsity team and average the GPA of each of these individuals to determine the team GPA. A program must have a minimum of 12 athletes to apply for the Scholar Team Award.
6. If the program cannot field a complete team, it may not apply.
7. Application fee for the non-member coach is \$20.00. This should be paid in the form of a check made out to NISCA. The member coach should attach a copy of their current membership card to the application.
8. Applications will require coach, administrator and registrar signatures.
9. Failure to follow the guidelines will automatically disqualify the team.
10. Awards will be provided for three levels:
 - GOLD = 3.750 - 4.000
 - SILVER = 3.500 - 3.749
 - BRONZE = 3.200 - 3.499
11. A complete list of award winners will be posted on the NISCA website at www.niscaonline.org and listed in the Journal in the All American edition.
12. Make a copy of your application for your records and for use if your application is lost in the delivery process.
 - **Weighted grade point averages over 4.00 are not allowed. Round all GPAs above 4.000 down to 4.000.**
 - **This is a VARSITY team award. Junior Varsity, Freshmen Team and Modified teams are NOT eligible.**
 - **Late applications must pay a fee of \$10.00. This fee changes to \$25.00 for applications postmarked after May 31 to October 31, 2011. Applications postmarked after October 31, 2011 will NOT be accepted.**

Step One:

1. List all varsity athletes. The required minimum number of team members is 12. Co-ed teams are not recognized. Mixed teams are eligible and should be listed as a boys team or a girls team. (i.e. boys on a girls team would be a girls sport and girls on a boys team would be a boys sport). Mixed teams must meet the regulations of the home state association to be eligible for application.

Step Two:

2. List the varsity team athletes by name, grade, and cumulative grade point average. Round to the nearest thousandth. A GPA that is higher than a 4.000 must be listed as 4.000.

Step Three:

3. Add the grade point average for a TOTAL.

Step Four:

4. Divide the TOTAL by the number of members used to determine the TEAM COMPOSITE GRADE POINT AVERAGE. Round to the nearest thousandth. This is the average used to determine if your team qualifies for the NISCA Scholar Team Award. This figure must be a 3.200 or better.

The Head Coach and the District Athletic Director should review the names of the team members listed on the application and sign verification of the required participation. The High School Principal/Registrar should verify the accuracy of the grade average of each student listed and sign the application form.

**THE DEADLINE FOR ALL SEASONS IS APRIL 15TH.
FALL SEASON OPTION DUE DATE IS NOV. 30TH FOR IMMEDIATE PROCESSING.**

NATIONAL INTERSCHOLASTIC SWIMMING COACHES ASSOCIATION OF AMERICA, INC.
RULES, REGULATIONS AND PROCEDURES FOR BOYS AND GIRLS NISCA

Academic All-America

Academic All-America Directions

Please read all directions before you complete this form. This application (Option 1 and 2) **MUST** include your transcript. The transcript and a copy of the report card must include the first semester/second trimester of the senior year.

1. The GPA is determined by using all grades earned in all courses and is for 7 semesters/11 trimesters.
2. The minimum GPA is 3.75 on a 4 point scale or 93.7500% of the grade scale your school uses. Note: GPA is not published. Athlete must only reach the minimum (weighted or unweighted GPA).
3. Only courses taken in grades 9 -12 may be used.
4. Examples of completed applications using various methods are posted on the NISCA website at www.niscaonline.org
5. Students may choose to use either the NISCA point scale or the school's GPA as **highlighted on the transcript**.

Check the Option that you are using for this application. Follow all directions that apply to this option. Applications **WILL NOT** be processed and will be returned if they are incomplete.

Late fees **will apply** to any request made by NISCA to complete your application that is sent in after the March 31st deadline.

Option 1 - NISCA weighting scale - use if school does not weight grades. For NISCA purposes 1/2 EARNED CREDIT = 1 CREDIT, 1 FULL EARNED CREDIT = 2 CREDITS

Use the following point value guidelines

Regular system A=4, B=3, C=2, D=1, F=0

Advanced, accelerated, enriched, honors, AP A=4.5, B=3.5, C=2.5, D=1.5, F=0

Count each 1/2 year course as 1 credit

Count each full year course as 2 credits

Senior year is recorded as 1/2 year courses; count as 1 credit

+ or - No additional or lesser points

BLOCK-scheduled courses that earn a full credit = 2 credits

Points awarded each class grade MUST be marked on the transcript opposite the earned grade

Points MUST be totaled for each semester/year

Total credits for each semester/year must be totaled with that year on the transcript.

NOTE: IF YOU DO NOT SHOW HOW YOU ARRIVED AT THE GPA USING THE NISCA POINTS ON THE TRANSCRIPT, THE APPLICATION WILL BE RETURNED.

Late fees **will apply** to corrected applications sent in after the March 31st deadline. This includes any request made by NISCA to complete your application.

To convert percent to a 4.0 scale = % x 4 ÷ 100 = GPA

To convert other scales to a 4.000 scale =

GPA ÷ school scale x 4 = GPA

Option 2 - My school's GPA

The school's GPA is to be highlighted on the transcript. If your school uses any grade scale other than a standard 4.0 scale the following GPAs need to be met for each scale:
 5.0=4.6875; 6.0=5.6250; 7.0=6.5625; 8.0=7.500; 9=8.4375;
 10=9.3750; 11=10.3125; 12=11.2500; 100=93.750

<input type="checkbox"/> REQUIRED for both options:	<input type="checkbox"/> REQUIRED for option 1:
Type of Scheduling:	Total Points _____
<input type="checkbox"/> Semester	Total # Credits _____
<input type="checkbox"/> Trimester	GPA _____
<input type="checkbox"/> Block	Grade scale used _____
____ Schools Grade Scale	

NOTE: This is a **cumulative** GPA that includes **all courses** taken in 7 semesters/11 trimesters.

If you have questions please email the Academic All America chair with your questions at Mamey.Shirley@sendit.nodak.edu
 Please check the NISCA website for the posting of the accepted list of applicants. Notify the All America chair if you see any errors in the posted information. NISCA website is www.niscaonline.org

REQUIRED SIGNATURES: If ALL signatures are not affixed to the document along with the school seal, the application **WILL NOT be processed and will be returned.** Late fees will apply to corrected applications sent in after the March 31st deadline. The undersigned attest to the accuracy of this application and agree to the release of the information contained herein for the sole purpose of determining and publicizing the NISCA/SPEEDO All-America Team.

PARENT _____ APPLICANT _____

PRINCIPAL/ATHLETIC DIRECTOR _____

COACH _____

(Affix official school seal or stamp here)

REGISTRAR/COUNSELOR _____

** Minimum GPA = 3.750*
** Must be a graduating Senior*
** Must have earned a Varsity letter your senior year*

Coaches Goals

For this season, my goals as a coach are to:

- Develop competitiveness among our athletes
- Develop technically correct swimmers and divers
- Improve on last year's dual meet record.
- Have swimmers or divers achieve state cuts, school records or top ten times
- Have swimmers or divers compete in the top 12/16 of the invitationals we attend and Conference Championships.

Team Goals

1. To beat Union, Creston and MCC in dual meets
2. To have the highest team GPA for OHHS Winter Sports
3. To qualify for the NISCA Scholar Team award.

Swimmers Goals

The goals that I want to set for this season are:

I. The skills that I want to learn or become better at are:

II. My goals for myself in practice are:

III. My time goals for this season are:

a. Event: _____ Time: _____

b. Event: _____ Time: _____

c. Event: _____ Time: _____

IV. My goals for meets this season are:

V. The promise that I make to myself for this season is:

