

# Liberty Lions



## Swim & Dive Handbook 2019

Coach Wilk- swim team

[jwilk@pusd11.net](mailto:jwilk@pusd11.net)

Coach Chavarria- swim team

[rchavarria@pusd11.net](mailto:rchavarria@pusd11.net)

Coach Bower- swim team

[jacquelinembower@gmail.com](mailto:jacquelinembower@gmail.com)

Coach Conte- dive team

[mjconte@aol.com](mailto:mjconte@aol.com)

# 2019 Swim & Dive Schedule

4:00pm start time for dual meets

Date	Opponent	Site
9/5	Sandra Day O Connor	Home
9/12	Valley Vista	Away (Surprise Aquatic Center)
9/19	Verrado	Home
9/21	Brophy Invitational	Brophy Aquatic Center
9/26	Boulder Creek	Away (Anthem Community Center)
10/1	Mountain Ridge	Home
10/5	Southwest Valley Invitational	Southwest Valley YMCA
10/17	Pinnacle	Home
10/24	Centennial/Shadow Ridge	Centennial High School
10/25	Sunrise Mountain Relay Meet	Home
11/1-11/2	Peoria District Invitational	Glendale Community College
11/7-11/8	AZ State Meet	Skyline Aquatic Center

**\*Invitationals have time standards and swimmers will be notified weeks prior if they will be attending**

**\*District/state team will be notified the week prior**

**\* Approximately 40 athletes will be traveling to each away meet (traveling depends on times, attendance, effort, and attitude)**

## Earning a Varsity Letter

1. Qualify for the AZ High School State Swim & Dive Meet
2. Finish in the top 16 in an event and earn points for the team at any invitational or district meet
3. Be on the team all four years of high school career

**\* Severe discipline, attitude, sportsmanship, and behavior problems may void any or all the above criteria**

**Required:**

1. Clearance from Registermyathlete.com
2. Team suit, t-shirt, and cap (all purchased online)
3. Swim suit for practice (one piece for girls, jammers/Speedos for boys)

**Minimum ability required:**

1. Have experience with all four competitive strokes
2. Swim with face in the water without holding nose (will be required to dive from the ledge and off a starting block)
3. Swim at least 100 yards of freestyle without stopping or touching the bottom of the pool

**Attendance Policy:**

1. Notify coach by email before the missed practice.
2. An athlete must be in attendance the practice before a meet to be eligible to participate in the meet.
3. Attendance at practices determines participation at travel meets
4. Excessive absences will lead to dismissal from the team (at coaches discretion)

Liberty High School



I have read the Liberty Swim & Dive handbook and understand the policies under which the Liberty Swim & Dive program operates. I will comply with these policies while a part of the Liberty Swim & Dive team.

Swimmer/Diver name (print) \_\_\_\_\_

Swimmer/Diver signature \_\_\_\_\_

Date \_\_\_\_\_

Parent's name (print) \_\_\_\_\_

Parent's signature \_\_\_\_\_

