Liberty Lions



Swim & Dive

Handbook 2021

**Coach Wilk- swim team**

**jwilk@pusd11.net**

**Coach Hazen- swim team**

**rhazen@pusd11.net**

**Coach Ashleigh- swim team**

 Alv22@nau.edu

**Coach Conte- dive team**

**mjconte@aol.com**

**2021 Swim & Dive Schedule (tentative)**

9/9- Away meet @ Mountain Ridge

9/15- Red vs Black (intrasquad meet at home)

9/25- Knights Invitational

9/30- Home meet w/Centennial

10/2- West Valley Invitational

10/7- Away meet @ O’Connor

10/14- Away meet @ Horizon

10/21- Home meet w/Millennium (senior recognition after the meet)

10/29-30 District Championship

11/5-11/6- AZ State Swim Meet

**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)

4. PUSD participation fee ($100)- swimmers must have this paid in the bookstore to participate on the team. This fee is eligible for tax credit. Please try and use tax credit so this money can stay within our team.

5. Liberty Swim & Dive fundraiser ($20 buy out or candle sales)- all swimmers will participate in the team fundraiser

**Minimum ability required:**

1. Complete a 50 of each competitive stroke with correct form and without stopping.

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. 100% Attendance is expected. All absences MUST be approved through the coaching staff. It is YOUR responsibility (not your friends or teammates) to contact your coaches PRIOR to an absence.

2. An athlete must be in attendance the practice before a meet to be eligible to participate in the meet.

3. A swimmer must be in attendance for at least ½ of the school day to swim in the meet that day.

3. Attendance at practices determines participation at home meets and travel meets

4.Excessive absences will lead to dismissal from the team (at coach 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_