



Holy Spirit Preparatory Swim Team Handbook

TEAM STAFF and CONTACT INFO

Coach - Star Brackin	holyspirit.swim@gmail.com	loisstar@gmail.com	404.625.4888
Coach - Amanda Foutch	afoutch@holyspiritprep.org		678.904.2811
Athletic Director - Kristina Wilhelm	kwilhelm@holyspiritprep.org		678.904.2811
Lower School Team Parent and Breakfast/Snacks Coordinator - Jenny Brown	jennybbrown@hotmail.com		
Upper School Team Parent - Melissa Olsen	m4olsen@gmail.com		

HSP Swim Team Overview:

As a member of the Holy Spirit Athletics team, HSP swimming provides an experience for student-athletes to develop physically, spiritually, mentally, emotionally, and intellectually. The swim team promotes perseverance, sportsmanship, humility, teamwork, and self-sacrifice.

Established in 2017, the HSP swim team consists of students from grades 6-12 and is coached by Star Brackin and Amanda Foutch. Since their first season, the varsity boy's swim team has two GISA state championship titles and two GISA state runner-up titles.

Athletes on the swim team are challenged to set personal goals and team goals each season. The coaching staff meets with athletes throughout the season to discuss these goals and mark their progress. As a swimmer, you are your number one competition. You are working to beat your personal best times in your swimming events. As a member of the team, you are ultimately trying to earn a state qualifying time in order to compete at the state championship meet.

Time Standards for GISA swimming

Varsity Championship Time Standards:

Girls	Event	Boys
32.99	50 Free	29.69
1:15.89	100 Free	1:08.89
2:57.09	200 Free	2:47.09
8:30.09	500 Free	8:20.09
1:32.99	100 Back	1:27.99
1:34.99	100 Fly	1:29.99
1:35.99	100 Breast	1:30.39
3:25.99	200 IM	3:15.99

Middle School Championships Time Standards:

Girls	Event	Boys
38.09	50 Free	38.09
1:30.09	100 Free	1:30.09
50.09	50 Back	50.09
50.09	50 Fly	50.09
55.09	50 Breast	55.09
1:50.09	100 IM	1:50.09

Formula: Based on the 30th place time at the Championship meet. In any year when the 30th place time in an event gets faster, the next year's qualifying time in that event will change accordingly.

Practice Location:

Chastain Park Pool 238 Chastain Park Avenue NW Atlanta, GA 30342

COVID Protocols at Practice: Please be flexible as our schedule and/or procedures may change in order to ensure the safety of all our athletes, parents, and staff.

1. Masks are recommended but not required on the pool deck and in the grandstands
2. Masks ARE REQUIRED in the locker rooms
3. Swimmers will maintain social distance both in and out of the water
4. Swimmers must provide their own training equipment (Fins and paddles)
5. Due to COVID-19, Chastain may not close all of the sides of the tent covering the pool

Practice Schedule:

Monday, Wednesday, and Friday 6:00-7:45am

October 13, 15, 18, 20, 22, 25, 27, 29

November 1, 3, 5, 8, 10, 15, 17, 19, 29

December 1, 3, 6, 8, 10, 13, 15, 17

January 3, 5, 7, 10, 12, 14, 19, 21, 24, 26, 28

Thursday (Dry Land Conditioning - Upper School Athletes Only) 3:45-4:45

October 14, 21, 28

November 4, 11, 18

December 2, 9

January 6, 13, 20, **27**

January 27 after school conditioning will start at 4:00 and include all state qualifying athletes (both middle school and varsity)

Competition Schedule:

1. Saturday November 6, West Hall Fall Frenzy, MS and HS
2. Friday November 12, AGS Meet @ GT, MS and HS
3. *Tuesday November 16, Home Meet, MS and HS
4. *Saturday December 4, Home Invitational, MS and HS
5. Saturday December 11, Marist Middle School Championship Meet @ Marist, MS ONLY
6. Saturday January 8, AGS Invitational @ GA Tech, MS and HS
7. *Tuesday January 18, Home Meet, MS and HS
8. Saturday January 22, Pace Last Chance Meet @ Pace, HS only
9. Saturday January 29, GISA Championship Meet @ GA Tech, MS and HS

Special Dates:

October 13, 2021 - First Day of Practice
December 10, 2021 - HSP White Elephant Gift Party and Breakfast
January 27, 2022 - State Qualifiers After School Dry Land Practice
January 28, 2022 - State Team State Dinner
January 29, 2022 - State Swim Meet
TBD - Senior Night
TBD- End of Season Party and Awards

Team Uniform, Spiritwear, and Practice Equipment: Per the rules of GISA Athletics, no club team suits or caps are allowed at competition. Do not get disqualified for not wearing your school team gear!

Required uniform items for swimming: **team suit**, goggles, **team warm-ups** and shirt, and a team cap. *All HSP swimmers will be provided a team shirt and team swim cap at the start of the season.*

Team Suit can be purchased through **All American Swim**. You can call them at [\(770\) 400-9870](tel:7704009870) or use the Direct Web Link:

<https://theswimteamstore.net/teamlogin/index/loginpost?username=holyspirit&password=swimholy>

Login: holyspirit

PW: swimholy

Team Warm-ups and additional items may be purchased from SquadLocker using the link above. Remember to dress WARM in the mornings as it is going to start to get cold outside and we want everyone to stay warm and cozy between practice and school.

Squad Locker

https://teamlocker.squadlocker.com/#/lockers/holy-spirit-prep-swim?_k=vqjgso

Practice Gear:

Each swimmer is required to provide their own equipment. That includes: swimsuit, goggles, fins, and paddles (paddles are only required for upper school swimmers, but lower school swimmers may purchase and use them at practice too).

Please use the team store with **ALL AMERICAN SWIM** to purchase your practice equipment.

You can call them at [\(770\) 400-9870](tel:7704009870) or use the Direct Web Link::

<https://theswimteamstore.net/teamlogin/index/loginpost?username=holyspirit&password=swimholy>

Login: holyspirit

PW: swimholy

TEAM DUES

- a. Upper School (Varsity)- \$675
- b. Lower School (Middle School)- \$575

<https://holyspiritprep.formstack.com/forms/wintersports>

PHYSICAL FORMS

- c. *All athletes must have Physical Exam documents on file with the School Doc before you can participate. Please do this now. Nurse Daly for questions*

EXPECTATIONS

1. Attendance

- d. Swimmers are **not allowed to miss practices or meets** unless they have an excused absence that is approved by the coach in written format. Swimmers are expected to **be on time**. Please communicate via email or text message before the practice or meet to obtain clearance. Remember, your teammates always expect you to be there!! An excused absence is defined as follows:
 - i. Personal Illness (with doctor's note)
 - ii. Death or serious illness in the immediate family
 - iii. Recognized religious holiday
 - iv. Conditions rendering school attendance impossible or hazardous to student's health or safety
 - v. USS swimming participation (permission/conditions discussed with and approved by coach)
 - vi. A pre-approved (at least one week notice) excused absence (school function or other pre scheduled event)
- e. Varsity athletes are required to make three practices per week and Middle School athletes are to make two practices per week.
- f. Each team member will be **allowed 3 unexcused absences** from practice during the season, no questions asked. If a member accrues more than 3 unexcused absences, he or she will be subject to losing eligibility letter and risking removal from competition or the team.
- g. Swimmers should be dressed and ready to get in the water at the start of practice. Please plan to arrive at the pool 10 to 15 minutes ahead of time for warm-ups.
- h. **Swimmers are expected to stay the entire practice session.** In the event that a swimmer needs to be dismissed early from practice, he/she should notify the coach at the start of practice.
- i. **All swimmers are expected to stay for the entire meet. DO NOT APPROACH THE COACH DURING THE COURSE OF A MEET AND ASK TO LEAVE EARLY.**

2. Communication

- a. Work as a team, have fun, cheer each other on and maintain respectful attitude to our hosts/other teams.
- b. Watch for emails/text messages and respond when requested
- c. Please **sign out** with the coach after every swim meet and before going home.
- d. Swimmers should listen carefully to instructions and try to follow the practice as outlined by the coach. These practices are set up to help condition you and get yourself ready for competition.
- e. Before and after practices please be respectful of other patrons in the locker rooms. Refrain from horseplay in the locker rooms and/or around the pool.
- f. All swimmers, at the direction of the coach, must help in setting up a taking down of equipment

3. Resolving Problems

- a. If a swimmer has a problem, speak to your team captains first to see if it can be resolved.
- b. The captain and/or swimmer should talk directly to the coach if a resolution cannot be made at step one.
- c. If the problem is not resolved, the parent can then contact the coach for help in finding a solution.

4. How Parents Can Help

- a. Be ready to volunteer with the team. Most jobs are for a finite period of time – not the whole season. We always need volunteers to **help time at every meet!** We will also need help with

breakfast after each practice, snacks for swim meets, carpooling from practice to school, and coordinating end of season celebration.

- b. Encourage your child to talk to their coach if they have a problem. Try to get your swimmer to handle their problem themselves.
- c. Let the coach – coach, but be there to support and applaud your swimmer's efforts.
- d. Understand that High School swimming is a team sport. Every member of the team is valued and has an opportunity to contribute to the success of the team.
- e. Parents with questions about scoring, placing or disqualifications should ask the coach to investigate or explain