



Team Website: boys.staplesswimming.com

CIAC Website: casciac.org

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Phone.....203-341-1264

Staples Pool Office.....341-1259

Dress For Meets

Dress appropriately for school on the day of all meets. Proper dress for the men refers to dress pants, shirt and tie. Appropriate attire for women includes dress pants, skirt or dress. Jeans, sweats and sneakers, are not appropriate attire.

Meet participation

Individuals may compete in two (2) individual events and two (2) relays or in one individual event and three (3) relays.

The lineup for meets is the decision of the head coach. We will do our best to add Junior Varsity races to most meets. The amount of JV races is decided by the officials.

Event Order

200 yd./m. Medley Relay
200 yd./m. Freestyle
200 yd./m. Individual Medley
50 yd./m. Freestyle
1 meter Diving
100 yd./m. Butterfly
100 yd./m. Freestyle
500 yd./m. Freestyle
200 yd./m. Freestyle Relay
100 yd./m. Backstroke
100 yd./m. Breaststroke
400 yd./m. Freestyle Relay

Home Meet Responsibilities

Athletes are responsible for setting up equipment for home meets (lane lines, timing pads, scoreboard equipment, 400 counters, diving score cards, chairs for officials during diving, etc.). Athletes are expected to arrive at the pool early to get changed, set-up, organize a team stretch, get ready for warm-ups, etc.

Athletes are expected to remain with the team on the “home” side of the pool throughout the meet. The only exceptions are during your race, when acting as a timer, or going to the bathroom. Athletes may not change into their clothing until the meet has concluded and the equipment is put away. Athletes are also responsible for cleaning up after home meets (including policing the pool). All team members need to be involved in this.

Travel

In order to travel to away meets you must be named to the travel team.

The departure schedule will be observed as closely as possible. If you are late, there is a good chance the bus will be gone. If you cannot make the trip because of sickness, you must notify the head coach via text as soon as possible.

The Westport Public Schools Board of Education Policy prohibits any team member to remain at the away competition site, or depart to another destination other than that scheduled for the team unless they have an “Athletic Contest Travel Release” form completed by a parent or guardian, stating that they may do so. The head coach does not have the authority to allow an exception to the rule.

The trip begins when the bus departs, and ends when the bus returns to Staples HS. All rules and regulations will be enforced the entire trip.

Championship Meets

In order to qualify for the FCIAC and CIAC tournament, individuals must participate in a minimum of four (4) dual meets with CIAC member schools.

FCIAC Championships: All athletes may choose the two individual events that they swim in the FIAC trials. Final decision of these event choices is made by the head coach. The best sixteen (16) performances in each event, at the trials, will qualify for FCIAC Championship finals. Relays are decided by the head coach.

CIAC tournament: Coaches may submit four (4) swimmers with times for each event including times that do not make the automatic qualifying times. All swimmers who meet the automatic qualifying time will swim. If fewer than 36 swimmers meet the automatic qualifying time additional swimmers will be added until the 36th time is reached, in which case the top 36 times, including any ties for 36th place, will qualify to swim at trials. Coaches may submit swimmers in a maximum of two individual events. Any swimmer entered in an individual event that does not make the top 36 seeding will be allowed to swim in up to three relay events. A coach may enter one relay team for each relay event. Times considered for entry into the CIAC tournament can be achieved in a scheduled dual meet, the FCIAC meet, or a United States Swimming sanctioned meet.

The best twenty-four (24) performances in each event, at the trials, will qualify for CIAC Class LL Divisional Championship finals.

The best twenty-four (24) swimming performances in each event from all the Divisional Championships will qualify for the **State Open Championship Meet**. Any of the twenty-four finalists can advance either by “scratches” or “better time” in the finals.

The United States Swimming and Diving Programs provide a set of meets which we also encourage our swimmers to qualify for and attend.

Championships meets, continued

The qualifying standards for **diving** may be done either in a dual meet (DD total of 9.0 on the 5 optional dives) or in a championship meet. If a championship meet program is used, the diver must have scored at least 240 points and have a total of at least 11.0 DD on the six optional dives.

For State Open diving, the twenty-four (24) top scores plus any divers in the top three (3) of each division championship meet, not already included in the top twenty-four will be invited.

Varsity Swimming & Diving Letter Requirements



Athletes can earn a varsity letter by achieving any ONE of the following goals...

1. Qualify for CIAC tournament.
 2. Place top 16 at FCIAC Championship finals.
 3. Achieve 3 or more varsity points during the season.
 4. Achieve 95% attendance record. Club team members must provide proof of attendance. ●●
 5. Seniors who have not yet received a varsity letter.
 6. Upon the recommendation of a coach and the captains to a member of the squad who does not qualify under the above condition, but who for reasons deserving special consideration merits Varsity letter recognition. Each case must be submitted in writing to the Head Coach stating the reason for the request as an exception.
- All award winners must complete the season through FCIAC Championships. Athletes who qualify and are selected to compete in the CIAC meets must fulfill those responsibilities as well.
 - Please do not burden your club coaches with daily notes. Rather print a calendar and circle the dates of your club attendance. Have your club coach sign to verify.

Team Goals:

Positive Attitude Through Whole Year

Team Spirit – cheering

Stay Healthy – Get flu shots, wear hats, take care of yourself. Good Nutrition.

Stay Hydrated – drink plenty of fluids and utilize water bottle.

Maintain attendance during vacation and exam periods.

Find a good balance between school and swimming.

Top 6 in FCIAC

Top 7 in CIAC Class L

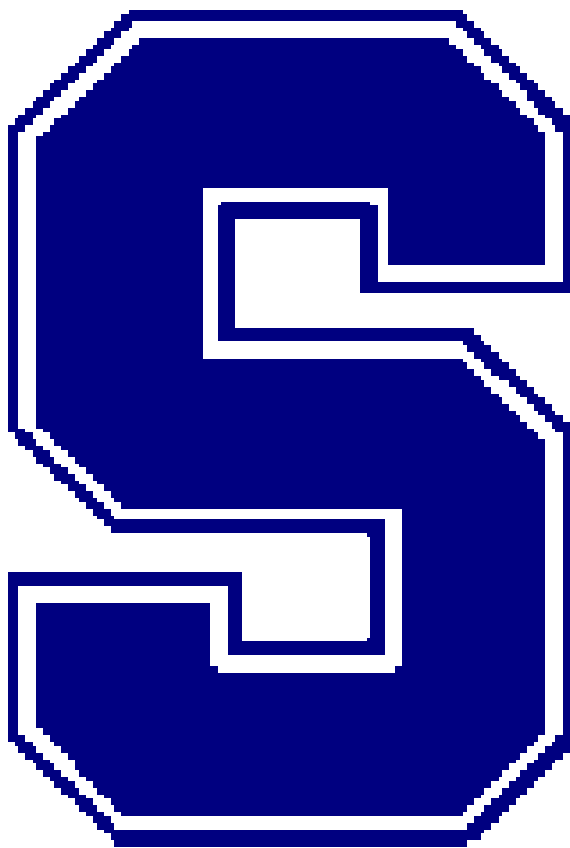
Top 15 in State Open

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Go Wreckers!!!

Staples High School
Boys Swimming & Diving

Wreckers



Teambook



2011 - LL – Automatic Qualification Standards



	Yards	Meters
200 Yd. Medley Relay	**	**
200 Yd. Freestyle	1:56.20	2:08.75
200 Yd. Ind. Medley	2:11:38	2:25.96
50 Yd. Freestyle	24.43	27.34
Diving (dual meets)	9.0 DD & 160 points	
100 Yd. Butterfly	1:02.84	1:10.00
100 Yd. Freestyle	53.08	58.97
500 Yd. Freestyle	5:19.74	4:40.73
200 Yd. Freestyle Relay	**	**
100 Yd. Backstroke	1:02.03	1:08.92
100 Yd. Breaststroke	1:08.53	1:16.07
400 Yd. Freestyle Relay	**	**

**Automatic qualification



	Yard→Meter	Meter→Yard
200 Medley Relay	1.115	0.8969
200 Freestyle	1.108	0.9025
200 Ind. Medley	1.111	0.9001
50 Freestyle	1.119	0.8937
100 Butterfly	1.114	0.8977
100 Freestyle	1.111	0.9001
500 Yd/ 400 M Freestyle	0.8780	1.1391
500 Yd/ 500 M Freestyle	1.100	0.9091
200 Free Relay	1.116	0.8961
100 Backstroke	1.111	0.9001
100 Breaststroke	1.110	0.9009
400 Freestyle Relay	1.114	0.8977