



Freshman/Newcomer Information Guide:

Welcome new Radnor High School Swimmers and Divers! The following is a basic guide to help you navigate what it means to be on the RHS Swim and Dive team. Please be sure to register with the Parent Boosters to receive all important team information and communications (www.rhswimdive.org “Join Team”).

Basic Information:

- **Background**

Radnor High School Swim and Dive has a rich history as a fun, competitive, and successful team. RHS participates as PIAA District 1 in the Central Athletic League. The Haverford High School Swim and Dive Team maintains a great website that serves as a source of PIAA and Central league information. The [Central League Swim Dive](#) site includes season schedules, results, league standings, top lists, and qualifying times.

- **Eligibility for Participation (PIAA and medical forms)**

The Pennsylvania Interscholastic Athletic Association (PIAA) is the governing body that promotes safe, sportsmanlike competition, and provides uniform standards for all interscholastic levels of competition. Every swimmer and diver is required to complete and submit forms before the start of practice so they are eligible to compete with the Radnor Swim and Dive team.

Required forms include:

- PIAA Comprehensive Initial Pre-Participation Physical Evaluation
- Radnor High School Permission to Treat

For a link to these forms visit www.radnorswimdive.org “Join Team”.

Concussion Testing–This is a requirement for divers only. The athletic trainer will work with the dive coach to coordinate a time for divers to have baseline concussion testing.

- **Uniform and other Equipment Needs**

Practice suits and caps- Swimmers and divers are expected to bring their own practice suits to practice.

Competition suits- Swimmers and divers will wear the team competition suit for all meets. These suits will be ordered and purchased through the Swim/Dive Captains generally costing approximately \$45-\$65. Our vendor for boys' and girls' team suits is Toad Hollow. We suggest if there are any sizing questions that you go directly to Toad Hollow to try suits on and talk to their helpful staff. You will change into competition suits in the school locker room when you arrive at the pool before a meet. Design, color, and pattern of the team competition suit may change year to year, but it is not required for a team member to buy a new suit every year.

Competition Caps- will be provided by the Boosters, and are required at every meet for competition per PIAA rules.

Goggles- Swimmers may wear any brand of goggles for practice and competition. The staff at Toad Hollow can help you select from their wide array of choices. Divers do not wear goggles.

Competition uniform rules– There are rules governing swimsuits, caps and what may be worn during meets. It is important for athletes to know the rules and to check with a coach if there are any questions. Rules and regulations during competition please refer to the PIAA Swimming & Diving website (<https://www.piaa.org/sports/swimming/default.aspx>)

Examples of PIAA uniform rules:

- ❖ **No watches** are to be worn during events or you will be disqualified
- ❖ **Swim suits must have adequate coverage** and meet PIAA requirements
- ❖ **School-issued caps are required** or caps without logos or markings for competition. Caps with college or other logos, or caps with tape over the logo, are not permitted

- **General Practice Schedule**

The swim and dive coaches provide a general practice schedule that the Boosters post on the Radnor Swim & Dive website (Radnorswimdive.org). Any changes to those schedules will be communicated through the team captains via the team GroupMe. All athletes are responsible to ensure that they download the GroupMe app and are added to the GroupMe distribution list by the captains.

- **Meets**

Regular Season

All of the meet dates are located on the Radnor Swim & Dive website (Radnorswimdive.org).

Postseason

Postseason competition meets (Silvers, Centrals, Districts, States) dates are posted on the team website as they become available. Swimmers and divers qualify for postseason meets and coaches support the team in setting personal and team goals for the season.

Invitational Meets

These are meets that provide an opportunity for our team to compete against teams that we may not swim/dive against in a regular conference meet. Coaches may elect to have the team participate in high school swim and dive invitationals. These meets will be chosen by the coaches and posted when available.

Spectators

The team is grateful for all support from the RHS community and families! Generally spectators are welcome at all meets. Some pools have limited seating and others are better equipped for larger audiences. There are no fees to enter dual meets however some invitational meets and the postseason meet hosts often charge fees for entry. Districts and states require ticketing and advance notice and purchase options are provided.

Swim spectator etiquette includes what is always expected from the RHS community at school events. The officials expect spectators to be quiet on the starts off of the blocks for swim events. During diving the officials ask that spectators are quiet while the diver is on the board. Cheering is otherwise encouraged! Pictures and video recording of swim and dive events is allowed from spectator designated areas.

- **Team Events***

Boosters hosts events throughout the season.

Season Kick-off—Prior to the start of the season, usually early November.

Media Day/ Team Pictures- The Boosters Club hosts a Media Day/ Team Picture night at RHS Pool early in the season. The photographer will take individual, team, and senior shots for purchase and yearbook use. Boosters will provide after school snacks for the event.

Pasta Parties— There will be a number of pasta parties throughout the regular and postseason. A Radnor Swim & Dive family hosts the entire team, and team members will be assigned a pasta, salad, dessert, etc to share at the party. The parties usually occur the night before a competitive meet. Boosters will email the details and a SignUp for volunteers.

Senior Night- This event occurs during a home swim meet at the end of the season, between the first and second half of the meet (dates are announced and posted on the website). Seniors are recognized, along with their parents, for their dedication and time with the team.

End of Year Banquet— This event is the culmination of the hard work throughout the season and celebrates all of our achievements. This is a dressy occasion with a catered dinner, awards, and a slideshow. Team members' tickets are included in their Booster Registration, and all other attendees are approximately \$40 per person.

*Dates and details for all events are posted on the RHS Swim and Dive website as information becomes available.

Communication:

- **GroupMe-** Make sure to join the Team GroupMe facilitated by the Team Captains. Contact a captain to be added.
- **Coaches-** Changes to practice schedules, last minute announcements, etc. from the coaches will be communicated via the GroupMe and Team Captains.
- **Attendance-** If you need to miss practice or cannot attend a meet, communicate that to the Swim or Dive Coach and a Team Captain
- **Inclement Weather**–If the school district has an early dismissal or is closed there will be no practice. If weather is questionable for morning or after school practice then coaches will communicate directly with the captains and athletes.
- **Parent Boosters-** Communication to parents about upcoming team events will be sent via email (rhsswimdive@gmail.com) and instagram (@radswimdive)
- **Social Media**–The RHS Swim and Dive Boosters maintain the @radswimdive instagram page. Informational and spirit posts will include pictures of our team and athletes. We encourage athletes, families, supporters, and the community to follow and like posts.

Swimmer Expectations:

- **Practice Attendance**-Coaches expect every swimmer/diver to attend as many practices as possible. Club swimmers should attend at least 2 practices a week. If you are a club swimmer you are still able to practice with your club, but practicing with the team is imperative for successful line-ups. Club divers may continue club practice and attend 2 practices with the RHS diving coach each week. Those athletes who swim and dive are encouraged to discuss training and practice schedules with the swim and dive coaches.

Time trials occur within the first few practice sessions. Coaches determine the practice groups for each swimmer. There is only one diving practice group. Monthly practice schedules are posted on the Radnor Swim & Dive website. Changes to practices that are already published and posted are communicated directly to the athletes via the captains on GroupMe.

Developmental Swim- Typically practice 2-3 times per week after school. Interested swimmers are always welcome to discuss attending additional practices with coaches. Practice days and times will be posted monthly.

Competitive Swim- Typically practice daily after school. There will be two early morning practices per week, one before school and one on the weekend.

Dive—Practices are usually after school with one morning and one weekend practice. Optional diving dryland practices are also available and communicated via the coach.

- **Meet Attendance**- Coaches will notify athletes the week of the meet which swimmers/divers are competing in the meet. All team members are expected to attend home meets to cheer on the team.

Athletes are eligible for a maximum of 4 events per meet inclusive of all events. Diving counts as one event.

- **Sportsmanship**- All swimmers and divers (and their parents) are expected to be respectful to their teammates, competitors, coaches, referees at all times. PIAA rules govern unsportsmanlike conducts.

“PIAA requires all registered sports’ officials to enforce the sportsmanship rules for coaches and contestants. Actions meant to demean opposing contestants, teams, spectators, and officials are not in the highest ideals of interscholastic education and will not be tolerated.”

What to expect at a Meet:

- **General Meet Information**

Swimming

Meet format

Dual meets (meets against one other team usually in our conference) maintain the same format for each meet and can last 2.5-3 hours. Each team enters 3 swimmers per event (mens and womens) and 3 relay teams in each relay event. Other swimmers may enter as exhibition in some cases. Each athlete may only be entered in 4 events (no more than 2 individual events). The visiting team chooses their lanes; odd vs. even. In general there is one heat for each event in dual meets. Invitational and postseason meets have more swimmers and thus multiple heats.

Order of events girls followed by boys:

- | | |
|--------------------------|--|
| 1. 200 Medley Relay | 7. 100 Freestyle |
| 2. 200 Freestyle | 8. 500 Freestyle |
| 3. 200 Individual Medley | 9. 200 Freestyle Relay |
| 4. 50 Freestyle | 10. 100 Backstroke |
| 5. 1 meter Diving | 11. 100 Breaststroke |
| 6. 100 Butterfly | 12. 400 Freestyle Relay (4 swimmers/ 100 each) |

Scoring

Teams are awarded points for placing 1st thru 5th in individual events and 1st through 3rd in relay events.

Relays first 3 finishing relays score: 1st – 8 points; 2nd – 4 points; 3rd – 2 points.

Individual Events first 5 finishers score: 1st – 6 points; 2nd – 4 points; 3rd – 3 points; 4th – 2 points; 5th – 1 point.

Disqualification (DQ)--a swimmer may be disqualified with zero points for a false start, illegal touch, illegal stroke, or not touching the wall on a turn.

Total points for a meet is 186 (94 pts for a win) with girls and boys scored separately. Once a team secures 94 points, in the spirit of sportsmanship, the coaches may forfeit some or all of the remaining points. There are no ribbons or other awards at dual high school meets.

**In pools with 8 lanes, only 6 lanes are scored. Lanes 1 and 8 are exhibition only at the discretion of the meet organizers.

Diving

Meet format

The diving portion of the meet happens in the middle of the swim meet (after boys 50 freestyle). Six divers (3 boys, 3 girls) are eligible to dive for points. Alternate divers may be included as exhibition. Divers are required to submit a dive sheet in advance of the meet to include 6 total dives and the weekly “required” dive as the first dive. Some invitational and postseason meets may require 11 dives.

Scoring

Diving –each dive is scored by 3 PIAA officials on a scale of 0-10. The total scores are added and then multiplied by the degree of difficulty (DD) assigned to each dive. Divers are awarded points 1st through 5th place: 1st – 6 points; 2nd – 4 points; 3rd – 3 points; 4th – 2 points; 5th – 1 point. Divers are judged based on their approach, hurdle (take off), dive, and entry. Divers

may have points deducted for balking, oscillating too long, or other infractions outlined by the PIAA. [PIAA Diving Reference Card](#) There are no ribbons or other awards at dual high school meets.

Away Meets

Suggested Dress code: Coaches and Captains suggest that athletes dress professionally for away meets. Boys wear shirts and ties and their Boathouse Jackets (if they have one). Girls Captains suggest a skirt, dress, or dress pants. Please have athletes check with the Captains if they have any questions.

Timing: Away meets start times are dependent on the distance of the competing school location. The team will be notified of start time before all away meets via coaches and captains. Boosters will also notify families of timing in their weekly email.

Bus departure: Team travels to/from away meets by bus, departing from the drop off loop overhang. Departure time varies depending on distance of the meet; coaches/captains will communicate what time team members need to be at the bus. There will be instances where you will have to leave early from school. It is required that everyone rides with the team to the meet, but they may return with a parent/guardian as long as coaches are made aware ahead of departure.

What to bring: Competition suit & cap, goggles, towel, snacks (not all schools have a snack bar), water bottle.

Home Meets- @RHS Pool

Not all area high schools have pools on campus nor in their district and thus Radnor tends to host more meets at home in the season.

Timing: Warm ups start immediately after school. The meet will follow warm ups. Boosters will also notify families of timing in their weekly email.

What to Bring: Competition suit & cap, goggles, towel, snacks*, water bottle.

*The RHS Swim & Dive snack bar provides snacks, pizza, and drinks at home meets. These snacks will be available for purchase by team members and spectators. (Parents please volunteer a shift!)

Lineups- Lineups are up to the discretion of the Coaches, and team members are expected to show up and race/dive what is needed. Coaches will communicate what event(s) you will race at the beginning of the meet. Athletes may be asked to swim in an event that they are not used to; this is normal and a function of the coaches determining “best matchups” against the

opposing team in order to maximize points or to allow swimmers to get best times for postseason meets.

Race/Dive Readiness- Team competition suit, team cap, goggles, towel, flip flops/Crocs, healthy snack, water bottle. Some swimmers like to bring a boathouse jacket - this is optional.

It is important for the athletes to think about nutrition for the day of the meet. Make certain that they are eating throughout the day with a snack prior to the meet. Hydration is important on meet day as well. Athletes should ask coaches if they have any questions about proper nutrition.

Pay attention to the order of events! Athletes are responsible for getting to the blocks or board for their events. Captains will try to make sure everyone is where they need to be but it is ultimately up to athletes to be ready.

- **Timing**—There are no parent “timers” at high school meets. All timing is recorded with the touchpad system. If the touchpad fails to record a time, then the coaches will usually submit a time for the swimmer based on sideline timing.
- **Differences from SAL, USA, Summer League, Country Club meets**—athletes new to high school swim and dive should expect some differences in the format. Most find the high school meet environment to be competitive and fun! Many apprehensions can be alleviated by understanding what to expect in advance. This document covers many aspects of the RHS swim and dive team experience so it is a great place to start. We encourage new team members to speak with the captains and coaches prior to the first meet.
- **Individual Race Times-** Dual meet times and scores are captured/recorded in an electronic timing system (Colorado Time Systems). The output of the meet information can be found posted here [Central League Swim Dive](#)—this may take up to a week to upload. Occasionally, an invitational meet or post season championship meet will use the [Meet Mobile App](#). This is subscription service app commonly used in USA swim meets. Finally, Swim Cloud [RHS Swim Cloud](#) is a source for tracking swimmer’s times and metrics over time.

Parent Boosters:

We are here to help. If you have questions we are happy to answer it or to point you or your athlete in the right direction. We monitor the email regularly however if you have an urgent need or issue please have your athlete reach out to the Captains or the Coaches directly.

- **How to contact-** rhwimdive@gmail.com
- **What we do-** Support parents and families through communication and fun events.