

De Soto High School  
**BOYS' SWIM  
TEAM**  
2018-2019

Alissa Ruffin  
Head Coach  
[aruffin@usd232.org](mailto:aruffin@usd232.org)

# Swim Team Mission Statement

The mission of the De Soto High School Swim Team is to provide a competitive swim team environment that teaches and trains high school swimmer athletes at all levels, emphasizes strength of character and team unity, and helps the individual swimmer reach their fullest potential in and out of the water.

## Practice Information

- ◆ Practices will be held at Oregon Trail Middle School—1800 W. Dennis Avenue, Olathe, KS
- ◆ Practices will be held weekdays from 3:30 P.M. until 5:30 P.M.
- ◆ Swimmers should attend practice with proper swim wear, goggles, and a towel.
- ◆ Swimmers should respect the property of Indian Trail Middle School, always keeping in mind that they are representatives of the De Soto School District.
- ◆ Students will be bussed back to Mill Valley or De Soto High and should have a ride waiting.

## Participation Requirements

- ◆ Athletes must be in good academic standing as outlined in the district policies.
- ◆ The following forms must be current and on file with the school office:
  - Physical with parent consent
  - Concussion form
  - Code of conduct
  - Acknowledgement of risk
  - Emergency medical authorization
  - Substance Abuse Policy (new for 2018-2019)
- ◆ Swimmers must have mastered the fundamental skills of swimming prior to starting on the team. Swimmers should be comfortable in water deeper than their height and able to maneuver themselves through the water efficiently.

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## Coach Contact Information

Head Coach—Alissa Ruffin

[aruffin@usd232.org](mailto:aruffin@usd232.org)

Cell: 913.221.5861

Email is the most efficient form of communication for me. I will respond to emails and voicemails in a timely manner. Please be respectful of my time with family when calling my cell phone. Texting is fine and encouraged.

## Sign up for group texts!

Text the message **@2018dhsswim** to 913-815-8012 from each phone you want added to the group text list.

## Need More Information?

Like us on Facebook: DHS Swim Team

Follow us on Twitter: @DHS\_swim

## Chain of Command

If you have a question, comment, or concern, please address those issues in the following order:

- ◆ Contact the coach first.

If your issue is not addressed in the manner in which you had hoped, or if questions are still present, please contact Ryan Johnson (DHS athletic director) at [rjohnson@usd232.org](mailto:rjohnson@usd232.org).

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### Swim Team Standards:

- ◆ Maintain above average grades for all classes. Any student with an F in any class will not be allowed to participate in competition until the grade is raised.
- ◆ Attend school. Excessive tardiness and absences will not be tolerated and may be grounds for dismissal from the team. Athletes must be in their first hour class on the day of competition unless excused for emergency or medical purposes. Athletes must attend school four hours of the day in order to practice or participate in competition unless excused for family emergency, medical or school-related functions. Failure to comply will result in loss of practice privileges and/or competition privileges.
- ◆ Be cognizant of the time. If you miss the bus to practice, it will not return to the school to get you. All athletes riding the bus should have a ride waiting on them at the end of practice back at their school of origin.
- ◆ It is recommended that swimmers change into their swim wear before leaving DHS for practices. Athletes must wear other clothes over their swimwear while en route to the practice or competition location.
- ◆ Communicate with the coach about illnesses or school functions that keep the student-athlete away from school and which could interfere with practice or competitions. Communication must be in the form of a written note (emails and/or text messages are fine, too).
- ◆ Participate in the sport within the rules of NFHS (National Federation of State High School Associations) and act according to the rules and guidelines of DHS and common decency. Misconduct at practice or during competitions will not be tolerated and may be grounds for dismissal. Incidents will be handled on an individual basis.
- ◆ Respect coaches, fellow teammates, opponents, officials, and spectators.
- ◆ Exhibit outstanding sportsmanship.
- ◆ Abstain from the use of drugs or alcohol. Use of these substances by a student-athlete will result in the implementation of the Substance Abuse Policy if the head coach witnesses the act or the matter is brought to the attention of the head coach by a reliable source. Reliable sources include parents of swimmers and DHS faculty and administration.

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**Boys Standards-2019**

**5-1A Schools**

| <u>Event</u>        | <u>5-1A Qualifying</u> | <u>5-1A Qualifying</u> | <u>5-1A Consideration</u> | <u>5-1A Consideration</u> |
|---------------------|------------------------|------------------------|---------------------------|---------------------------|
|                     | <u>Yards</u>           | <u>Meters</u>          | <u>Yards</u>              | <u>Meters</u>             |
| 200 medley relay    | 1:53.04                | 2:06.04                | 1:58.69                   | 2:12.34                   |
| 200 freestyle       | 1:59.50                | 2:12.40                | 2:05.47                   | 2:19.02                   |
| 200 IM              | 2:16.60                | 2:31.76                | 2:23.43                   | 2:39.35                   |
| 50 freestyle        | 23.74                  | 26.57                  | 24.93                     | 27.90                     |
| 100 butterfly       | 59.35                  | 1:06.12                | 1:02.32                   | 1:09.42                   |
| 100 freestyle       | 52.76                  | 58.62                  | 55.40                     | 1:01.55                   |
| 500 freestyle       | 5:34.55                | 4:53.74 (400 meters)   | 5:51.28                   | 5:08.43 (400 meters)      |
| 200 freestyle relay | 1:39.18                | 1:50.69                | 1:44.14                   | 1:56.22                   |
| 100 backstroke      | 1:02.06                | 1:08.94                | 1:05.16                   | 1:12.39                   |
| 100 breaststroke    | 1:08.65                | 1:16.20                | 1:12.08                   | 1:20.01                   |
| 400 freestyle relay | 3:41.94                | 4:07.25                | 3:53.04                   | 4:19.61                   |

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**2018-2019 Uniform Information**

- ◆ This year's team suit is the Nike Fade Sting in green and black.
- ◆ All swimmers can purchase a team cap. During competitions, swim caps must represent the athlete's high school or else they need to be without writing. Caps from other teams cannot be worn during competitions.
- ◆ Swimmers are not required to purchase a team suit, however it is recommended.
- ◆ Any warm-up attire given to the athlete is on loan. Athletes are responsible for returning the warm-up attire to the coach at the end of the swim season in the same condition it was at the beginning of the season. Failure to return the warm-ups or damaging the warm-ups will result in a fine.

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## Varsity Letter Requirements:

Score **60** points from the following possibilities:

Freshman- 0 points; Sophomore- 3 points; Junior- 6 points; Senior-10 points

### 0-10 points

- ◆ Attend 90% of all team practices.
- ◆ If excused in advance by coaches, absences will not count against you.

### 0-10 points

- ◆ Attend 8 of the 9 scheduled swim meets, 5 points deducted for each additional miss.
- ◆ If excused in advance, absences will not count against you.

### 0-10 points

- ◆ Sportsmanship and conduct at practices/ meets, overall attitude throughout the season based on coaches' discretion

### 0-8 points

- ◆ 1 point for each meet you score points for our team

### 5 points

- ◆ for having end-of-season goal times for 3 events submitted and approved by the coaches by the deadline set by the coaches.

### 2 points

- ◆ for each of your 3 goals that are met by the end of the season

### 10 points

- ◆ for each State qualifying time made (individual or relay)
- ◆ for finishing in the Top 6 at ILC (individual or relay)

### 5 points

- ◆ for each state consideration time made (individual or relay)
- ◆ for finishing in the Top 12 at ILC (individual or relay)

**8 points** for a GPA of 4.0 or higher

**6 points** for a GPA of 3.5-3.99

**4 points** for a GPA of 3.0-3.49

**1 point** for each "best time" achieved at a meet

**Coaches may award or deduct points at their discretion.**

# November 2018

| Sun | Mon   | Tue                                    | Wed                                    | Thu                                    | Fri                                    | Sat |
|-----|---|--|--|--|--|-----|
|     |   |  |  | 1                                      | 2                                      | 3   |
| 4   | 5   | 6                                      | 7                                      | 8                                      | 9                                      | 10  |
| 11  | 12<br><b>First Day of Practice</b><br>3:45-5:30 PM @<br>Oregon Trail Middle<br>School | 13<br>3:45-5:30 PM<br>Practice at OTMS | 14<br>3:45-5:30 PM<br>Practice at OTMS | 15<br>3:45-5:30 PM<br>Practice at OTMS | 16<br>3:45-5:30 PM<br>Practice at OTMS | 17  |
| 18  | 19<br>3:45-5:30 PM<br>Practice at OTMS  | 20<br>3:45-5:30 PM<br>Practice at OTMS | 21<br>Olathe buildings are<br>closed   | 22<br>Olathe buildings are<br>closed   | 23<br>Olathe buildings are<br>closed   | 24  |
| 25  | 26<br>3:45-5:30 PM<br>Practice at OTMS  | 27<br>3:45-5:30 PM<br>Practice at OTMS | 28<br>3:45-5:30 PM<br>Practice at OTMS | 29<br>3:45-5:30 PM<br>Practice at OTMS | 30<br>3:45-5:30 PM<br>Practice at OTMS |     |

# December 2018

| Sun | Mon                                    | Tue                                    | Wed                                    | Thu                                    | Fri                                    | Sat                                 |
|-----|--|--|--|--|--|-------------------------------------|
|     |  |  |  |  |  | 1<br>12:00 PM<br>Lansing Relay Meet |
| 2   | 3<br>3:45-5:30 PM<br>Practice at OTMS  | 4<br>3:45-5:30 PM<br>Practice at OTMS  | 5<br>3:45-5:30 PM<br>Practice at OTMS  | 6<br>3:45-5:30 PM<br>Practice at OTMS  | 7<br>3:45-5:30 PM<br>Practice at OTMS  | 8                                   |
| 9   | 10<br>3:45-5:30 PM<br>Practice at OTMS | 11<br>3:45-5:30 PM<br>Practice at OTMS | 12<br>4 PM Turner Meet                 | 13<br>3:45-5:30 PM<br>Practice at OTMS | 14<br>3:45-5:30 PM<br>Practice at OTMS | 15                                  |
| 16  | 17<br>3:45-5:30 PM<br>Practice at OTMS | 18<br>3:45-5:30 PM<br>Practice at OTMS | 19<br>3:45-5:30 PM<br>Practice at OTMS | 20<br>Olathe buildings are<br>closed   | 21<br>Olathe buildings are<br>closed   | 22                                  |
| 23  | 24<br>NO PRACTICE<br>(per KSHSAA)      | 25<br>NO PRACTICE<br>(per KSHSAA)      | 26<br>NO PRACTICE<br>(per KSHSAA)      | 27<br>NO PRACTICE<br>(per KSHSAA)      | 28<br>Olathe buildings are<br>closed   | 29                                  |
| 30  | 31                                     |  |  |  |  |                                     |

# January 2019

| Sun | Mon                                 | Tue                                 | Wed                                   | Thu                                 | Fri                                 | Sat  |
|-----|-------------------------------------|-------------------------------------|---------------------------------------|-------------------------------------|-------------------------------------|--|
|     |                                     | 1<br>Olathe buildings are closed    | 2<br>Olathe buildings are closed      | 3<br>3:45-5:30 PM Practice at OTMS  | 4<br>3:45-5:30 PM Practice at OTMS  | 5  |
| 6   | 7<br>4:00 PM Turner Meet            | 8<br>3:45-5:30 PM Practice at OTMS  | 9<br>3:45-5:30 PM Practice at OTMS    | 10<br>3:45-5:30 PM Practice at OTMS | 11<br>3:45-5:30 PM Practice at OTMS | 12   |
| 13  | 14<br>3:45-5:30 PM Practice at OTMS | 15<br>3:45-5:30 PM Practice at OTMS | 16<br>4:00 PM Olathe South Meet @ CST | 17<br>3:45-5:30 PM Practice at OTMS | 18<br>3:45-5:30 PM Practice at OTMS | 19<br>1:00 PM Blue Valley Southwest Invitational |
| 20  | 21<br>Olathe buildings are closed   | 22<br>3:30 PM Leavenworth Meet      | 23<br>3:45-5:30 PM Practice at OTMS   | 24<br>4:00 PM Blue Valley West Meet | 25<br>3:45-5:30 PM Practice at OTMS | 26   |
| 27  | 28<br>3:45-5:30 PM Practice at OTMS | 29<br>4:30 PM Lansing Meet          | 30<br>3:45-5:30 PM Practice at OTMS   | 31<br>3:45-5:30 PM Practice at OTMS |                                     |  |

# February 2019

| Sun | Mon   | Tue   | Wed   | Thu   | Fri                                     | Sat                                    |
|-----|---|---|---|---|---|--|
|     |   |   |   |   | 1<br>3:45-5:30 PM Practice at OTMS      | 2<br>10:00 AM Manhattan Invitational   |
| 3   | 4<br>3:45-5:30 PM Practice at OTMS                            | 5<br>4:00 PM UKC Meet at Lansing                              | 6<br>Olathe has school conferences                            | 7<br>Olathe has school conferences                            | 8<br>Olathe buildings are closed        | 9                                      |
| 10  | 11<br>3:45-5:30 PM Practice at OTMS<br><i>STATE TEAM ONLY</i> | 12<br>3:45-5:30 PM Practice at OTMS<br><i>STATE TEAM ONLY</i> | 13<br>3:45-5:30 PM Practice at OTMS<br><i>STATE TEAM ONLY</i> | 14<br>3:45-5:30 PM Practice at OTMS<br><i>STATE TEAM ONLY</i> | 15<br>STATE PRELIMS (Afternoon session) | 16<br>STATE FINALS (Afternoon session) |
| 17  | 18  | 19  | 20  | 21  | 22                                      | 23                                     |
| 24  | 25  | 26  | 27  | 28  |   |  |