



2024-2025 Swim and Dive Team Handbook

Coaches

Head Coach

Scott Mitter scott.mitter@ketteringschools.org

Assistant Coaches (Swim)

Wendy Beavers wendy.beavers@ketteringschools.org

Allie Beach allie.beach@ketteringschools.org

Maura O'Neill maura.oneill@ketteringschools.prg

Phillip Drayton phillip.drayton@ketteringschools.org

Assistant Coaches (Dive)

Amber Brewer amber.brewer@ketteringschools.org

Team Registration

All swimmers and divers must complete the following for full participation.

1. Final Forms registration at <https://kettering-oh.finalforms.com> ALL GREEN
2. Pay to Participate fee paid in the Athletic Office or online at Final Forms
3. Purchase team suit and equipment
4. Team fee (\$75)
5. Complete the Surveys in Google Classroom **ed62tvee**

Practice Location and Schedule

Swimmers and divers will practice at different times. We will have some combined swim and dive meets during the season. It is encouraged that divers and swimmers attend one another's competitions when not together to show support for teammates.

Swimmers will practice at the Kettering Recreation Center located at 2900 Glengarry Dr. Kettering, OH 45420.

Practice times for swim (1st mandatory 10/27)

Monday

8 lanes: 4:00 – 5:30pm TOTAL – 1.5 hours

4 lanes: 5:30 – 6:00pm TOTAL – .5 hours

Tuesday

8 lanes: 4:00 – 5:00pm TOTAL – 1 hour

4 lanes: 5:00 – 6:00pm TOTAL – 1 hour

Wednesday

8 lanes: 4:00 – 5:30pm TOTAL – 1.5 hours

4 lanes: 5:30 – 6:00pm TOTAL – .5 hours

Thursday

8 lanes: 4:00 – 5:00pm TOTAL – 1 hours

4 lanes: 5:00 – 5:30pm TOTAL – .5 hours

Friday

8 lanes: 6:00 – 7:00am TOTAL – 1 hour

Saturday

8 lanes: 8:00 – 9:00am TOTAL – 1 hour

Dive Practice: University of Dayton Rec Center Pool (1st 10/29)

Monday 5:30-7:30 PM

Wednesday 5:30-7:30 PM

Note: Street parking Only

Communication

Our primary form of communication to **athletes** will be Google Classroom and Remind (for quick messages and cancellations)

Join [remind](#) text groups on the Remind App

Swim: Text @SWIMFHS25 to this number 81010

Dive: Text @FHSDIVE26 to this number 81010

Fairmont Athletic Department website (and app) **www.firebirdathletics.com**

Seach “Firebirds Athletics” in APP Store

WeeklyEmail (Sunday) to email in Final Forms

Equipment

All swimmers and divers must compete in a team suit. The only exception will be for the end of the season when tech suits are worn.

All swimmers and divers will need:

1. Team suit
2. Team Hoodie (provided)

In addition, swimmers need

1. Two pairs of swim goggles
2. Practice suit(s)
3. Team practice cap and meet Cap (provided)
4. Swim fins (TYR short fins)
5. Kickboard
6. Mesh bag
6. Water bottle (at least .75L)

Volunteering

Volunteering is essential to keep the swim and dive team afloat!. Volunteers are needed for each meet and for working concession shifts for the Fairmont Athletic Boosters (FAB). These shifts pay money directly to the Swim and Dive team. Volunteer opportunities include: home meets, away meets, FAB Basketball and Football concessions, and Frazee concessions.

We will host 3 meets at the Kettering Rec Center. Hosting these meets requires many volunteers.

Fundraising

All athletes are required to participate in the SNAP fundraising campaign this fall. Funds raised through the fundraiser may be used to pay team fees (however, 100 must be raised to offset expenses).

We will also do our NCAA March Madness fundraiser after the season is over in March

Funds pay for

- Travel meet
- Team merch
- Team Dinners
- Team gifts

Attendance Expectations:

Attendance will be taken at every practice and meet. If you miss practice or a meet, you must email the coaches at fairmontswim@gmail.com, divers please email coach Brewer. If you miss a practice or meet without emailing ahead of time, it will count as an unexcused absence. Notification does not constitute automatic excused

You will sign in to practice on the sign-in sheet. Under no circumstances, do you sign in for someone else.

Consequence for Unexcused Absence

2nd Offense: may result from suspension of all or part of a meet

3rd Offense: possible removal from the team

Examples of Unexcused Absence

Work / Job

Repeated school club meetings

Not notifying in advance of absence

Examples of Excused Absence

School-related conflict (must notify in advance)

Illness (must notify in advance)

Club swimmers and divers who are training with their club teams are expected to attend their practices. Fairmont coaches will be in communication with club coaches to ensure club swimmers are attending their club practices. Club swimmers are expected to adhere to Fairmont attendance policies with their respective club teams. In addition, club swimmers will be expected to attend **one** Fairmont practice per week. Club divers will be expected to attend **one** Fairmont practice every other week

Swimmers will also be expected to complete each practice. Repeatedly getting out of practice for injury, illness or bathroom breaks may affect meet entries and/or varsity status.

Behavior Expectations

- Swimmers will be changed and ready to get in the pool at the start of practice. All personal care should be done before entering the pool area. This includes the filling of water bottles. When you come through the doors to the pool deck, you should be ready to get in the water, drop off your bags on the bleachers, and then sit down in the bleachers on the turn end for a quick team meeting.
- Equipment **INCLUDING WATER BOTTLES** should be placed on the turn end of the pool deck near your assigned lane.
- Every practice will begin with a quick team meeting.
- **There is ABSOLUTELY no phone use in locker rooms or near the blocks EVER.** This includes any pool that we visit. This is a major infraction and may result in suspension from the team.
- When we are at a pool, we are often visitors at community centers or YMCAs. These are public facilities. Remember, no matter where we are, you are representing yourself, your team, your school and your community.
 - Use appropriate language
 - No running or horseplay
 - Enter and exit pools safely with 1 hand entry
 - Treat everyone with respect and care, *including* teammates, lifeguards and staff.
- When we are at a meet and you are not swimming, you should have on warmups or Fairmont Swim/Dive Sweats.
- During meets, Team areas should be kept neat.
- At the conclusion of away meets, Our Team is responsible for the cleanup of our team area.
- At the conclusion of home meets, the team is responsible for the complete clean-up of the Kettering Rec including all team areas, putting away tables, pulling lane lines, sweeping the floors, vacuuming the carpeted areas, etc. No one leaves until this duty is completed. Following the clean-up, there will be a brief team meeting.
- Remember Swimming is a 2 quarter sport...so you must remain eligible. Keep your grades up.
- If you are injured, you need to see the trainer at school. You must provide clearing documentation from the trainer/physician to return to water.
- Repeatedly removing yourself from practice due to injury will require a visit to the trainer to return to water.
- All school rules apply at all times.

Achieving a Varsity Letter

A Varsity letter may be obtained by a swimmer or diver in “good standing” at the end of the season by meeting any of the following criteria

1. Being selected for the end-of-season Varsity GWOC meet
2. Being selected for the sectional meet
3. Having an 11-dive list (dive only)
4. Scoring at GWOC meet (dive only)
5. Being a four-year member of the team in good standing
6. Coach’s Discretion: Coaches may elect to award a varsity letter in special circumstances

An athlete is in good standing if they have:

- 80% practice attendance (medical exceptions)
- no more than 1 unexcused absences from meets or practice
- no behavior violations
- have returned all equipment at end of season.

Transportation

Transportation will be provided to practice from the high school Monday through Thursday. You must complete the form on the team website if you plan to ride the bus to swim practice after school. This must be done by **Oct 22, 2025**

Transportation will also be provided to our away competitions. Everyone on the team must take transportation to the away meets unless a transportation release form is completed in advance. All athletes should be picked up after a meet within 10 minutes of arriving back at the high school.

If athletes are unable to take team transportation to an away contest, transportation releases are required. **Transportation Releases** will be handled online. See the team website for the online form. Transportations Release must be filled out 48 hours before the scheduled contest. The travel release only allows transportation with a parent or legal guardian. Athletes may not drive themselves to competition. Failure to comply with the transportation policy may result in loss of competition.

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Travel Meet 2025

Candy Cane Classic (approximately 500 swimmers from KY)

Date: Dec 19-20, 2025

Depart Fairmont Dec 19, 2024 approx 3:30-4:00

Meet Dec 20, 2025 10:00AM

Return to Fairmont approx 9:00 PM

Location:

Champions Hall

Centre College

Danville, KY

Hotel: Hampton Inn Danville

A survey will be sent out in the next two weeks to declare your intent to attend the travel meet.

All team fees must be paid to attend.

Some entry limitations but everyone will get to swim