

2022 Girls Swim & Dive Handbook

Updated August 2022

www.wenatcheepanthers.com



**Achieving excellence, through constant improvement of
technique, training, and mental aspects of the sport.**

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Coaching Staff

Head Coach	Kaitlin Kirby	kirby.kaitlin@wenatcheeschools.org	206-669-9991
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Volunteer Coach	Marc Norsen		

Special Recognition

Our program could not maintain the high level of excellence we enjoy without the help of those who volunteer their time and talents with us. Be sure to tell them how much you appreciate their help when you see them.

Velocity Volunteers – We are grateful to the parents from Velocity Swimming Club who referee and staff the technical position for our swim meets. This includes Jeff Sutton, Noelle Grigsby, Leland Coonfield, Nora and Joe Black, and several more.

Jim Beeson and Deanna Roman – Jim Beeson is the Athletic Director and responsible for scheduling and supervising all athletic programs. The dedication of Mr. Beeson, Mrs. Roman, and the Athletic Office Staff make it so coaches are able to focus on coaching and the athletes.

What Are We All About

Swimming and diving are among the most demanding varsity sports in which a high school athlete may participate. The current level of competition is such that, in order to be successful, the Wenatchee swimmer and diver must commit their time to an intense training program requiring long hours. All team members are expected to train for four events, as allowed by rules. During a normal season individuals focusing on diving are strongly encouraged to join swim practices, as swimming events will be their other three events, and provide excellent conditioning.

Swimming and Diving are both individual and team sports. The goal of Wenatchee Swimming & Diving is to promote excellence in competitive swimming and diving at both the individual and team level. The program strives to foster the development of self-confidence, self-discipline, and self-motivation within each individual. The expectation is that these characteristics will carry over into the other areas of life and allow the individual to make a positive contribution to their family, school, and community. Essential components of this development are the important skills of goal setting, teamwork, and positive support. When the individual succeeds, the team succeeds. It must be stressed however, that no individual is more important than the team. Negativism, half-heartedness, and other types of behavior that detract from the team's pursuit of excellence, cannot be tolerated.

Swimming and diving are not easy. In order to swim fast and dive your best, you must train well. When one trains with purpose and intensity, excellence is guaranteed. The Wenatchee Swimming & Diving program is structured so that the swimmers and divers may create an environment in which it is fun to train with intensity. Set goals, formulate a plan to attain those goals.....STRIVE FOR EXCELLENCE.

From Your Captains

xxx

-xxx, grade 12

Team Pledge

To Be the Best, We Must Follow the **PATH!**

Purpose – the pursuit of excellence in swimming requires the greatest degree of sacrifice. We must remember our purpose: **Achieving excellence, through constant improvement of technique, training, and mental aspects of the sport.**

Accountability – We are more than individuals!
As a team we need to give our best so the team can reach maximum potential. Help each other to be the best by holding yourself and your teammates accountable.

Teamwork – Swim & Dive are both individual and team sports.
How hard each team member works directly influences how we perform as a team. Believe in your teammates! Help them to achieve by challenging and supporting them to be the best they can be. Create an atmosphere which breeds success.

Honor – Honor the sport, your teammates, parents, coaches, and competitors.
The lessons we learn through being on the Swim & Dive team are lessons we can draw from for the rest of our lives.

IF we remember our **Purpose**, practice **Accountability** and **Teamwork**, and **Honor** our sport, we can reach team and individual goals.

From Your Coaches

Welcome to Wenatchee High School Swim & Dive!

My name is Kaitlin Kirby, Head Coach for our team. By committing to our program, you are joining a legacy of driven, talented, and intelligent young women. As we work hard this season, I can't stress how important your teammates will be to each of you.

Being part of a team has been one of the most influential things in my life. Through swimming, I learned to commit myself, persevere, and manage my time. Most importantly, being part of a competitive team nurtured leadership skills and strong character. I hope your experience as an athlete and teammate builds you up into the person you want to be, as it has for me.

My experience in aquatics began in Seattle where I swam competitively through high school, and then went on to play water polo in college. As a teenager, I made a brief foray into diving and have great respect for divers. Since I was 18 I've coached club or interscholastic aquatics. I'm proud that ours is an inclusive sport, meaning everyone is welcome. Anyone who will work hard and commit to the Team Pledge can find their place on the WHS Swim & Dive Team.

We have persevered through difficult conditions and this season we can finally train and compete unencumbered by pandemic mitigation! ...fingers crossed. Let's let our passion for swimming and diving shine through! Every day when we enter the James Elwyn Aquatic Center, remember that we are continuing a legacy. Therefore, when we come to practice, I expect each of you to train with purpose, be accountable to your team, support your teammates, and honor the sport as well as yourself.

It is a privilege to be your coach.

Coach Kirby

* * * * *

Hello WHS Diving Team and Parents,

My name is Emi England, and I am thrilled to be back this year as your Diving Coach! 2019 was my first year coaching at WHS, and what impressed me the most was the hard work, commitment, and tenacity each athlete demonstrated consistently throughout the season. Many of you made exponential progress, which surpassed my expectations.

I was equally impressed with the sportsmanship, camaraderie, and kindness you exhibited towards each other and the other athletes you competed against. Let's make that one of the defining characteristics of our team as we welcome new teammates this year. Coach Elwyn was well known for being inclusive of everyone. We'll continue that legacy...

I love the sport of diving! I began diving as an awkward freshman (I had a mullet - no joke!) in high school after retiring from competitive gymnastics. I had a fantastic coach who was patient with me and through diving helped me build my confidence as a person. I went on to dive for Brigham Young University under Coach Keith Russell, one of the kindest people I know (and who just happens to be a former Olympian and 6-time National Champion). Undoubtedly, the lessons and experiences I had as an athlete prepared me for my chosen career as well as for being a wife, a coach, and a mother. I am a firm believer that athletics prepares youth for life!

Go Panthers!

Emi England

PARENTS!

DO NOT READ THIS!!

(Unless you want your child to have a great season!)

Parent involvement is crucial to hosting meets and having a successful swim season.

Home Meet Volunteers: We are so grateful for your support because, without your help, we cannot host meets. Unlike other sports, which you and your child(ren) may have been involved with, swim & dive meets require the efforts of MANY adults to function. We need 13 timers, 4 officials, a runner, computer operator and scorers. In short, we need around 20 parents to properly run a meet. With this in mind, I ask each of you to aid in the running of our home meets. [Sign up here](#), or at the kick-off meeting, or by contacting Coach Kirby.

Please try to arrive **at least 15 minutes prior** to the beginning of the meet. Typical League meets begin at 4:00 so arriving at 3:45 ensures we can start on time.

Your athlete needs to be equipped for practice and meets. Purchase most necessary items from the online [Swim & Dive Team Store](#) by **September 1**. Each athlete needs the lavender/purple team t-shirt and a competition suit. It is encouraged that each athlete has black shorts, and the warmup outfit. The warmups can be worn all 4 years on the team.

	Practice	Meet
Divers	<input type="checkbox"/> Practice suit <input type="checkbox"/> Sammy absorbent towel <input type="checkbox"/> Athletic shoes, bra, top & bottoms	<input type="checkbox"/> Black team swimsuit ¹ <input type="checkbox"/> Sammy absorbent towel <input type="checkbox"/> Purple team shirt <input type="checkbox"/> Black team warm-ups
Swimmers	<input type="checkbox"/> Practice suit <input type="checkbox"/> Silicone cap (latex-free) <input type="checkbox"/> Goggles <input type="checkbox"/> Running shoe, bra, top & bottoms	<input type="checkbox"/> Black team swimsuit ¹ <input type="checkbox"/> 2x 'W' team caps <input type="checkbox"/> 2x goggles <input type="checkbox"/> Purple team shirt <input type="checkbox"/> Team warm-ups + shorts

Athletes require proper nutrition and hydration to perform well at the meets, but it is not always available because many meets begin directly after school. We would encourage you to bring a healthy snack (i.e. goldfish, fruit, mini bagels, Gatorade) that the whole team can enjoy. We plan to set these out on a table for the athletes.

Thank you for your cooperation and support. You can check the meet schedule online through the WHS Athletic Department website: wenatcheepanthers.com. Have questions? Contact your coaches. Most days, Coach Kirby is available after practice should you have any concerns or need to talk, it is recommended, however, that you make an appointment.

¹ Wear one suit during competition; no layered bras; no zippers or other fastening system (ie: string ties, clasps); not extending beyond shoulders, below top of kneecaps, nor cover the neck; no logos or text larger than 1" diameter

Important for Athletes

Academics

Student Athletes are students first. Maintaining passing grades is a minimum requirement. The Athletic Office will run periodic grade checks determining eligibility to compete.

Running Start Students participating in WHS athletics must complete periodic grade checks that coincide with high school grade checks. Students can print their current grades off and turn them into the Athletic Office or take the Running Start Grade Check form (wenatcheepanthers.com) around to their professors. At a minimum, pros need to put in a Pass/Fail grade for each class.

Injury Procedures

- Report all injuries to your coach.
- If you are seeing a doctor for an injury, be sure to inform your coach.
- Once you have been to the doctor, you must have him/her complete a '[Return to Play](#)' form and return it to the Athletic Office before you may practice or compete.

Stuff We Use - Equipment

Listed below are items you will need as a member of the team. A brief explanation follows each item, but if you don't understand; talk with one of the coaches.

Team T-shirt – All athletes must purchase a shirt for meets (and picture day). These are designed by the captains and will be available on the online team store.

Team Warmups – Everyone is strongly encouraged to purchase a warm-up jacket and pants from our BSN Team Store. This will keep you warm and looking like a team.

Practice Suits – You can practice in any type of one-piece suit you have. Swimmers can wear more than one suit to create drag during practice. This will allow you to feel great in meets when you use just your racing suit.

Competition (Team) Suits – At meets you must wear a black one-piece athletic-style suit. Optional Fastskin/hi-tech racing suits made to repel water and decrease drag are more expensive and only used at championship meets. Divers do not need these hi-tech suits. Competition suit must meet the following requirements:

- Only wear 1 suit during competition
- No zippers or other fastening system (ie: string ties, clasps)
- Not extend beyond shoulders, below top of kneecaps, nor cover the neck
- No logos larger than 1" diameter

Team Caps – Only silicone caps (no latex). Swimmers wear caps to keep hair tidy. At meets, **all** swimmers wear our 'W' team caps to distinguish us from the other swimmers. Practice and meet caps may be purchased in the ASB office for \$10.00.

Goggles – There are many types of goggles. Each swimmer needs to find what works best for them. That being said, the "Speedo Vanquisher" seems to suit most faces. At meets

swimmers need to have two pairs of goggles.

“Sammy” – These are artificial chamois which you can use to dry off quickly. Ring it out, and they are ready for the next time. Divers find them especially useful at practice and meets. For all athletes they save having to bring a lot of towels for meets.

Fins – Swimmers may use them during practice. They make learning nearly all of the strokes easier, get you used to swimming fast, and develop leg muscles. Fins should have **short** blades. We have a limited supply of these but you may wish to purchase your own.

Paddles & Pull Buoys – We have a supply available for team members to use, but if you have a special pair that you like, you are welcome to use those. Smaller surface area is preferred.

Water Bottles – Fill them before every practice and **you should drink one or two full bottles** every workout.

Staying Healthy During the Season

Hair Care

The chlorine in pool water is destructive to hair. It damages the hair’s protective outer cuticle, making the inner layer vulnerable to any outside elements. Chlorine bonds to the hair and will stay there until removed.

To protect your hair from chlorine damage: use a silicone cap. After swimming, wash your hair with a shampoo that removes chlorine. These shampoos contain sodium thiosulfate, which removes chlorine and other things that do not belong in your hair. Then use a hydrating conditioner.

Swimmer’s Ear

What is it?

Water gets trapped in the ear canal by small amounts of earwax and is allowed to puddle on the skin lining the ear canal. This causes irritation, chafing and cracking of the skin, which can lead to infection, swelling and pain.

How can I prevent it?

Thoroughly clean the ear canal by putting rubbing alcohol or vinegar in the ear after swimming. Cotton swabs should not be used. Do not use alcohol if you suspect that you already have swimmer’s ear. Wearing ear plugs during practice will also be of benefit in keeping water out of the ear.

How do I treat it?

At the first signs of pain a few drops of white vinegar placed in the ear for about five minutes will help, if this is done for a week the symptoms should gradually disappear. If this does not help or the pain gets worse, you will need an antibiotic from your doctor and may have to stay out of the water for a week.

Diet

It's important to maintain a healthy diet during the season in order to perform at your highest level. Food is your main source of energy and you must have something for your body to use in order to train well. Hydration is also important because you lose fluids and electrolytes when you sweat. Make sure to bring healthy, energy efficient snacks such as Powerbars/Clifbars, Goldfish, bagels, and Gatorade to meets. You also need to bring a snack to eat before practices and water to have throughout. For tips on maintaining a complete nutritious diet, please visit these websites:

1. MyPlate.gov
2. [Training & Nutrition to Prevent Soft Tissue Injuries \(GSSlweb.com\)](http://Training & Nutrition to Prevent Soft Tissue Injuries (GSSlweb.com))

Sleep

Getting enough sleep during the season is crucial to your ability to train hard and compete well. We will be training at a high intensity and if you show up to practice already tired, you will not be able to perform at your desired level. At minimum, please try to sleep eight uninterrupted hours each night.

Practices

Practice starts August 22, 2022. Attendance and punctuality are expected at practices. These run Monday-Saturday at the James Elwyn Aquatic Center. When we have meets, meets will replace practices.

Swim Practices:

Mon: 8:30-9:30 AM*, 4-6 PM
 Tue: 4-6 PM
 Wed: 6-7 AM*, 3:45-6 PM
 Thu: 4-6 PM
 Fri: 6-7 AM*, 4-5:30 PM
 Sat: 8:30-11 AM
 *weekday AM practices 8/29 - 10/17
 *no weekday AM practice after a meet

Dive Practices:

Mon: 7-8 AM** @ Apple Valley Gym,
 5:30-7:30 PM
 Tue: 5:30-7:30 PM
 Wed: 6-7 AM** @ Apple Valley Gym,
 5:30-7:30 PM
 Thu: 5:30-7:30 PM
 Fri: 5-6:30 PM
 **weekday AM practices 8/29 - 9/30

Swim Expectations

- Varsity track: 90% of practices (EX: Monday-Saturday + 2 weekday AM per week)
- JV track: 80% of practices (EX: Monday-Saturday + 1 weekday AM per week)

Dive Expectations

- All practices

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim AM: 8:30-9:30 PM: 4-6 PM	Swim PM: 4-6	Swim AM: 6-7 PM: 4-6	Swim PM: 4-6	Swim AM: 6-7 PM: 4-5:30	Swim AM: 8:30-11:00
Dive AM: 7-8 @ AVG PM: 5:30-7:30	Dive PM: 5:30-7:30	Dive AM: 6-7 @ AVG PM: 5:30-7:30	Dive PM: 5:30-7:30	Dive PM: 5-6:30	Dive AM: option swim

Participate in practices. For a practice to count, the athlete must be dressed properly and participating in training sets. Athletes are expected at each practice², unless prior arrangements have been made with your coach, or you have an excused absence during the school day through the attendance office.

Be on time to practice. Be accountable to your teammates and coaches. Three tardies will equal an absence. If you must be late, it is always your responsibility to communicate to your program coach, and best done by email or text.

Practice with Purpose. Everything we do has a purpose. Preceding practice we will warm up to prevent injury. This could be dynamic stretching, shoulder mobility/strength routine, or jogging/swimming drills. These might seem “easy” but they need to be done with purpose as they are designed to properly prepare the body for intense training and prevent injury.

The WIAA requires attendance the day prior to a meet for meet participation.

Meets

Meet Schedule

Check the WHS athletics site for updates: www.wenatcheepanthers.com

Varsity Meet		Date	Location / Opponent
Swim	Dive		
x	x	Thursday, September 8th	Tony St. Onge Invitational @ Moses Lake
		Saturday, September 10th	Wenatchee Invitational @ WHS
x	x	Tuesday, September 13th	West Valley / Sunnyside @ WHS
x	x	Thursday, September 22nd	@ Moses Lake
	x	Friday, September 30th	11 Dive Meet @ WHS
x	x	Tuesday, October 4th	Eastmont @ WHS
		Saturday, October 8th	Mukilteo Invite @ King County Aquatic Center
x	x	Tuesday, October 11th	@ Davis/Ike
	x	Friday, October 14th	11 Dive Meet @ Eastmont
x	x	Thursday, October 20th	League Swim/Dive @ Moses Lake
x	x	Thursday, October 27th	District Swim Prelims @ Moses Lake
x	x	Friday, October 28th	District Dive Prelims @ Moses Lake
x	x	Saturday, October 29th	District Swim/Dive Finals @ Moses Lake
x	x	Friday, November 11th	State Prelims @ KCAC
x	x	Saturday, November 12th	State Finals @ KCAC

² Divers are expected to attend all dive practices. Swimmers are expected to meet the practice expectations depending on Varsity or JV track. See [Varsity Letters & JV Certificates](#).

Home Meet Volunteer Sign Up

We are grateful for your support. We will need around 20 volunteers to run each home meet. [Sign up here](#) or contact Coach Kirby.

Meet Expectations

1. Display good sportsmanship. Respect yourself, competitors, coaches, officials, volunteers, and spectators.
2. Cheer for your teammates! We help each other get our best performances.
3. Dress in our team shirt on meet days unless the team decides to dress up.
4. You MUST compete in a black swimsuit and WHS swim cap.
5. Talk with one of the coaches before and after each race.
6. Best effort! No token efforts, you never want to have to say you didn't give your best.
7. Remain in the water at the end of your lane until all swimmers in your heat finish racing. This shows respect and honors the other athletes and their effort.
8. Stay at the meet site. Please do NOT leave early unless cleared by the head coach
9. Keep track of your belongings: goggles, cap, warm-ups, parka, and bag.
10. Know your personal best times. If possible, know our team score during the meet.
11. Speak to the coach if something occurs that you object to. For example, if you question a call made by an official, immediately speak to your coach. We will solve the issue together.
12. You may participate in up to two individual and two relay events in any one meet, or one individual and three relay events.
13. Know the rules of competition.

Meet Warm Up

All swimmers should complete the team warm-up. We will have 30-45 minutes to warm up.

- 5-10 minute stretching with the coaches/captains
- 10 minutes – continuous swim including drills
- 5 minutes – pace 50's w/ purposeful finish
- 5 minutes – turn practice at shallow end
- 10 minutes – starts, breakouts, relay exchanges
- 5 minutes – cool down

When possible, swimmers should loosen up 5 – 10 minutes before each race and cool down after the race until their heart rate has returned to normal. When no cool down pool is available, walk around slowly and move your arms to help reduce the build-up of lactic acid.

Events

You may participate in up to **four events: two individuals and two relays** in any one meet, or **one individual and three relay events**. If you are asked to do more than four events immediately talk with one of your coaches. Diving counts as 1 event.

Most meets will offer a 10 minute break after the diving and a 5 minute break after the breaststroke.

Qualifying Times

Goals to aim for

Event	Varsity Letter*	District	State
200 Med Relay	xxx	(one entry)	1:53.50
200 Free	2:30.00	2:24.99	1:59.70
200 I.M.	2:55.00	2:46.99	2:13.50
50 Free	30.00	28.99	25.00
Diving	180 or 270 pts	(4 entries)	315/11.6 pts
100 Fly	1:23	1:17.99	59.60
100 Free	1:11.00	1:05.99	54.50
500 Free	6:55.00	6:54.99	5:22.00
200 Free Relay	xxx	(one entry)	1:42.50
100 Back	1:19.00	1:13.99	1:00.40
100 Breast	1:28.00	1:23.99	1:08.25
400 Free Relay	xxx	(one entry)	3:45.90

Scoring

6 lanes	Individual	8 lanes
Points	Place	Points
6	1 st	8
4	2 nd	6
3	3 rd	5
2	4 th	4
1	5 th	3
0	6 th	2
-	7 th	1
-	8 th	0

6 lanes	Relays	8 lanes
Points	Place	Points
8	1 st	10
4	2 nd	5
2	3 rd	3

Diving is also scored 6,4,3,2,1 points

Traveling as a Team

PLEASE USE THE BATHROOM BEFORE TRAVELING !!!

Everyone goes to and from meets in school-provided transportation. Arrive at the bus at least 15 minutes before departure. WE WILL NOT WAIT. Wear team attire, and dress with class. You are a representative of Wenatchee High School, our community, and our team.

If you must travel to a meet separately, the "[Departure From Group](#)" form must be filled out in advance and approved by the Athletic Office.

We prefer the team ride together, but understand there may be times where a parent picks up their athlete after an away meet. Parents may sign-out their athlete at the END of the meet.

Bring money on trips for food and pack a meal.

District Team

In a perfect world all swimmers and divers who make district-qualifying times or scores would compete in those events. However, each team is limited to one relay, and four individuals per event (including diving). As a result, making a district-qualifying time does not always mean you will be on the district team. If there are less than 24 athletes qualified in any event, the next fastest athlete may compete at districts as a wild card. Therefore, it is advantageous to swim a longer or less popular event. You may have a better chance to get to districts that way. The coaching staff will always create the district team with the following goals in mind:

1. It is our goal to place as high as possible and send as many athletes as possible to the State meet. This gives us the best chance to compete and represent WHS at state.
2. Typically, the four fastest swimmers in each event and top divers will compete in those events. In order to score more points, you may swim one event over another.
3. We believe our athletes and program should be a model for the high school and community at large. Our district team represents our school, our families, and our community.
4. The coaching staff will make the final determination of who will be on the district team with the above goals in mind.

Varsity & Junior Varsity at Meets

Swim events are seeded by heats, diving is not. Varsity and junior varsity heats will be different at each meet. The varsity heat will consist of the top three athletes in each event. The JV heat(s) will be all other athletes in the event. For some meets, like Districts, the top four athletes in each event are all considered varsity. Only the varsity heat, or divers designated as varsity, will score.

Varsity and Junior Varsity designation for meets has no relation to Varsity Lettering and JV certificates. For Varsity Lettering and JV Certificate expectations, see [Varsity Letters & JV Certificates](#).

Varsity Letters & JV Certificates

Lettering Policy

The coaches reserve the right to make final decisions concerning the earning of letter awards.

1. **Season:** To earn a Varsity letter or Junior Varsity certificate or, athletes must participate in the program for the entire season without violating the athletic contract.
 - a. In addition, the athlete desiring a Varsity letter will live up to the Team Pledge, know it, and lead by example.
2. **Meets:** To earn a Varsity letter athletes must participate in at least 80% of varsity meets available to them. It's important to keep your grades up and attend practices to be eligible for meets. Varsity meets are designated with an "x" on the meet schedule.
3. **Practice:** Participation is vital to a successful season and to lettering.
 - a. Divers desiring a Varsity letter or a JV certificate must attend at least 90% of practices throughout the season.
 - b. Swimmers desiring a Varsity letter must attend 90% of practices throughout the season: (exception: Running Start).
 - c. Swimmers desiring a JV certificate must attend 80% of practices throughout the season: (exception: Running Start).
 - d. Three tardies will equal an absence.
4. **Qualifying times:** To achieve a Varsity letter in swimming, an athlete must achieve lettering times in a minimum of THREE events. To achieve a JV certificate a lettering time must be met in at least ONE event.
 - a. Consistent improvement over the season may, at the discretion of the coaching staff, be used in place of ONE lettering time.
 - b. Scoring in an individual event at Districts, will count as ONE lettering time.
5. An athlete who participates in the swim/dive program all four years and has not earned a varsity letter will have earned one.
6. **SPECIAL NOTE:** WHEN THE STUDENT/ATHLETE VIOLATES THE CONTRACT FOR OFFENSES INVOLVING TOBACCO, ALCOHOL/DRUGS, OR STEROIDS/LEGEND DRUGS THEY FORFEIT THEIR OPPORTUNITY TO EARN ANY CERTIFICATE, AWARD OR LETTER FOR THAT SPORT SEASON, REGARDLESS OF WHETHER OR NOT THEY HAVE BEEN SUSPENDED OR REINSTATED DURING THAT SPORT SEASON.
7. **Divers:** In addition to numbers 1-3, and 5-6, must achieve a score of at least 180 points in a six-dive meet and/or 270 points in an 11-dive meet.

Awards & Recognition

Awards & Special Recognition

At the end of the season there will be special recognition awards given for the following:

- ★ Most Valuable Athlete
- ★ Most Improved Athlete

- ★ Most Inspirational Athlete
- ★ Most Dedicated Athlete
- ★ Team Captains
- ★ Melinda Mills Memorial Award
Will go to the athlete who shows improvement and leadership, and embodies Panther team spirit.

Panther All-Americans & State Champs

NISCA Academic All-Americans

2017-2018 Jordan Hartley
 2015-2016 Kayli Brown
 Brian McDarment
 2010-2011 Taylor Christensen
 2009-2010 Samantha Bennett
 Molly Grater
 2008-2009 Audrey Bastian
 Kelleen Dunley
 Karlie Neff
 2007-2008 Kara Fisher
 Megan Grater

NISCA All-Americans

2019-2020 Connor Elwyn, 100 Back, 200 Med Rel.
 Benjamin Grigsby, 200 Med Rel.
 Andreas Broxson, 200 Med Rel.
 Christian Cutter, 200 Med Rel.
 Rae Ann Dressel, 100 Breast
 2018-2019 Connor Elwyn, 100 Back
 2016-2017 Isabelle Dressel, 100 Breast
 2015-2016 Jess Wierzbicki, 100 Butterfly
 Jared Vargas, 100 Breast
 2006 Ben Shea, Diving
 1995 Robin Davidson, 100 Breast
 1994 Robin Davidson, 100 Breast

State Champions

2020 Connor Elwyn, 100 Backstroke
 2019 Connor Elwyn, 100 Freestyle, 100 Backstroke
 2014 Jessica Wierzbicki, 100 Butterfly
 2015 Jessica Wierzbicki, 100 Butterfly
 2012 Hannah Bruggman, 100 Freestyle
 1995 Robin Davidson, 100 Breaststroke (tie)
 1993 Chris Cushman, 50 Freestyle

