

2009

Fairview High School
Girls' Swimming and Diving

Parent/Athlete Handbook

“ The best moments in our lives usually occur when a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile” Flow: the Psychology of Optimal Performance- *Mihaly Csikszentmihalyi*

Table of Contents

Team Goals	4
Coaching Staff	6-7
Frequently Asked Questions	7-9
Background Information	10-11
Practice Schedule	12
Meet Schedule	13
Meet Information	14-17
5A State Qual Times	18
Directions to Away Meets	19
Lettering Guidelines	19
Power Points	20

Dear Fairview Swimming and Diving Parents and Athletes:

The purpose of this handbook is to provide useful information as you prepare for the 2008-2009 swimming and diving season. As further questions arise, please feel free to email or call us and we will be happy to answer your questions. The 2008-2009 captains have set high athletic and academic goals for the team. The following are a few thoughts about the upcoming season with an emphasis on new directions and news items.

- **New League:** After approximately 40 years in the Centennial League, both Fairview and Boulder High have changed to the Front Range League. The Front Range League will consist of 12 schools including Fort Collins, Horizon, Legacy, Loveland, Monarch, Mountain Range, Northglenn, Poudre, Rocky Mountain, and Thornton. The Front Range League has each team scheduled to swim five intraleague dual meets. The Front Range League has a league relay meet at the beginning of the season. The League has a varsity championship meet at the end of the season, but does not have a separate JV championship.
- **Florida Training Trip:** We will be taking a training trip to the Florida Keys from Thursday, November 20, until Thursday, November 27. The primary goals of the trip are training in a beautiful outdoor facility, team building, cultural enrichment and fun. Athletes who do not attend the trip will have regularly scheduled practice, both swimming and diving, in Boulder.
- **New Coach:** welcome to new coach Amy Brophy Webb. Amy is the head coach of the MESA Swim Team and she also has taught many Fairview swimmers through the Boulder Swimming Academy...
- **Training Software:** Our 3SSports Systems training software system enables us to design more scientifically the energy system components of our training sets. 2008 US Olympic medalists Christine Magnussen and Cullen Jones were extensively trained on the 3S system.
- **Financial Support.** We continue to have financial needs to support the team. BVSD budgets are tight. Our philosophy continues to be that Fairview girls are too busy with academics and activities to go door-to-door selling products. Therefore, we ask parents who are able to please write a tax-deductible check to Fairview Sports Booster Club and designate the Girls Swimming Activity Fund. This year our budgeted needs are approximately \$5,000.
- **Website Address :** The address for Fairview girls swimming and diving website is <http://schools.bvssd.org/fairview/gswim/public.html>. We will endeavor to provide more information on the site including the athletic registration packet. We appreciate the work that MJ McCoy has done in updating the site.
- **Parent Volunteers Needed.** We need to have parent volunteers for a variety of tasks in connection with home meets, travel meets, and social events.
- **Summer Success (BVSSL):** Congratulations to Fairview swimmers who performed well in the Boulder Valley Summer Swim League. Event winners in the 15-18 age group were Mackenzie Patterson in the 200 IM (2:18.36) and the 100 breaststroke (1:09.70), Shirin Sedeghat in the 50 freestyle (25.58), and Caroline Patterson in the

100 backstroke (1:01.20). In the 13-14 age group. Berkley Gamble won the 100 fly (1:03.45) and the 100 backstroke (1:04.35). and Kourtney Fosse won the 100 breaststroke (1:15.29).

- **Summer Success (state championships)** Congratulations to Lizzy Anderson (freshman) who won the 13-14 year old, 1500 meter Free (18:30.30), 800 meter Free (9:42.75), and 400 meter Free (4:45.59) at the State Long Course Championships. Other Fairview swimmers who qualified for finals include: Julie Anderson, Sydney Pair, and incoming freshmen Mary Scraggs and Lacey Smith. Also participating in the State Championships were Emily Scraggs, and Julia Ting (freshman).
- **Summer Success (Sectionals, Zones, and Junior Nationals)** The following swimmers swam at the USS Swimming Summer Sectional Championships held in Oregon during July: Sydney Pair, Lauren Rigg, Tara DeMuth, and Tasia DeMuth. In August Julie Anderson and Lizzy Anderson, went to Gresham, Oregon and represented Colorado in a multi state Zone Championships where they both were finalists. Lauren Rigg attended Jr. Nationals as a relay swimmer and swam several time trials while there.
- **Fairview Summer Swim Camp.** This past summer we continued the Fairview swim camp for boys and girls ages 12-17. The camp featured five sessions per week for a seven week period. We were especially pleased that 30 members of the Fairview Girls' Swim Team participated including seven incoming Fairview 9th graders. All five of the male and female athletes who won the BVSSL High Point Awards in the 13-14 and 15-18 age groups participated in the camp. Special thanks to our coaches, Franny Benay Nathaniel Carruthers, Alyssa Norman, and Graciella Breece-Rodriguez.
- **Graduating Scholar Athletes.** Congratulations to our six graduating seniors who earned the Academic All American designation from the National Interscholastic Swim Coaches Association (NISCA) : Allison Best (University of San Diego), Lucy Bollinger (Case Western Reserve University), Mackenzie Patterson ((USC), Megan McIntyre (Cal Poly SLO), Ana Prinster (St Norbert College) and Jillian Smith (Washington University in St. Louis). Fairview continues to lead the state in the number of girls' swimmers who attain this award.
- **All American** Congratulations to our three relay teams who earned 2007-2008 NISCA Swimming All American Status. The 200 medley relay (1:49.64) was composed of Taylor Kitayama, Tara DeMuth, Sophie Lucas, and Rachael Cazden; the 200 freestyle relay (1:39.00) consisted of Tasia DeMuth, Shirin Sedaghat, Rachael Cazden and Lauren Rigg; and the 400 free relay (3:35.02) was swum by Lauren Rigg, Lindsay Braun, Tasia DeMuth and Sophie Lucas. Earning Honorable Mention All American status were Lauren Rigg in the 100 butterfly (57.50) and Taylor Kitayama in the 100 backstroke (58.50).
- **National Dual meet ranking.** Our NISCA National Dual Meet ranking for 2007-2008 was 29th among all girls programs in the nation.

Go Knights!

2008-2009 FHS Girls Swimming & Diving Team Goals

- 1.** Have 25 girls qualify for the Colorado State Championship.
- 2.** See that 75% of the team makes the Honor Roll (3.75 cumulative weighted GPA).
- 3.** Achieve a top-3 finish at State. With respect to the eight individual swimming races at State, have 32 individual entrants in preliminaries, the most permitted.
- 4.** Win the Boulder County meet, and have our second team place in the top three teams.
- 5.** Have five seniors become NISCA Academic All-Americans.
- 6.** Place among the top thirty teams in the NISCA National Dual Meet Ranking.
- 7.** Achieve 45 new positions on the Fairview All-Time List.
- 8.** Enable 70% of our athletes to achieve personal best times at the Front Range League Championships..
- 9.** Diving Goals (to Come).
- 10.** With respect to our entry into the Front Range League, establish a reputation for sportsmanship and humility, as well as excellence.
- 11.** Have Fun!

Coaching Staff

Franny Benay, 949-278-0065 Francoise.Benay@Colorado.EDU Franny grew up in Southern California where she swam varsity for Southern Section-CIF Division 1 champion's Irvine High School. She graduated from the University of California, Santa Barbara in 2002 with a B.S. in Physiology, a minor in Athletic Coaching with an emphasis in swimming. She coached from 2001-2003 at Dos Pueblos High School, where the boys team swam to a CIF-SS Division 1 Championship in 2003. Franny spent a year at Indiana University studying in the Kinesiology Department and completing research for the Counsilman Center for the Science of Swimming. Franny recently completed her master's degree in Integrative Physiology at CU-Boulder and is now working on a science education project directed by a Nobel Prize Winner.

Graciela Breece-Rodriguez 720-684-7221

Graciela.A.BreeceRodriguez@erac.com, As a freshman at Fairview, Graciela broke the state record in the 100 butterfly with a 56.65 All American performance. She is third on the Fairview All-time list in the 100 backstroke with a 58.61 swim. She earned a full swimming scholarship at the University of Tennessee where she specialized in the 200IM, 200 fly and 200 backstroke events. This summer she helped coach the Fairview Swim Camp. She still holds numerous age group records for the Boulder swimming club team.

Brooks Lustig, 303-859-4507 lustigb@gmail.com Brooks started swimming with Mesa Swim Team at age six and continued until he was 18 years old and awarded the Mesa Immortal Swimmer Award. Brooks also swam and lettered for Fairview High School, as well as a USS club, Boulder Poseidons, where he was awarded most improved his first year. After high school, Brooks continued with swimming at Colgate University (NCAA Division I). Upon returning to Colorado, he joined the University of Colorado Club Swimming team. At CU he finished his degree in Astrophysics and Planetary Sciences and he is currently working on a teacher's license for secondary science education. Brooks has been coaching for 8 years in Colorado. He has been a long time coach of the Rock Creek Flyers Swim Team and is currently the summer club's head coach. Brooks has also coached for Boulder Swimming Academy (a USS team that competes during the fall), as well as technique clinics, and masters workouts for both children and adults. He is Co-Head Coach of the Fairview Boys' Team.

Tony Novak, Diving Coach, 303-564-5385, tony.novak@bvsvd.org Tony grew up in Germantown, Maryland and started diving as a freshman at Seneca Valley High School. He later earned a diving scholarship to East Carolina University. During his attendance at ECU, he placed in the top 8 in the conference every year on the diving team. Tony graduated in 1997 with a B.S. in Physiology and later went back for an education degree. He is currently a teacher and coach at Southern Hills Middle School in Boulder.

Sharon Olson, missesolson@gmail.com. Sharon started swimming before she could walk and continued through college. In High School she was a three-time Outstanding Female Swimmer of the Year, league champion in the four events and named Eastern Athletic League Female Swimmer of the Year in 1999, 2000 and 2001. She went on to the University of Washington on a full swimming scholarship where she was a 4-year varsity letter winner. She was captain of the team, held 7 school records, earned All-American status, competed internationally and was MVP 3 out of her 4 years there. She has coached swimming for the past 12 years, mostly with the Redding Aqua Ducks in California but also with the University of Washington community outreach program.

Bob Smartt: 303-448-0516 rsmartt@att.net At the University of Chicago, Bob was the swim team captain and a record holder in individual seven events. He earned his MBA degree from Stanford University and worked for sixteen years in municipal investment banking for Goldman, Sachs & Co. In 1987 Bob swam the English Channel in 10 hours and 11 minutes. He placed 13th in his age group at the 1996 World Triathlon Championships. Bob is certified as a Level 5 Coach by the American Swim Coaches Association. In eight years of coaching the Fairview Girls, his teams have had the following record at the State Championships: first-once; second-5 times; fourth-twice. His athletes have earned 34 NISCA All American designations (27 individual and 7 relay).

Amy Brophy Webb 303-819-0478 amy@webbwork.com Amy swam in the BVSSL for 11 years with Mesa Swim Team. She competed for Niwot High School where she was co-captain and also lettered. She has 12 summers of coaching experience with the BVSSL with both the Flyers Swim Team and Mesa Swim Team. She is currently the Head Coach at Mesa Swim Team. In 2002, she was the Fairview Girls Swim Team assistant coach. She also competes on the national level for Boulder Aquatic Masters as well as coaches for them. She continues to teach swimming lessons to all ages through Boulder Swimming Academy.

Frequently Asked Questions?

- **How does an athlete get registered for the Swimming and Diving Team?** Forms are available in the school office from the Athletic Secretary, Linda Garlan (303-447-5327) or they can be downloaded from the Fairview Girls' Swimming website. Completed forms, evidence of a physical and the participation fee are to be delivered to Linda before an athlete may participate.
- **How does the bus work to away meets? What about meals? What is the timing for the meet and the buses return?** Buses are provided to all away meets except the Colorado Invitational, and the State Meet. The buses leave from the senior parking lot. Usually to save time, the bus will not stop at a restaurant. However, post-meet food is usually available on the bus. Parents desiring to transport their children home should sign a release form that the coaches will have

at the meet. BVSD does not permit parents to transport athletes who are not their children.

- **Are there separate JV and varsity teams?** No, we have one team at Fairview. Most of our Front Range League Dual meets will feature a varsity and a JV competition. Athletes can swim in both varsity and JV competitions at a given meet.
- **How does an athlete earn a letter?** The Lettering Guidelines are in this booklet.
- **How do we order team suits and other apparel?** The team swimsuit tryon will be held at 3:05PM on a date to be determined at South Boulder Rec. After that date, tryons and suit purchases may be arranged directly with Highpoint Swim & Sport, 1738 Pearl Street, Boulder 303-545-2090. Additional apparel may be ordered through the team captains. Details will be forthcoming.
- **What does an athlete need to bring to practice?** Swimsuit, 2 caps, 2 pair of goggles, a water bottle.
- **What is the plan for the intensity of practices?** It will ramp gradually during the preseason and the regular season. For longer training sets, three different intervals are usually available.
- **How many events will an athlete swim in a meet?** Normally between two and four.
- **How are athletes chosen to fill events at a meet?** On the Monday of a dual meet week, a signup sheet will be posted at South where athletes indicate whether they will be swimming that week and what individual events they would prefer. The coaches take this information and make specific race decisions based upon speed, practice attendance, attitude and the needs of the team. The signups for the Fairview Invitational, the Colorado Invitational, the Boulder County Invitational, the Front Range League Meet and State are usually posted two weeks in advance.
- **In which meets will my daughter compete?** Athletes in good standing are permitted to swim in all meets. However, the Colorado Invitational and the State Meet have strict qualifying times and the State Meet has a team limit of four entries in individual events and one entry in relay events. Also, we are limited to entering about 60 swimmers in the Boulder County Championships.
- **How does a swimmer qualify for State and for the Colorado Invitational?** State qualifying times must be achieved in a high school meet during the current season. Colorado Invitational standards may be met in prior high school, USS or summer league competition.
- **How does the team select individual event and relay entries for State?** Primarily based upon the coaches assessment of the lineup that will achieve the most points at State. See fuller description herein.
- **What resources are available for my daughter to get one-on-one stroke instruction?** Private lessons may be available from assistant coaches.
- **Why does the team use a PowerRack?** Researchers at the Counsilman Institute have found a strong correlation between power scores on the PowerRack and an athlete's swim time for 50 yards.
- **What is the practice commitment? Preseason versus regular season?** By state rules, all preseason practice is optional. During the regular season, athletes are expected to attend five practices/week. Those athletes hoping to attend State

and/or to letter are encouraged to attend six practices/week. USS athletes are expected to attend six or more practices per week. Multi-sport athletes are given special consideration as are fine arts students.

- **What role do Saturday practices play?** Athletes will begin to detrain over the weekend unless they swim on Saturday. Due to the unique pool configuration, the Saturday practice has special training sets which are not available on other days.
- **What are the most important meets?** In decreasing order of importance: State, Colorado Invitational, Boulder County, Boulder Dual, Monarch Dual; and the Front Range League Championships.
- **What are the practice expectations for Thanksgiving and Winter Break?** Athletes who need to leave Boulder should find a pool and swim every 48 hours. For those athletes who do not participate in the Florida training trip, regular swim practice will be held over the Thanksgiving holidays except for Thanksgiving Day. State rules prevent Fairview practice from December 24 until January 1, however several practice options with non-school coaches will be available during that time.
- **What is the 5 Practice Rule?** The Colorado High School Activities Association requires that athletes practice 5 days with their team before being permitted to compete.
- **What are the attendance expectations for social events?** These events are optional.
- **What are the primary modes of communication?** MJ McCoy (mjmccoy3@comcast.net) keeps a swimming and diving email list. The diving squad keeps a diving-only list. Meet signup sheets are available at South. Swim coaches are available after practices at South and via email and telephone. . The Seahorse, a team newsletter, will begin delivery by email after the first meet.
- **Is the Fairview trainer available to swimmers and divers?** Yes. Aston Redstone has office hours from approximately 2:30PM until 7:30PM. His cell number is 406-546-9429.
- **Florida trip: What training is available if I don't go to Florida?** Athletes who do not attend the trip will have regularly scheduled practice at South Boulder Rec. and at CU, both swimming and diving, in Boulder.

Background Information:

Required Paperwork: As soon as possible, the required paperwork, evidence of physical and appropriate payment should be given to Linda Garlan in the athletic office (not to coaches!). Linda will give the athlete a green permission slip which is to be delivered to the head coach. Students who participated in a Fall sport at Fairview will not have to do paperwork nor show evidence of physical- they will need to make payment. The athletic participation fee is \$135 for a sport. Fees are aggregated on a family basis so that a family will pay no more than \$405 per year. Fee scholarships are available for certain eligible athletes.

Practice Requirements: Six practices are offered each week. Athletes are expected to attend a minimum of five practices/week. Special arrangements are made for athletes doing two sports during the Winter and for USS athletes who are expected to practice in total more than five times/week. State rules require that each student must attend practice five days with the team before competing. Athletes should make an effort to be on the pool deck 10 minutes before splash for stretching and instruction. Coaches must be informed in advance when an athlete expects to arrive late for practice or to leave early.

Team Swim Suits: Swimsuit fitting will be held at South Boulder Rec. Center at 3:05PM on a date to be announced.. After that date, swimsuits will be available through High Point Swim & Sport, 1738 Pearl Street, 303-545-2090. Fairview does not pay for athletes' swim suits. Scholarships are available for certain eligible athletes. With approval from the coaching staff, athletes need not wear team suits in certain high level championship meets. For example, at the State championships the team will be fitted with special suits such as Speedo Aquablades. Athletes are encouraged not to wear the team suit for practice, a variety of older suits will work fine. Athletes are expected to have the following equipment at all practices and meets: two pair of properly fitting goggles, two swim caps and a water bottle prepared in advance.

Certain Colorado High School Activities Association (CHSAA) Rules: USS and USD athletes who want to practice or compete with their club team during the high school swim season (November 12 to February 15) must have the prior approval of the principal. Bob Smartt will prepare a mass submission to the principal for the USS and USD athletes of whom he is aware. If you practice and/or compete with an outside group, it is your responsibility to get on Bob's list or do a separate submission yourself. Certain academic standards must be maintained by the athlete in order to be eligible for high school sports. Linda Garlan, Fairview Athletic Secretary, serves as the clearinghouse for eligibility. **No "school representative" shall recruit any student. School representative includes athletes, parents, family members of athletes, and alumni.**

Awards: The standard for the Fairview Wall of Fame is to place among the top eight in an event at the state meet either individually, or on a relay team.. At the end of season awards banquet a variety of awards will be presented, including letters and recognition of

champions and record breakers. Academic awards are given to those who at the semester break have made the Fairview Honor Roll (3.75 weighted GPA) and to those with Highest Academic Honors (4.5 weighted GPA). Eligible seniors are encouraged to apply for the NISCA Academic All American award.

Lettering Policy: The minimum standards for lettering are included in this booklet..

Cutting Policy: The coaching staff does not currently plan to cut any swimmers. However, athletes are encouraged to make a serious commitment to the Team and its practices.

Team Newsletter: Periodically during the season, a team newsletter, The Seahorse, will be distributed via email with more specific information about upcoming meets and past performances.

Drugs, Alcohol and Tobacco: Participation on the Fairview Swimming team is a privilege. Athletes sign a Boulder Valley School District Athletic Code and are expected to comply with its requirements. Specifically, the “use, possession, sale or exchange of alcohol, tobacco, or marijuana or other illegal drugs” is expressly prohibited. We take the athletes’ commitment to honor this prohibition seriously. Violations of the Code will result in significant disciplinary action.

Lockers Available Fairview swimmers or divers who want to store their swim bags in an athletic locker at school should visit with Kara Chitwood, who has an office near the girls’ athletic locker room. Athletes should bring their own locks. Ms. Chitwood will show girls the correct area to choose a locker.

2008 Fairview Girls' Preseason Swimming Practice

We will begin seven+ weeks of *optional*, preseason swim practice on Monday, September 22. The practices will concentrate on technique in all strokes and the intensity level will increase gradually during the seven weeks. *Team swim suits are not necessary.* This is an excellent introduction to swim team for novice swimmers. Swimmers who begin their swim training on the first official day of practice, Wednesday, November 12, will be facing a 4,000 yard practice in 120 minutes. Different rest intervals will be established for different abilities.

2007 PRESEASON PRACTICE SCHEDULE:

Week of September 22:

Monday through Friday - South Boulder Rec Center: 3:30-5:00PM *plus* 20 minutes of optional dryland training afterwards.

Monday, September 29 thru Tuesday, November 11:

Monday through Friday - South Boulder Rec Center: 3:30-5:30PM *plus* 20 minutes of optional dryland training afterwards.

Saturday practices at the CU Claire Small Pool: *Begins Saturday, October 4: 3:00-5:00PM. On certain Saturdays (October 4, October 18, and November 8) we may begin earlier (probably 10-12) to avoid CU home football games.*

School Holidays: We **WILL** swim on the school holidays of Friday, October 31 and Tuesday, November 11

Preseason Practice Fee: Unfortunately, due to the rising cost of pool rental and BVSD budget constraints, it will be necessary to charge for the preseason swim practice. Participants can pay \$175 for the entire seven week program (43 practices) or \$10 per practice on a drop-in basis. Checks should be made payable to Fairview High School. Drop-in athletes are encouraged to pay with one check at the end of the seven week period. *Scholarships are available for financial need.*

Meet Schedule

subject to change—check website for updates

Date	Meet	Location
Friday, December 5	Fairview Invitational (hybrid meet)	home
Saturday, December 6	League Relay Meet	Northglenn HS
Thursday, December 11	Mountain Range	Northglenn HS
Thursday, December 18	Monarch	home
Saturday, December 20	Colorado Invitational	Mtn. View High Loveland
Thursday, January 8	Rocky Mountain	home
??????	Diving-only meets	To be determined
Thursday, January 15	Legacy	Northglenn HS
Tuesday, January 20	TBD	
Fr/Sat January 23and 24	Boulder County Invitational	home
Thursday, January 29	Boulder High	North Boulder Rec. Center
February 6-7	Front Range League Championships	Mountain View High Loveland
February 13-14	5A State Championships	EPIC Pool Fort Collins

Meet Information

Events: Most high school competitions are performed in 25 yard pools. The following is the order of high school events. This order of events will be followed in all meets except for the Fairview Invitational and the Front Range League Relay Meet: 1) 200 medley relay; 2) 200 freestyle; 3) 200 individual medley; 4) 50 freestyle; 5) 1 meter diving; 10-15 minute swim warm-up; 6) 100 butterfly; 7) 100 freestyle; 8) 500 freestyle; 9) 200 freestyle relay; 10) 100 backstroke; 11) 100 breaststroke; and 12) 400 freestyle relay. In JV competitions, by prior agreement of the coaches, a 50 butterfly fly may be swum in place of a 100 butterfly and a 100 individual medley may be swum in place of a 200 individual medley.

Types of Meets:

The Fairview team will swim in approximately six dual meets, two relay meets, and four invitational meets. Also, the diving team may choose to attend certain additional meets that focus upon diving. Coaches must be informed in advance if athletes will be unable to attend a meet.

There will be a signup sheet posted on the wall at South before each meet for swimmers to communicate with the coaches as to whether they will be attending a given meet and as to what individual events they would like to swim.

Dual meets against a single other team are usually scheduled with separate varsity and junior varsity competitions. Occasionally, a third meet, or sub-JV competition will be offered (e.g. the Boulder High meet). Separate scoring is kept for each competition. Scoring for relays is 8-4-2 and for individual events is 6-4-3-2-1. The team is usually permitted to have three entries in each event. Athletes may swim in a maximum of two individual events and two relays or three relays and one individual event. Diving counts as one individual event. Every athlete who is in good standing (practice requirement and effort expended) will be allowed to swim in every dual meet. Dual meets are usually scheduled for Thursdays at 4:00 PM.

Home Dual Meets For home dual meets, athletes should finish school and then hurry down to the pool for warm-up at South Boulder Rec.

Thursday December 18- Monarch at Fairview: Monarch was 12th at 5A state last year. Monarch returns six state qualifiers including league champions Whitney Daugherty,

Anna Labozan, Andrea Kacynski, and Whitney Fletcher. Monarch is the defending Front Range League Team Champion.

Thursday January 8 Rocky Mountain at Fairview. Rocky Mountain was 35th at 5A state last year. The team returns three state qualifiers.

Away Dual Meets For away dual meets, we will take a bus that will leave Fairview at approx.2:10PM. Most away dual meets will have a warmup time from 3:00-4:00PM and the competition will begin at 4:00PM. Food, but not necessarily dinner, will be provided to the athletes on the bus. It is the coaches' responsibility to give a list to the attendance office of all athletes who will be missing a portion of the school day due to away meets. It is the athletes' responsibility to communicate in advance with the appropriate teachers, so that homework assignments are understood and tests can be rescheduled. If parents need to bring daughters home from a meet, for example to give the athlete more time to study for an important test, then the parent should sign a release form that the coaches will have at the meet. BVSD will not permit parents to transport athletes home who are not their children. Swimmers returning on the bus should be picked up in the front (senior) parking lot of FHS. Since the return time is variable, swimmers should use a cell phone to inform their parents of the approximate arrival time.

Thursday, December 11- Fairview vs. Mountain Range (Northglenn High Pool) : Mountain Range placed 20th at 4A State last year. Mountain Range returns two state qualifiers. Alyssa Norman teaches at Mountain Range.

Thursday, January 15 Fairview vs. Legacy (Northglenn High Pool) : Legacy did not score at 5A state last year. The team returns two state qualifiers.

Thursday, January 29- Fairview at Boulder High : Boulder High placed 4th at 5A State last year. Boulder has eight returning state qualifiers. This meet will be held at the North Boulder Rec. Center. This meet is usually covered by the Boulder Daily Camera. The meet will feature at least three heats providing opportunity for many athletes to swim multiple races.

Invitational Meets:

The Fairview Invitational will be held at South on Friday, December 5. Each team will be able to enter three entries in each event. Seven events will be four person relays and five events will be individual events. Entry times will be used to seed the swimmers so that the fastest six seeded swimmers or relays will be in the final heat of an event. Each individual will be allowed to swim in up to 4 events, of which no more than two can be individual events. No diving events will be available.

Order of Events:

1. 200 yard medley relay
2. 100 yard freestyle
3. 200 yard breaststroke relay (4 x 50)
4. 100 yard butterfly
5. 200 yard backstroke relay (4 x 50)
6. 50 yard freestyle

7. 4 x 100 yard IM relay
8. 200 yard freestyle relay
9. 100 yard backstroke
10. 200 yard butterfly relay (4 x 50)
11. 100 yard breaststroke
12. 400 yard freestyle relay

The Front Range League Relay Meet will be held Saturday, December 6 at Northglenn High School. Each swimmer can enter a maximum of three events. A diving relay will be available. We will be allowed to enter at least two teams. In each event, we will be allowed two entries per team. The events:

1) 200 medley relay; 2) 4 x 50 butterfly relay; 3) diving relay: 6 dives, 2 members competing 3 dives or 3 members competing 2 dives; 4) 4 x 50 breaststroke relay 5) 4 x 100 freestyle relay; 6) 4 x 50 freestyle relay 7) 4 x 100 IM relay; 8) 4 x 50 backstroke relay; and 9) Crescendo free relay .

The Colorado Invitational is scheduled for Saturday, December 20 at the Mountain View Pool in Loveland. There are difficult qualifying times for this meet. (see the two page Invitation letter in this document). Athletes who have not achieved the qualifying times are not able to attend. Qualifying times for this meet may have been achieved in the current or prior years of high school competition, in BVSSL summer league, or in USS competition. This meet is the second most important of the season. It is a dry run for the state championships. 5A and 4A teams compete against each other at this meet, but have separate competitions at State. Approximately 70-85% of the best swimmers in the State attend this competition. . The composition of the relay team members may change from preliminaries to the finals. The top 16 individuals or relays in each event qualify for finals.

Fairview will host The Boulder County Championships which will be held at South Boulder Rec. Center on Friday and Saturday, January 23 and 24. Swimming prelims are held on Friday. The 18 fastest individuals and relays in each event qualify for the swimming finals on Saturday. Diving will be held on Saturday morning at the CU diving well. All team members are expected to attend finals, whether you will be swimming or just cheering for your teammates. Under our lettering policy, placing in the top 18 individually in this meet qualifies athletes for a letter. Fairview may be divided into as many as three different teams. Each separate team is able to enter a total of four persons in individual events and two relays in each relay event. This meet is fun and fast, a good opportunity to showcase the progress that the team has made and to qualify more individuals for State.

Front Range League Championships will be held Friday, February 6 (prelims) and Saturday, February 7 (finals) at the Mountain View High School Pool in Loveland. The League does not have a separate JV League meet. An unlimited number of entries are allowed in individual events, but only one relay is allowed. There are no qualifying times. Finals are structured with 3 heats of 6 swimmers each. Only 4 swimmers from a team can qualify for finals. . **All members of the team are expected to attend the League**

Championships except for certain state qualifiers who will be focusing on the state championships.

Qualifying for the State Championships: In order to swim an individual event at the State Championships, the athlete must achieve the 5A time standard during the 2008-2009 season in a high school meet. USS and practice swims don't count. Relay leadoff swims in the 4 x 50 and 4 x 100 free relays do count so long as meet officials are informed and requisite timing is arranged. We are permitted only one relay entry in each of the three relay events at State. The coaching staff may designate up to 8 individuals for each relay event at State. The composition of the relay may change between prelims and finals. **We are permitted a maximum of four entries in each individual event.** Last year the team had more than four qualifiers in several events. In making the decision concerning which athletes will be allowed to swim at State if more than four qualify, the coaching staff will consider a number of factors including whether times were achieved unshaven, when during the season the state qualifying time was achieved, whether an athlete has achieved more than one standard, and the likely order for relay swims. The ultimate calculation will involve the coaching staff's subjective assessment of the entry lineup that will give Fairview the best chance to achieve the Team's goals. **It may be necessary to stage a swimoff at League to determine which athletes will swim certain individual events at State.**

State Championships – Epic Pool, Fort Collins, take I-25 North to the Prospect Road exit, then west 2-3 miles. South (left) on Riverside, 1 block to the building (1801 Riverside). **The entry is due Sunday, February 7, at 10:00AM. Athletes who qualify for multiple events at State should communicate early and often with the coaching staff concerning the selection of events for State.** Fairview will be competing in the 5A category against approximately 60 other teams.

2007-2008 Colorado High School Girls' Swimming Times and 2009 State Qualifying Times

Event	State 2008	State 2008	Colorado Invite 2007	Colorado Invite 2007	08Boulldr County	08Boulldr County	08Boulldr County	2009 State Qual
Place	Top 8	Top 16	Top 8	Top 16	Top 6	Top 12	Top 18	
200MRe	1:52.69	1:57.02	1:53.90	1:56.44	1:58.32	2:04.54	2:08.52	2:01.80
200 Free	1:58.45	2:01.25	1:59.04	2:01.23	2:05.28	2:08.38	2:11.50	2:04.30
200 IM	2:13.84	2:14.54	2:14.75	2:17.41	2:17.99	2:22.08	2:33.83	2:21.10
50 Free	24.93	25.22	25.18	25.62	25.77	26.30	27.05	26.00
100 Fly	1:00.09	1:02.08	1:01.35	1:02.37	1:03.51	1:07.13	1:10.31	1:04.00
100 Free	53.55	54.70	55.16	56.10	56.46	58.49	1:00.51	56.60
500 Free	5:13.83	5:26.25	5:17.28	5:26.86	5:41.67	5:56.38	6:13.72	5:35.00
200FRe	1:41.75	1:44.46	1:43.70	1:45.85	1:49.35	1:51.34	1:57.02	1:48.10
100 Back	1:00.01	1:01.70	1:00.86	1:02.71	1:02.78	1:04.02	1:06.50	1:04.20
100 Brea	1:08.69	1:10.45	1:09.43	1:11.26	1:11.65	1:13.72	1:17.26	1:12.80
400FRe	3:39.391	3:49.40	3:46.25	3:53.25	3:54.72	4:10.96	4:28.80	3:58.50
*	2008-2009 AA Consider #	2008-2009 AA Automati #	#- not Altitude adjusted		League * 2007 B Top 6	League* 2007 B Top 12	League * 2007 B Top 18	2007 (Dec.) Co Inv Qual
200MRe	1:50.85	1:49.32			2:06.69	-----	-----	2:06.0
200 Free	1:52.99	1:51.56			2:06.05	2:16.11	2:18.80	2:11.0
200 IM	2:07.60	2:05.74			2:25.33	2:36.47	2:43.27	2:27.0
50 Free	24.12	23.86			25.74	27.34	28.25	27.0
100 Fly	57.50	56.75			1:07.02	1:10.75	1:19.17	1:07.0
100 Free	52.39	51.72			56.88	1:00.32	1:02.05	58.8
500 Free	5:02.19	4:58.13			6:01.79	6:21.07	6:34.49	5:50.0
200FRe	1:39.64	1:38.34			1:49.11	-----	-----	1:52.0
100 Back	58.43	57.50			1:06.23	1:09.78	1:14.54	1:07.3
100Breast	1:06.28	1:05.24			1:16.10	1:21.10	1:25.31	1:16.0
400 Fr R.	3:36.76	3:33.90			4:07.64			4:08.0

*- Front Range League will be much faster in 2009 with three new teams

Directions to Away Meets

Mountain View 3500 Mountain Lion Drive, Loveland, 80537 I-25 to Exit 257B
(Highway 34) W. to Boyd Lake Road, S. to School

Epic 1801 Riverside, Fort Collins, I-25 to Prospect exit, W. 2-3 miles to Riverside, S. 1
block to the pool

Boulder High: North Boulder Recreation Center, 3170 Broadway

Northglenn: 601 W. 100th Place, Northglenn 80221, US 36 to Church Ranch Road exit,
east on 104th Avenue to Huron, south on Huron to 100th Place, east to school.

Fairview Girls' Swimming and Diving Lettering Guidelines

- 1) a state qualifying time in an individual event;
- 2) place individually at the Colorado Invitational, the Boulder County Championships, the Front Range League Championships, or the Fairview Invitational;
- 3) achieve 75 altitude-adjusted Power Points in an individual event;
- 4) achieve 70 altitude-adjusted Power Points in two individual events; or
- 5) seniors who have provided meritorious service to the team.

Power Points (altitude-adjusted)

Event	75 points	70 points
200 free	2:11.0	2:12.5
200 IM	2:26.4	2:28.1
50 free	27.8	28.2
Dive-6	139.2	132.7
Dive-11	232.3	222.1
100 fly	1:08.2	1:09.2
100 free	1:00.2	1:01.0
500 free	5:50.0	5:54.0
100 back	1:07.6	1:08.6
100 breast	1:17.1	1:18.1