

Glenbrook South Swimming & Diving

4000 West Lake Ave. Glenview, IL (pool) 847-486-4601

Welcome to the 2015-16 Girl's Swimming and Diving Season! The coaching staff is looking forward to a very successful--and very fun--season. Please read through this entire letter, and if you have any questions, please don't hesitate to contact the appropriate coach(s).

Team Information: All team information can be found at gbsswim.com. This site has all our practice calendars, meet schedules, meet results, and much, much more. Each coach's email is listed on this site in case you need to contact us. Please bookmark gbsswim.com.

Practices: Our practice schedule is pretty consistent throughout the season. Every swimmer and diver is expected to make every single practice. Please notify your respective coach, in advance if possible, if you are sick or need to miss a practice. We have three levels: Varsity, JV, Freshman. At times, groups may practice together but mostly they will be separate practices.

Swim Meets: We are in the Central Suburban League (CSL), which is divided (by school enrollment) into North and South divisions. Glenbrook South is in the CSL South, along with Evanston, New Trier, Niles West, Maine South, and Waukegan. The CSL North contains Glenbrook North, Niles North, Maine East, Maine West, Deerfield, and Highland Park.

We will swim dual meets against every CSL South team, as well as a crossover meet with the CSL North school that finished in the same place as GBS in their respective conference meet: this year our "crossover" is against Highland Park. We also have a rivalry meet with GBN.

The majority of our meets will be "three level" meets, and every swimmer and diver is expected to swim or dive at each meet when their level is competing. Meets last about 2½ hours. Coaches are very good about getting every swimmer into each dual meet, so you'll get lots of chances to race and dive!

We take busses to all "away" meets, and all swimmers and divers are required to ride the bus to and from these meets. If, for some very important reason, parents want their athlete to ride home with them instead of riding the bus, coaches must receive written permission from the parent for liability reasons. Please be prompt about arranging a ride home from GBS after the bus returns from "away" meets.

Dual meets are scored by level, with each event counting towards the total score for that level: Individual races: 1st=6 points, 2nd=4 pts, 3rd=3 pts, 4th=2 pts, 5th=1 pt; Relays: 1st= 8 points, 2nd=4 pts, 3rd=2 pts. Each athlete is allowed to swim four events (with a maximum of two individual events).

This is the "order of events" (diving has all levels compete at the same time during the "diving break"):

Freshman

1. 200 Medley Relay
4. 150 Freestyle
7. 100 Individual Medley
10. 50 Freestyle
13. Diving
16. 50 Butterfly
19. 100 Freestyle
22. 300 Freestyle
25. 200 Freestyle Relay
28. 50 Backstroke
31. 50 Breaststroke
34. 400 Freestyle Relay

JV

2. 200 Medley Relay
5. 200 Freestyle
8. 200 Individual Medley
11. 50 Freestyle
14. Diving
17. 100 Butterfly
20. 100 Freestyle
23. 500 Freestyle
26. 200 Freestyle Relay
29. 100 Backstroke
32. 100 Breaststroke
35. 400 Freestyle Relay

Varsity

3. 200 Medley Relay
6. 200 Freestyle
9. 200 Individual Medley
12. 50 Freestyle
15. Diving
18. 100 Butterfly
21. 100 Freestyle
24. 500 Freestyle
27. 200 Freestyle Relay
30. 100 Backstroke
33. 100 Breaststroke
36. 400 Freestyle Relay

Invitationals: We will be competing in four different invitational meets. These meets involve multiple teams and often have different events than a typical dual meet. Coaches will post lineups a few days before the each invite so all swimmers and divers will be aware if they are competing in an invitational.

Conference Meets: The Freshman Conference Meet includes all twelve teams from both the CSL North and South divisions, and New Trier will be hosting this big meet this year. This is an exciting meet where

every freshman from every team will swim or dive, regardless of what level they competed on during the season. For example, if a school has a “superstar” freshman that swims or dives on varsity during the year, they will still be eligible to swim or dive at this meet. This makes for very fast racing and exciting diving at this meet, showcasing the talent of each school’s freshman class. It is a great culminating meet! This will be the last meet of the season for all freshman swimmers and divers unless they have been participating on jv or varsity during the year. The goal will be to have the fastest swims of the season and the most fun of all the teams competing at this meet.

The JV and Varsity Conference Championship meets include all six CSL South teams. The meets rotate among teams in the league: Evanston hosts both meets this year. Unlike the freshman conference meet, these meets have limited entries, so only the best in each event at the respective level can compete.

Sectionals and the State Meet are the top meets in Illinois High School Swimming. The fastest swimmers and best divers in the state will compete at Sectional meets, and swimmers must get under an IHSA qualifying time, or divers earn a qualifying score, to advance to the State Meet. The Illinois State Meet is one of the fastest state meets in the country. New Trier and Evanston alternate hosting this meet, as these schools are among the only facilities in Illinois with enough seating for spectators. New Trier will be hosting the girls state meet this year at their Winnetka campus aquatics facility.

Team Gear: Each swimmer and diver is issued a team warm-up jacket, pants and a team bag. Each item is numbered, and the specific item must be returned at the end of the season, or the swimmer or diver will need to pay for a replacement item. **Each swimmer must also purchase a team suit and two caps.** These items are to be purchased at Kieffer Swim Shop at 2747 Pfingsten Lane (corner of Willow and Pfingsten). Seniors may also have additional items they design--jackets, shirts, etc.--available for purchase during the season, and purchase of these items is always optional. For storage and security, each swimmer and diver has a locker in the swim team locker room. Each swimmer and diver must be responsible for keeping their lockers locked at all times to prevent the loss of valuables.

Specifically For Parents:

Parent Meeting: We will have our parents meeting following the Fall Sports Parents breakfast. The Fall sports breakfast will be Saturday, August 22nd at 9:00am in the main gym or field house. This will be a brief intro to the fall season for all the fall sports parents and is hosted by the booster club. Our short meeting will be in the pool bleachers immediately following---approx. 10:00am.

Pasta Parties: Throughout the year, pasta parties are held for the girls to load up on carbs and fellowship, typically each Thursday night before Friday swim meets. Pasta parties may be hosted at a house, the GBS cafeteria, or any other location, and they may be “all team” or split by level. You can learn more about these fun events by asking the parents of senior swimmers for information.

Banquet: Our team holds an end-of-the-year celebration following the state meet. This event recognizes all swimmers and divers for their contributions to the team. Each family will get an invitation by email.

Concession Stand: The team needs a few parents to sign up and volunteer at our concession stand for each home meet. The concession stand is at the back of the pool balcony, and you can easily work the stand without missing any action during the meet. In order to stock drinks for the stand, we will ask each swimmer and diver to bring pop, Gatorade, or bottled water prior to the first home meet against Fremd. We will send out specific requests to each level after the first couple weeks of the season.

Contact Sheet: A group email list has been compiled from the swimmer/divers registration form that we have them fill out the first week of practice. If you would like additional emails to be added to the group list please let Coach MacDonald know.