

2023



Shawnee Sharks **Swim and Dive Team**



Sharks 2023



Inclement Weather Line 913-815-2122
 Thomas A. Soetaert Aquatic Center 631-0054
 Shawnee Civic Centre 631-5200
 CITY OF SHAWNEE
 Sharks Swim & Dive
 2023 Handbook

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CITY OF SHAWNEE SWIM & DIVE TEAM

2023 Sharks Personnel

Swim Team Coaches

HEAD COACH – Susan Orwick
ASSISTANT COACH – Melissa Knapp
ASSISTANT COACH – Logan Myer
ASSISTANT COACH – Daniel Wheatman
ASSISTANT COACH – Rebecca Davis

Dive team Coaches

HEAD COACH – Megan Callahan
ASST. DIVE COACH –

SWIM COACHES QUESTIONS EMAIL: rdavis@cityofshawnee.org

DIVE COACH EMAIL: rdavis@cityofshawnee.org

Shawnee Sharks Handbook: www.cityofshawnee.org

Inclement weather Line 913-815-2122

City:

AQUATIC SPECIALIST.....Rylan Davis

Parents:

LEAGUE REP.....Parent volunteer
COMPETITIVE TEAM REP.....Parent volunteer
DIVE TEAM REP.....Parent volunteer
PRE-COMPETITIVE TEAM REP.....Parent volunteer
HEAD TIMERS.....Parent volunteers
STROKE JUDGE COORDINATOR.....Parent volunteer
STROKE JUDGE.....Parent volunteer
STARTER TEAM.....Parent volunteers
COMPUTER MANAGER.....Parent volunteer
COMPUTER ASSISTANTS.....Parent volunteers
DATABASE.....Parent volunteer
SCORE/RIBBON TABLE COORDINATOR.....Parent volunteer
AWARDS PARTY.....City
TIME TRIALS.....Coaches
TEAM PICTURES.....Sports Photography
END-OF-SEASON THANK YOUS.....Parent volunteer
T-SHIRT DESIGN CONTEST.....Coaching Staff



Weather Issues



In case of inclement weather call 913-815-2122 Press 3 for Swim Team

Attendance: Our season is SHORT. We must utilize our practice times even when the weather is uncomfortable. Swim team practice will be held as long as the air temperature is **60 degrees** or higher by the beginning of practice. If you as a parent feel that it is too cold for your child, **DO NOT BRING THEM TO THE POOL**. Once swimmers are at the pool, the coaches will expect them to participate in **ALL** aspects of the practice, in the water and out. If you are in question, bring your child to practice.

We will leave a message at 913-815-2122 as well as live post to Rainoutline.com regarding practices. If calling, **Press 3 for Swim Team**. The message will be updated if there is a cancellation or change in practice or meets, but weather issues are frequently last minute decisions, so be patient and if in doubt, come to the pool.

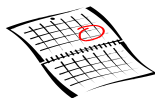
Safety: The City of Shawnee utilizes a lightning detection device at the pool. Lifeguards will clear the pool if there is any lightning in the area. Parents, if there is possibility of threatening weather, please **MAKE PLANS WITH YOUR CHILD** for their transportation home in the event that practice is called early or cancelled.

Practice and Attendance

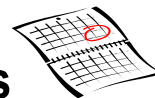
PRACTICES: Practices for the Precompetitive, Competitive Swim and Dive Team teams will begin Tuesday, May 30th. All practices are held at the Thomas A. Soetaert Aquatic Center, located on Johnson Drive and Pflumm. Practice times and dates are team specific, for additional information see pages 5 and 6.

If a participant is going to miss a practice or meet, please provide the coaches with a **written** notice in advance.

SWIM COACH EMAIL: rdavis@cityofshawnee.org



Important Dates



Week of 5/30-6/2
Thursday, 6/1
Friday, 6/2
Friday, 6/16
Wednesday, 7/12
Friday, 7/14-15
Saturday, 7/15

Come to practice you think your child should be at and coaches will determine placement
Picture Day during scheduled practice time
Last day to register for 2023 season
2023 T-Shirt Design entries due (see T-shirt Design page)
All-City Swim Meet (Lenexa)
All-City Dive Meet (Lenexa)
Potluck Dinner Banquet and Movie Night!



Pool Admittance Policies



Thomas A. Soetaert Aquatic Center

Only meet participants (swimmers and divers competing in the meet, pool staff and adults working at the meets) will be allowed around the pool deck. Parents, siblings, friends, etc., are asked to remain in designated viewing areas. **During swim and dive team practices, the same guidelines apply.** Swimmers and divers should be inside the fence during their assigned practice times only, and should then exit the pool area. Please be aware that this facility has many other programs and events going in conjunction with the team. This policy is in place to maintain proper surveillance and safety of the patrons.

COVID – 19 Update – The City of Shawnee adheres to the most recent guidance established by the CDC and local Health Department. If your athlete is exhibiting and of the COVID-19 symptoms, we will not allow participation on the Sharks until a negative test is received.

Other pools in our league

Each city and pool establishes its own rules of admission. Some allow spectators within the gates during meets while others do not. Please comply politely with whatever guidelines are enforced at each host location. (Take along your lawn chairs, just in case!)



Swim Apparel and Team T-Shirts



Team Swim Suit

Team Suits for 2023 will be ordered through Swim Quik. They are located at 8693 Bluejacket St, Overland Park, KS (913) 649-8456.

Team Swim Cap

“Sharks” swim caps are highly recommended for girls and boys. They may be purchased during registration or at the Civic Centre during business hours.



Team T-Shirt

One complimentary shirt is given to each Shawnee Shark team member. Indicate shirt size on the registration form. Additional shirts may be ordered at the Civic Centre.

SwimTopia

After registering for the team at the Civic Centre, you will be sent a link to the team website. This website will require you to fill out your family information and declare the level of competition you wish your athlete to compete at. At this point, your registration will pause pending approval from administration. After city staff confirms full payment to the team, you will gain access to the SwimTopia website where you will be able to elect commitments of your swimmers to meets **and meet the mandatory volunteer requirements to participate.**



2023 Competitive Swim Team



Meets: 2023 Schedule attached

Competitive swim team is for swimmers up to age 18 who have reached a higher level of skill and endurance. The competitive swim team provides an opportunity for youth to compete in a recreational swimming league. Workouts are designed to increase speed and endurance. Some limited stroke instruction will be given and racing strategies taught, but NO SWIM LESSONS WILL BE GIVEN.

The swimmers age group is determined by how old the competitor is on May 30, 2023. Five competitive meets will be held on Thursday evenings at various pools within our league. The season will conclude with the All-City Championship Wednesday, July 12th. The top three swimmers in each event will compete with the top three swimmers from the other seven teams within our league.

The competitive team practices five mornings a week. Swimmers will compete in freestyle, backstroke, breaststroke, butterfly and relay events in their gender and age groups (9 and under, 11 and under, 13 and under, 15 and under, 18 and under) as assigned by the coaches for each meet.

Practice times:

Advanced:

Monday through Friday 7:30 a.m.—9:00 a.m.

Beginner:

Monday through Friday 8:45 a.m.—10:00 a.m.

All-City Qualifiers will practice the week of July 10.

Competitive Meets: Coaches will enter the fastest swimmers as well as utilize as many individuals as possible in each age group to fill the limited lanes available in each of these meets.

All-City: Individual events: Each city is allowed three entries per individual event. Therefore, the fastest three swimmers in each event will be selected to represent Shawnee at the All-City meet. This will be based on the each swimmer's best times swam with the Sharks during the current season.

Exception: By league rules, swimmers are allowed to swim a maximum of three individual events per meet. Therefore, if one or more swimmers has one of the top three times for all four individual events in his/her age group, the coaches will decide which three events he/she will swim, and the next fastest person in the remaining event will be chosen to swim at All-City.

Relay events: Each city is allowed only one relay team per relay event. Relay teams will be chosen at the coaches' discretion, but will be based on each swimmer's best times swam with the Sharks during the current season.

By league rules, swimmers must have competed in at least two meets of the current season prior to the All-City meet in order to be eligible to swim at the All-City meet.

All-City entries will be posted at the pool during practice the morning after the final regular season meet.

2023 Pre-Competitive Swim Team

Meets: 2023 Schedule attached

The pre-competitive team is limited to swimmers 13 or younger on May 30, 2023. Pre-competitive swimmers must not have scored a point in a competitive meet. Swimmers **must** be able to swim 25 meters of front crawl and backstroke **before** trying out for this team.

Coaches will work with swimmers on each of the four racing strokes (freestyle, backstroke, breaststroke and butterfly). **NO SWIM LESSONS WILL BE GIVEN.** The primary emphasis of the pre-competitive swim team is to introduce young swimmers to the sport of competitive swimming and to increase endurance.

There will be four Saturday morning meets held at various pools within our league. All swimmers may participate in all events of each meet in their gender and age groups (7 and under, 9 and under, 11 and under, 13 and under). Multiple heats of each event will run. Each Shark swimmer will receive a ribbon for each event he or she participates in. At the discretion of the coaches, swimmers may be moved to the competitive swim team as his or her skills improve.

Placement date: June 2, 2023

Practice times:

**ADVANCED PRE-COMPETITIVE (13 and under, 11 and under):*

Monday- Friday 10:15am-11:15am.

***BEGINNER PRE-COMPETITIVE (9 and under, 7 and under):*

Monday-Friday 11:15am-12:00pm.

*Advanced Pre-competitive are those who can swim a strong 25 meters without assistance.

** Beginner Pre-competitive are those that are not as strong but can still swim 25 meters without assistance.

Placement date will help split swimmers into beginner and advanced teams.



2023 Dive Team



DIVE COACH EMAIL: rdavis@cityofshawnee.org

Meets: 2023 Schedule attached

Participants should know the standing front dive from the edge and be able to swim comfortably in 14 feet of water. The coaches will give further dive instruction as the season progresses. Please be aware that we encourage everyone to participate and will work around the swim practice schedules for those on the swim team. Coaches will observe divers during placements and may recommend that some seek further instruction before joining.

Practice times:

13, 15, 18 and Under:

Monday- Friday 10:00am-11:00am.

7, 9, 11 and Under:

Monday-Friday 11:00am-12:00pm.

2024 T-Shirt Contest

Get creative and enter this contest!

Rules:

- 1) Use up to **three** colors (black counts as a color).
- 2) Include the words “Shawnee Swim & Dive Team” and “2024”.
- 3) You must be a 2023 Sharks team member to enter.
- 4) No computer-generated graphics or pictures. Computer fonts may be used for lettering, but please submit only your own original artwork on the T-shirt design entries.
- 5) One entry per person.
- 6) Turn in your entry to a coach or team representative by Friday, June 16.
- 7) Don't forget to put your name on the back!!!!

Team members will vote during practice the week of June 19 to select the winner.

Perks and Prize:

- 1) Your design will be used on our 2024 team t-shirt.
- 2) You will be famous among Sharks.

Winner will be announced at the Awards Banquet, Saturday, July 15.





2023 Potluck Dinner and Movie and Awards Banquet

Competitive, Pre-competitive, Dive Team Members,
and Your Immediate Families:

You are invited to a

2023 Shawnee Sharks Awards Pot-Luck Banquet

Saturday, July 15
6:00pm-8:00pm

and

2023 Shawnee Sharks All-City Movie Night

Saturday, July 15
8:00pm-11:00pm

at the

Thomas A. Soetaert Aquatic Center
13805 Johnson Drive
(Johnson Drive & Pflumm)

Join your coaches, fellow swimmers and divers for a potluck event highlighting the 2023 Shawnee Sharks swim season. Each family will be responsible for bringing one dish or item to the Dinner. Sign-up sheets will be available early in the season and will be first come first serve. This event will close out the season for all teams and finish with a fun flick.

Shawnee Sharks Awards



Competitive Swim Team

Various colored place ribbons are awarded to swimmers who place from 1st through 8th place in dual meets. Swimmers' times are recorded upon all ribbons, as well as date, event and age group. Ribbons are distributed in athletes "cubby" at practices following the competitive meets.

Pre-competitive Swim Team

A red, white and blue "participant" ribbon is awarded to each swimmer in each pre-competitive swim meet. (No place ribbons are awarded at pre-competitive meets.) Swimmers times are recorded upon the ribbons, as well as date, event and age group information. Ribbons are distributed at the meets.

Dive Team

A place ribbon is awarded to each diver for each dive meet in which she/he participates competitively, and a participation ribbon is given to exhibition divers. These are distributed at practices.



ALL SWIM & DIVE TEAM MEMBERS

Coaches present high-point awards and most dedicated swimmer awards for competitive swimmers and divers in each age group at the end-of-season awards party. Divers and Pre-competitive swimmers may receive most-improved and hardest worker awards.

The "Stephen Blake Award" is presented at the Award party to the competitive team swimmer with the highest point accumulation during regular season competition. The Shark Award is given to the swimmer or diver who best exemplifies the qualities of leadership.

PLEASE NOTE: *The Shawnee Pool Managers will hold onto unclaimed ribbons and awards until Tuesday, September 5, 2023. After September 5, 2023 all ribbons and awards will be recycled.*

Johnson County Municipal Swim & Dive League Teams

Swim Team Only: Fairway Fins

Swim & Dive Teams: Jewish Community Center Jets, Lenexa Lazars, Merriam Dolphins, Olathe Cyclones, Overland Park Waves, Prairie Village Piranhas, and the awesome Shawnee Sharks

J.C.M.S.D.L. Competition Regulations, Excerpts

Swimming:

Events: for 9&Unders and 11&Unders – 50 free, 50 back, 50 breast, 50 fly, 200 freestyle relay
for 13&Unders and 15&Unders – 50 free, 50 back, 50 breast, 50 fly, 200 medley relay
for 18&Unders – 100 free, 100 back, 100 breast, 50 fly, 200 medley relay

Dual meets:

Each swimmer may swim a maximum of three individual events plus one relay. Coaches decide what events each swimmer is entered in.

The first heat in individual events is the competition heat which counts for points. The 2nd heat is exhibition. Additional exhibition heats may be added in order to give more swimmers a chance to participate.

Scoring: Relays 7-0, Individual 5-3-1-0

Tri-meets:

Each swimmer may swim a maximum of three individual events plus one relay. Coaches decide what events each swimmer is entered in.

The first two heats in individual events are the competition heats which count for points (five swimmers per team). Additional exhibition heats may be added in order to give more swimmers a chance to participate.

Scoring: Relays 8-4-0, Individual 6-4-3-2-1-0

All-City Championships:

Each team may enter three swimmers (and two alternates) per event. Each swimmer may swim in three individual events plus one relay.

Scoring: Relays 60-54-52-50-48-46-44-42

Individual 30-27-26-25-24-23-22-21-19-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Diving:

Regarding dual meets:

Each team may enter 3 divers per event.

Scoring: 5-3-1-0

Regarding tri-meets:

Each team may enter 2 divers per event

Scoring: 6-4-3-2-1-0

Regarding All-City Championships:

Each team may enter 2 divers (and one alternate) per event

Scoring: To be decided by league board each season

Procedure for all Johnson County Municipal Swim and Dive League meets is followed as outlined in the league's Competition Regulations. For all issues not addressed in those rules, the current High School Swimming, Diving and Water Polo Rules Book, Boys and Girls Competition is used.

Johnson County Swim & Dive League Competitive Swim Schedule 2023

All Competitive Meets Held On Thursdays, except All City
Warm-ups 5:30 p.m. --- Meet Starts 6:00 p.m.

Meet Date	Host		Visitor(s)
8-Jun			
	Shawnee	vs.	Prairie Village
	Olathe	vs.	Merriam, JCC
	Overland Park	vs.	Fairway
	Leawood	vs.	Lenexa

15-Jun			
	Leawood	vs.	Olathe, Shawnee
	Overland Park	vs.	Merriam
	Prairie Village	vs.	Fairway
	JCC	vs.	Leawood

22-Jun			
	Shawnee	vs.	Fairway, Lenexa
	Leawood	vs.	Olathe
	Prairie Village	vs.	Merriam
	Overland Park	vs.	JCC

29-Jun			
	Merriam	vs.	Shawnee
	Olathe	vs.	Overland Park, Prairie Village
	Fairway	vs.	Leawood
	JCC	vs.	Lenexa

6-Jul			
	Leawood	vs.	Prairie Village
	JCC	vs.	Shawnee
	Fairway	vs.	Olathe
	Overland Park	vs.	Merriam, Lenexa

12-Jul			
			ALL CITY

All City Championship Meet
Wednesday, July 12
Lenexa
Warm-ups 7:00 a.m. --- Meet Starts 8:15a.m.
Rain Make-up Date - Thursday July 13

Johnson County Swim & Dive League Pre-Competitive Swim Schedule 2023

All Pre-Competitive Meets Held On Saturday
Warm-ups 8:00 a.m. --- Meet Starts 8:30 a.m.

Meet Date	Host		Visitor(s)
10-Jun			
	Merriam	vs.	Leawood
	Olathe	vs.	Prairie Village
	Overland Park	vs.	Fairway, JCC
	Shawnee	vs.	Prairie Village
17-Jun			
	Fairway	vs.	Leawood
	Olathe	vs.	Prairie Village
	Shawnee	vs.	Overland Park, Merriam
	JCC	vs.	Lenexa
24-Jun			
	Olathe	vs.	Shawnee
	Merriam	vs.	Overland Park
	Fairway	vs.	Prairie Village, Lenexa
	JCC	vs.	Leawood
1-Jul			
	Fairway	vs.	Olathe
	Shawnee	vs.	Overland Park, JCC
	Leawood	vs.	Lenexa
	Prairie Village	vs.	Merriam

Johnson County Swim & Dive League

Dive Schedule 2023

All Dive Meets Are Held On Tuesday

Warm-ups 5:30 Meet Starts 6:00

Meet Date	Host		Visitor(s)
13-Jun			
	Olathe	vs.	Lenexa
	Shawnee	vs.	Prairie Village
	JCC	vs.	Merriam
	Overland Park	vs.	Leawood

20-Jun			
	Merriam	vs.	Leawood
	Olathe	vs.	Prairie Village
	JCC	vs.	Overland Park
	Lenexa	vs.	Shawnee

27-Jun			
	Shawnee	vs.	JCC
	Overland Park	vs.	Olathe
	Prairie Village	vs.	Merriam
	Leawood	vs.	Lenexa

5-Jul			
*Wednesday	Prairie Village	vs.	Leawood
	Olathe	vs.	JCC
	Merriam	vs.	Shawnee
	Lenexa	vs.	Overland Park

11-Jul			
	Leawood	vs.	Olathe
	Shawnee	vs.	Overland Park
	JCC	vs.	Prairie Village
	Merriam	vs.	Lenexa

All City Championship Meet

Friday & Saturday July 14 & 15 (Rain Date - Sunday, July 16)

Lenexa

Friday July 14 (7&U, 9&U, 11&U)

Warm-ups: 4:00 p.m. --- Meet Starts 5:00 p.m.

Saturday July 15 (13&U, 15&U, 18&U)

Warm-ups: 7:00 a.m. --- Meet Starts 8:00 a.m.

Johnson County Swim and Dive League Pool Locations

Fairway	6136 Mission Rd, Fairway KS 66205	913-722-3161
The J KC	5801 W 115 th St, Overland Park, KS 66211	913-327-8000
Leawood	10601 Lee Blvd, Leawood, KS 66206	913-327-3977
Lenexa	8265 Maurer Rd, Lenexa KS 66215	913-492-7946
Merriam	6040 Slater Rd, Merriam KS 66202	913-322-5517
Overland Park	8421 W 77 th St, OP KS 66204	913-327-5676
Olathe	14570 W 151 st St, Olathe KS 66062	913-971-5145*
Olathe	1750 W Dennis Ave, Olathe KS 66202	913-971-5148**
Prairie Village	7711 Delmar, Prairie Village KS 66208	913-385-4650
Shawnee	13805 Johnson Dr, Shawnee KS 66216	913-631-5200

*Competitive Swim

** Pre-Comp Swim and Dive