

## **Dublin Scioto High School Swim Team**

# Dublin Scioto



# High School

**2019-2020**

Welcome to the 2019-2020 season of swimming at Dublin Scioto High School. We are pleased to have you join the program. Our team takes pride in the performances and accomplishments in as well as out of the pool for all our athletes.

## **Coach's Info:**

**Head Coach:** Brian Worhatch

Email: [coachworhatch@gmail.com](mailto:coachworhatch@gmail.com)

Brian is entering his seventh season as head coach of the Dublin Scioto swim team. Over the past six seasons he has sent 74 swimmers to Districts, nine of which have moved onto the State Meet. He graduated from Ashland University with a degree in Sport Management with a minor in coaching. While at Ashland he swam on the varsity swim team and where he earned 6 All-American Awards and held some school records. His coaching background consists of five years of summer league coaching in the Youngstown area. Along with Dublin Sea Dragons and Dolphins which he started in May of 2013. In July of 2017 he married Emily

## **Assistant Coaches:**

Emily Worhatch

Email: [emking892@gmail.com](mailto:emking892@gmail.com)

This will be Emily's fifth season assisting Dublin Scioto. She previously swam competitively for 16 years, where she was a sprint freestyler and butterflyer. In high school, she was a record holder, voted most valuable swimmer all four years and a state qualifier. Following high school, she graduated from The Ohio State University, where she swam on the varsity swim team and got a degree in middle childhood education. She is currently a middle school science teacher at a public charter school in Westerville. Got married in July 2017 to Brian.



**Practices and Meets:**

The team will practice and compete at the Dublin Community Rec Center. The first practice/tryouts begin October 26, 2019. The practices will take place Monday through Friday at 3:15 PM - 5:30 PM. Transportation will be provided to the Rec Center for practices after dismissal at school. However athletes will need their own transportation home. Students are to show up 10 minutes prior to practice to stretch as a team. Team will also stretch after practice is over. There will be Saturday practices but since we share the pool with the two other Dublin High Schools the practice times will vary. The home meets will also be at the Dublin Community Rec Center. Warm ups will usually start one hour prior to the start of the meet. For away meets we will leave from the high school. Bus snacks will be provided for the students for away meets.

**Team has practice during Winter Break.**

Liftings are scheduled at Dublin Scioto High School weight room from 6:30 AM - 7:20 AM on Tuesday and Thursdays. Stretching will start 10 minutes before listed times.

Lifting days/times may change over winter break and no school days. Doors are unlocked at 6:30, a coach will be there to let you in until 6:20 AM.

It is a good idea to bring a snack or shake, something with protein for after all practices

*Please be on time! Practices start promptly at stated times.*

**Tryouts and Cuts:**

Cuts might be required if more than 26 swimmers come out for the team. This is due to a rule from the Dublin Community Rec Center and Dublin City Schools Athletic Department because of limited pool space. Coach has final say on the roster. Tryouts will be held Friday (the first day of practice) and may flow into Saturday if needed. The tryouts would entail swimming a 100 Free and two 50's of two different strokes.

Previous swimming times will not be considered as per OHSAA guidelines. Swimmers are encouraged to be in their best shape possible and bring with them suit, goggles and/or cap. At the conclusion of tryouts, the head coach will contact athletes as to the results of their tryout. A few swimmers may be exempt from tryouts if they've been notified by the head coach. The coach reserves the right to change the conditions of exemptions any given year. The coach also reserves the right to remove swimmer exemptions from trying out if any swimmer breaks the handbook's general rules, the code of conduct or shows poor behavior and actions that damage the spirit and integrity of the team. Being a good swimmer does not guarantee the privilege of being on the team, each swimmer must also be a good team member. If there are any questions regarding tryouts, please call or email Coach directly.

Please note cuts may also be based on the ability to make sendoffs in a specific lane.



### **Green vs. Silver**

Silver and Green rosters may be made with approximately 16 swimmers on the Green roster with the remaining on the Silver roster. The Silver roster won't attend practice on days the team has only three lanes for practice. During winter break the Silver roster might only attend one practice on the days we have doubles (two in water practices).

Swimmers on the Silver roster may be placed in JV or Varsity heats at meets depending on your gender and how many swimmers are allowed to be in the Varsity heats. It's usually only three swimmers per event at swim meets. JV heats are scored separately from the Varsity meet. Swimmers on either roster can be interchanged at any time during the season based on any of the following factors: performance, attitude, attendance, behavior, etc.

### **Attendance Policy:**

Attendance is **required** to **ALL** pool and lifting sessions beginning on November 2, 2018. If late it will count as 0.5 missed practice. If the swimmers attendance falls below 90% they will sit out meets (at least one) until that 90% attendance is met again. Illness and injury are considered excused practices and should be reported to Coach Worhatch upon returning to practice, with a written doctor's note. School/Other conflicts should be given to a coach in **writing in advance** notice of the conflict. Failure to notify a coach will result in an unexcused practice. Unexcused practices could result in the student-athlete not earning a varsity letter, sitting out meets or even being dismissed from the team. If attendance falls below 75% removal from team will likely occur.

*If there is a conflict or any reason please discuss it with a coach first or it will count against the athlete.*

### **Academic Requirements:**

All student-athletes must maintain **passing** grades in **five** credits (OHSAA Rule)

Student athletes must maintain a **2.0 GPA** (Dublin School Policy)

If the above requirements are not met, the student-athlete will not be permitted to compete or practice until eligibility is met again.

**Fees:** Booster Fee: \$175 (Paid to Boosters)    Pay-to-Play Fee: \$50 (Paid to DSHS)

- Fees **MUST** be paid by **November 25**
- Contact Booster Board President with questions on what the fee helps pay for.

Team suits must be bought by the swimmer. Championship suits are optional but do cost between \$200-\$500.



### **Social Media:**

Twitter: DSHS Swimming @SciotoSwim

Instagram: Dublin Scioto Swimming @SciotoSwimming

Facebook: Dublin Scioto Swimming

To receive the tweets through text: Text **Follow SciotoSwim** to 40404

Team Website: sciotoswimming.com

DSHS Athletics: sciotoathletics.net

### **Team Rules:**

1. Attendance is required to all practices and events.
2. All injuries must be reported to the coaches immediately.
3. Do not come to practice if you are ill. Doctors note to be excused.
4. Athletes will show respect to all coaches and teammates at all times. Any member of the team that is considered to be a negative influence will be removed from practice. Team members can be denied the right to practice or participate in meets by the coach or school officials.
5. Team Captains will begin stretching 10 minutes prior to practice beginning. You are to be on deck at that time or you will not be able to practice that day.
6. All school policies regarding discipline are in effect at all times during practices and meets.
7. **Hazing of anyone will NOT be tolerated.** If you are being hazed, inform a coach immediately.
8. **Sexual harassment will NOT be tolerated.** Coaches must be informed if you or anyone else is being subjected to harassment of any kind.
9. **Profanity is FORBIDDEN at all times.**
10. At the Rec Center athletes are to remain in the pool area at all times. A coach must be notified if you need to leave the pool area.
11. Team members are reminded that we are guests at the Dublin Community Rec Center and we have to obey all their rules. Any vandalism or theft at the Rec Center will not be tolerated and proper discipline will be taken. Corresponding Dublin Scioto school discipline policies are also in effect.
12. Must have a physical on file and completed FinalForms in order to compete.



**Swimmer Expectations:**

- Be on time for all team practices and events. (10 minutes before listed time)
- Display a positive attitude and show respect to your teammates and coaches.
- Challenge yourself and other everyday to accomplish new things.
- Be a leader in the pool and classroom.
- Demand quality and dedication from yourself and others.
- Set realistic goals and use a day by day approach to accomplish them.
- Understand that both you and your teammates will fail at times. But it's how you deal with the failures that will determine your level of success.
- Model motivation and experience success daily
- Bring and drink water bottle

**Parent Expectations:**

- Be a positive influence for your child.
- Help make sure they make it to practice/meets on time.
- Communicate to a coach with any issues/questions.
- **Volunteer**
  - Timing at home meets.
  - Team social events
  - Morning Breakfast
  - Treats/Snacks after some practices
- Cheer for other **IRISH** teammates



### **Consequences of Co-Curricular Activity Code (Team Rules)**

Citizenship - Any behavior that results in dishonor to the participant, her or his team, or her or his school will not be tolerated.

1st offense - 20% loss of participation (meets)

-All awards held

-Loss of leadership for 1 calendar year

2nd offense - 50% loss of participation (meets)

-All awards held

-Permanent loss of leadership positions

3rd offense - Removal from team

Use or Possession of Alcohol, Tobacco, or Other Drugs - All violation require participation in the student assistance program (education and random drug testing)

1st offense - 30% loss of participation

-All awards held

-Loss of leadership for 1 year

2nd offense - Immediate removal from team for 1 year

-All awards held

-Permanent loss of leadership positions

Selling or Supplying

1st offense - Permanent removal from team

-Violations reported to the police

-Mandatory assessment

- No rewards

-Permanent loss of leadership

2nd offense - Permanent loss of the privilege to participate in co-curricular activities

### **Team Code**

To be a member of the swim team I want you to know that as your coach I support the Dublin Schools Extra Curricular Code. By that I mean, I expect you to remain free of alcohol, tobacco and other drugs 365/24/7. It is an honor and privilege to be a part of this team. I expect you to abide by the extracurricular code and behave in a manner that will demonstrate respect and honor to this team, your family and our school. As your coach, I am here to support you in being a valuable member of this team. If you are concerned about yourself or others, please know we have support and resources at the school to help you.

*Be part of the majority of young people in Dublin Schools  
who choose to remain free of alcohol and drugs.*

**If you hear anything SPEAK UP and tell someone**



## Varsity Letter Requirements

Follow all team guidelines. Must attend at least 90% of all practices. Coaches reserve the right to award or withhold a letter in special situations. A = 2 B=3 C=4

| <b>Girls</b> | <b>A</b> | <b>B</b> | <b>C</b> |
|--------------|----------|----------|----------|
| 200 Free     | 2:02.33  | 2:12.68  | 2:17.67  |
| 200 IM       | 2:16.92  | 2:28.36  | 2:33.87  |
| 50 Free      | 26.19    | 28.55    | 29.70    |
| 100 Fly      | 1:03.41  | 1:09.98  | 1:13.23  |
| 100 Free     | 56.64    | 1:01.48  | 1:03.82  |
| 500 Free     | 5:24.81  | 5:52.18  | 6:05.38  |
| 100 Back     | 1:03.31  | 1:09.13  | 1:11.96  |
| 100 Breast   | 1:12.10  | 1:18.96  | 1:22.32  |

| <b>Boys</b> | <b>A</b> | <b>B</b> | <b>C</b> |
|-------------|----------|----------|----------|
| 200 Free    | 1:51.67  | 2:02.09  | 2:07.18  |
| 200 IM      | 2:04.55  | 2:16.01  | 2:21.60  |
| 50 Free     | 23.36    | 25.73    | 26.90    |
| 100 Fly     | 56.46    | 1:02.41  | 1:05.37  |
| 100 Free    | 51.10    | 56.14    | 58.62    |
| 500 Free    | 5:01.00  | 5:28.69  | 5:42.18  |
| 100 Back    | 58.04    | 1:05.02  | 1:08.56  |
| 100 Breast  | 1:04.61  | 1:11.39  | 1:14.75  |

Other ways to earn a varsity letter:

- 100% Attendance (excused allowed) (1 C time met)
- Individual District Qualifier (B)
- Top 10 at OCC's in two individual events (1 A or 2 B)
- Been on the team for 3+ years in good standing

## Captain Policy

Captains will be nominated by the coach and of those nominees the team will vote for their captains (a boy and a girl) during the first weeks of practice

*If a current captain will be returning, with the approval of the coaches based on previous performance, they will have the right to retain their captain position. Coach also has the right to remove status if needed at anytime.*





## School Records

### Boys

### Girls

| Athlete                                      | Time    | Year | Event            | Athlete  | Time    | Year |
|--|---------|------|------------------|--|---------|------|
| J. Schuster, J. Leary, N. Nakano, S. Earley  | 1:39.97 | 2010 | 200 Medley Relay | K. McNeilis, K. Henry, L. Harty, C. Harty        | 1:49.12 | 2010 |
| Kyle McNeilis                                | 1:38.67 | 2008 | 200 Free         | Kate McNeilis                                    | 1:49.53 | 2010 |
| Mitchell Thomas                              | 1:58.39 | 2018 | 200 IM           | Kate McNeilis                                    | 2:09.11 | 2008 |
| Ben Weaver                                   | 21.43   | 2014 | 50 Free          | Kate McNeilis                                    | 23.14   | 2009 |
| Ben Weaver                                   | 50.85   | 2014 | 100 Fly          | Liz Harty  | 56.03   | 2013 |
| Jacob Schuster                               | 45.72   | 2010 | 100 Free         | Kate McNeilis                                    | 50.23   | 2010 |
| Kyle McNeilis                                | 4:30.05 | 2008 | 500 Free         | Kate McNeilis                                    | 5:10.72 | 2008 |
| Jo. Schuster, K. Kokko, D. Confar, B. Weaver | 1:26.76 | 2015 | 200 Free Relay   | D. MacLaughlin, E. Ferguson, L. Perry, E. Rennie | 1:40.10 | 2018 |
| Jacob Schuster                               | 51.40   | 2009 | 100 Back         | Kate McNeilis                                    | 53.55   | 2008 |
| Sean Earley                                  | 1:00.79 | 2011 | 100 Breast       | Delia MacLaughlin                                | 1:08.80 | 2017 |
| B. Weaver, K. Kokko, D. Conar, Jo. Schuster  | 3:13.54 | 2015 | 400 Free Relay   | K. McNeilis, C. Harty, L. Cornette, L. Harty     | 3:33.78 | 2010 |

# GO IRISH!!!

