

SWIM COACH'S

STATE MEET

PACKET

COACHES:

THE INFORMATION IN THIS PACKET IS COMPLETE AND IS THE ONLY MATERIAL YOU WILL RECEIVE FOR THE STATE SWIMMING MEET. The only thing you will receive at the state meet site is a complimentary program for each coach.

This packet should contain:

- 1. State Swimming Letter,**
- 2. Coaches Information Sheet,**
- 3. Directions to the Community Y of Marshalltown,**
- 4. Team Photo Procedures,**
- 5. State Swimming Warmup Procedures,**
- 6. Awards Information Sheet,**
- 7. District Coaches of the Year,**
- 8. District Swimmers of the Year,**

**ALL TEAMS MUST ENTER THROUGH THE PASS GATE
AT 9:00AM!**

Qualifier information has been on the Athletic Association's web site since Saturday evening and is NOT included in this packet. The Athletic Association's web site is www.iahsaa.org

BOYS' STATE HIGH SCHOOL SWIMMING MEET COACHES INFORMATION SHEET

- **COACHES' MEETING** - *The coaches meeting is scheduled for 10:30am, sharp, on the day of the State Swimming Meet.* The meeting will take place in the Coaches Meeting Room.
- **ADVANCED TICKETS SENT TO SCHOOLS-** Schools will have the opportunity to sell advanced tickets to the state swim meet in Marshalltown. This ticket will be in the form of a wristband. This wristband will allow them access into the auxiliary gymnasium at the Community Y beginning at 9:00 AM and that will be their admission into the pool beginning at 11:00 AM. Between 9:00 AM and 11:00 AM they will be able to leave the auxiliary gymnasium and gain access back in without having to pay. Once they enter the pool at 11:00 AM, they will not be able to leave the Community Y without having to pay to get back in.
- **DECK SPACE/RESTRICTIONS** - *The number of team personnel will be limited to the following:*
 - A. Schools are given a MAXIMUM OF THREE COMPLIMENTARY COACHES' WRISTBANDS. All coaches must be bona-fide, school coaches. Any team wishing to have additional coaches on the deck must purchase a ticket and exchange that ticket for a wristband. A letter from the school administration must accompany the additional coach in order to exchange the ticket for a deck pass. Only these coaches and competing swimmers (including alternates) will be allowed on the deck. WRISTBANDS FOR COACHES PERMITTED TO BE ON DECK WILL BE HANDED OUT AT THE PASS GATE AT THE MEET. ONLY THESE COACHES WILL BE PERMITTED TO ENTER THROUGH THE PASS GATE AT 9:00 AM.
 - B. Each school is required to prepare a pass list for its state qualifiers. The list was sent to each qualifying school and was also posted on the web. Pass Gate personnel will have names of the coaches, swimmers, and alternates are allowed through the pass gate. Please do not bring non-qualifying personnel through the pass gate. They need to enter through the main ticket entrance of the Community Y.
 - C. **NO SCHOOL WILL BE ALLOWED MORE THAN THREE ALTERNATES.** THESE ALTERNATES ARE BASED ON THE

AMOUNT OF RELAY TEAMS THAT YOU HAVE QUALIFIED. ONE RELAY TEAM, ONE ALTERNATE, TWO RELAY TEAMS, TWO ALTERNATES, THREE RELAY TEAMS, THREE ALTERNATES. YOUR PASS GATE INFORMATION IS BASED ON THE AMOUNT OF SWIMMERS WHO ACTUALLY SWAM AT THE DISTRICT MEET AND YOUR ALTERNATES, UP TO THREE. Alternates may be in the team photo, but they will not receive a complimentary picture plaque. Additional picture plaques may be ordered through the IHSAA after the completion of the meet.

D. ***MANAGERS will NOT be allowed on the deck*** and must purchase a ticket to attend the meet.

E. ***No team personnel are allowed on the North side of the pool deck***, with the exception of those swimmers going to the starting blocks for their race or going to the awards ceremony.

- ***DIRECTIONS TO THE COMMUNITY Y OF MARSHALLTOWN ARE ENCLOSED.***
- ***GLASS CONTAINERS ARE NOT ALLOWED IN THE POOL OR WARM UP / COOL DOWN AREA.***
- ***GYM BAGS, COOLERS, AND OTHER LARGE ITEMS WILL NOT BE ALLOWED IN THE POOL AREA DUE TO SPACE LIMITATIONS.*** Swimmers may leave their bags in the team room or in the warm up / cool down pool.
- ***LOCKER ROOMS AND LOCKERS WILL BE PROVIDED.*** SWIMMERS ARE ENCOURAGED TO BRING THEIR OWN LOCKS.
- ***PARADE OF EVENTS*** - Competitors for each event will parade together from the staging area in the SE corner of the pool to the starting area. Swimmers should meet in the staging area one event before the event in which they will swim. Swimmers in all three heats will parade together to the starting area. Swimmers in Heat 1 will report to the blocks and swimmers in Heats 2 & 3 will wait in the designated area behind the blocks.

- **PARADE OF TEAMS** - All swimmers, alternates, and coaches are asked to report to the warm up/ cool down pool at 12:00 PM for the pre-meet parade of teams which will begin at 12:10 PM. Schools will be lined up alphabetically with the coach(es) leading their team onto the deck. Swimmers must be dressed in school-issued swim attire. Each team will enter the pool with individuals walking side-by-side. Workers will be stationed around the pool to assist in positioning teams. All team personnel will face the color guard during the National Anthem and the public address announcer will release all team personnel after the Anthem.
- **PARKING IS FREE & CLOSE TO THE COMMUNITY Y OF MARSHALLTOWN.**
- **POURING HOME POOL WATER INTO THE STATE MEET POOL** - These are the rules that will be followed if a team feels it is necessary to pour home pool water into the state meet pool:
 - 1) **it shall be done in a manner that is NOT disruptive** to other people on deck, including officials, members of other teams, and workers;
 - 2) **it MUST be done before 12:00 PM**, when the pool is closed;
 - 3) **containers used for pouring home pool water into the pool must be small enough to be held in one hand and may NOT be glass containers.**
- **RELAY CARDS** - Relay cards will be sent with the spectator wristbands on Monday. There will also be relay cards available at the coach's meeting if you are going to change swimmers or the order each swimmer swims. Please fill out the relay cards, including alternates and give those to Mike Johnson at the coach's meeting.
- **SEATING FOR COACHES-** Seating for coaches will be provided in the lower rows of spectator seats on the South side of the pool.
- **SEATING FOR SWIMMERS** - Seating for swimmers will be in the bleachers on the East end of the pool deck, the first four rows of the bleachers on the southeast side of the pool, and in the warm-up pool area.
- **TEAM BANNERS & SIGNS ARE NOT ALLOWED IN THE POOL AREA.**

A SCHOOL APPROVED BANNER OR SIGN IS ALLOWED DURING THE PARADE OF TEAMS.

- ***TOWELS ARE NOT ALLOWED ON THE STARTING BLOCKS.***
- ***USE OF FOREIGN SUBSTANCES BANNED*** - The Swim Coaches Advisory Committee has recommended, and the Board of Control has approved, that all foreign substances (sprays, oils, lotions, etc.) used to aid speed and buoyancy be banned at the district and state meets. Products such as oils, "motion lotion," sprays "Time-Off," etc. are not permitted due to concerns about the deck becoming slippery and the strain on pool filtering systems. **IT IS PERMISSIBLE TO USE ANALGESICS WHICH ARE ABSORBED INTO THE SKIN. THESE SUBSTANCES CAN ONLY BE APPLIED IN THE WARM UP/COOL DOWN AREA. Analgesics cannot be mixed with baby oil or other substances which are not absorbed. IT IS NOT PERMISSIBLE TO USE ANY SUBSTANCE WHICH IS NOT ABSORBED INTO THE SKIN.**
- **WARM-UPS BEGIN AT 10:15 AM FOR ALL SWIMMERS.**

DIRECTIONS TO THE COMMUNITY Y OF MARSHALLTOWN POOL 705 South Center Street

FROM HIGHWAY 30:

Take the Highway 14/Center Street and turn north, into Marshalltown. Continue past the Mall & K-Mart. Go through the intersection of Center Street & Anson Street (Hardees & Hy-Vee are at this intersection). Immediately after this intersection you will cross a bridge, then IMMEDIATELY take the exit ramp on the right (DO NOT cross the via-duct). The ramp will take you to Washington Street and the Community Y will be straight ahead.

FROM THE NORTH ON HIGHWAY 14:

Continue on Highway 14 past Marshalltown Medical Surgical Center until you cross over a via-duct. At the intersection of 3rd Avenue & Anson Street turn right (Kwik Trip is on the left). Go to the intersection of Anson Street & Center Street. Turn right onto Center Street. Immediately after you turn right you will cross a bridge, then IMMEDIATELY take the exit ramp on the right (DO NOT cross the via-duct). The ramp will take you to Washington Street and the Community Y will be straight ahead.

DISTRICT SWIMMING COACHES OF THE YEAR, 2013

DISTRICT SITE

DISTRICT COACH OF THE YEAR

Fort Dodge

Dan Flannery, Ames

Iowa City, City

Chris Cruise, Cedar Rapids Washington

Johnston

David Hook, Newton

Muscatine

Judd Anderson, Muscatine

Southeast Polk

Dan Briggs, Waukee

Waterloo, West

Rick Loeffelholz, Dubuque, Hempstead

DISTRICT SWIMMERS OF THE YEAR, 2013

DISTRICT SITE

DISTRICT SWIMMER OF THE YEAR

Fort Dodge

Chris Merchant, Ames
Cal Brandt, Fort Dodge

Iowa City, City

Chandler Heisler, Cedar Rapids, Kennedy

Johnston

Justin Winnett, Johnston

Muscatine

Travis Greenwald, Muscatine

Southeast Polk

Jonathan Fiepke, Dowling Catholic, WDM

Waterloo, West

Josh Gill, Dubuque, Senior

BOYS' STATE SWIMMING AWARDS

- 1. The top six place finishers in each event will receive medals on the award stand.**

- 2. Only school issued attire may be worn during the award ceremonies and for all pictures. SWIMMERS MUST WEAR TOPS & BOTTOMS ON THE AWARDS STAND.** Swimmers not conforming to this rule will not be allowed to participate in the award ceremony or picture taking.

- 3. NO swimmers are allowed in the competition pool during the awards ceremonies. The order for receiving awards during the break following the 50-Yard Freestyle will be as follows:**
 - A. 200-Yard Individual Medley awards
 - B. District Swimmers & Coaches of the Year awards
 - C. Hall of Fame awards
 - D. Other Special awards
 - E. 50-Yard Freestyle awards

- 4. The order for receiving awards at the conclusion of the 400-Yard Freestyle Relay will be as follows:**
 - A. 100-yard Breaststroke awards
 - B. 400-yard Freestyle Relay awards
 - C. IHSSCA Coach & Athlete of the Year awards
 - D. Third-place, Runner-up & Championship Team Trophy/Banner presentations

5. Pictures of the Championship Team will be taken after the award ceremonies at the conclusion of the meet.

6. Medals for swimmers placing 7-12 will be in each school's packet in the coaches' meeting room following the meet.

SCHEDULE FOR AWARDS PRESENTATIONS AT STATE SWIMMING

The coach of the swimmer, or relay team, winning the event will present the awards.

Event #1 - 200-yard Medley Relay

Event #2 - 200-yard Freestyle

Awards for the 200-yard Medley Relay

Event #3 - 200-yard Individual Medley

Awards for the 200-yard Freestyle

Event #4 - 50-yard Freestyle

Awards for the 200-yard Individual Medley

**IHSSCA District Swimmers & Coaches of the Year
IHSSCA Hall of Fame Awards**

Awards for the 50-yard Freestyle

20-minute break with pool open for warm up

Event #5 - 100-yard Butterfly

Event #6 - 100-yard Freestyle

Awards for the 100-yard Butterfly

Event #7 - 500-yard Freestyle

Awards for the 100-yard Freestyle

Event # 8 - 200-yard Freestyle Relay

Awards for the 500-yard Freestyle

15-minute break with pool open for warm up

Event # 9 - 100-yard Backstroke

Awards for the 200-yard Freestyle Relay

Event # 10 - 100-yard Breaststroke

Awards for the 100-yard Back stroke

Event #11 - 400-yard Freestyle Relay

**Awards for the 100-yard Breaststroke
Awards for the 400-yard Freestyle Relay**

**IHSSCA Swimmer & Coach of the Year
Third-place, runner-up & Championship team trophies and banners for runner-up and
Championship teams**

STATE SWIMMING MEET WARM-UP PROCEDURES

Listed below are the warm-up procedures for all swimmers at the State Swimming Meet. These warm-up procedures were recommended by the Swim Coaches Advisory Committee. You will want to inform any contestants you may have that this is the procedure that will be followed. This is being done for the safety of all swimmers involved. **A lifeguard will be on duty during warm-ups and competition.**

NO ONE IS TO ENTER THE WATER UNTIL DIRECTED TO DO SO BY THE SUPERVISING OFFICIAL.

ALL QUALIFYING TEAMS

10:15 am to 11:00 am

All lanes, circle swimming. **NO DIVING!** Feet first entry.

11:00 am to 12:00 pm

Lane 1 & 8: Circle swimming, no diving or stopping

Lane 2 - 4: Starts/Sprints **Swim to other end and get out.**

Lanes 5 - 7: Relay Exchanges

12:00 pm ----- Clear Pool

THE PARADE OF TEAMS BEGINS AT 12:10PM, SHARP!

STATE SWIMMING TEAM PHOTO PROCEDURES

IT IS CRITICAL THAT ALL TEAMS ARRIVE AT 9:00 AM. TEAM PHOTOS WILL BE TAKEN FROM 9:00 AM UNTIL 10:15 AM, PRIOR TO THE WARM-UPS BEGINNING. THESE PHOTOS WILL BE TAKEN BY IHSAA STAFF IN THE MEETING ROOM ADJACENT TO THE WARM-UP POOL.

STATE TOURNAMENT PLAQUES

Each team that qualifies for the state swimming meet will have a team picture taken by the IHSAA prior to the 10:15 AM warm-up. A color photo of the team will be taken and placed on a plaque designating that your team was a state tournament participant. Each team member and head coach will receive a plaque compliments of the IHSAA. Relay alternates will not receive a complimentary picture plaque. Additional plaques can be ordered through the IHSAA.

Only school issued attire may be worn during the team photo and for all pictures. SWIMMERS MUST WEAR TOPS & BOTTOMS ON THE AWARDS STAND. Swimmers not conforming to this rule will not be allowed to participate in the picture taking or award ceremony.

No plaques will be presented to individual or relay placewinners. Those photos may be purchased by visiting the Pep Rally Photo link on the IHSAA website.