



# SETON SWIMMING

GRATITUDE • EXCELLENCE • MEEKNESS • SACRIFICE

2023 – 2024



## Parents' Handbook

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# 1 Seton Swimming and Diving Team Summary

## 1.1 Coach Koehr's Letter

October 15, 2023

Dear Team Members and Parents:

Welcome to another season of Seton Swimming! We are very pleased that you have decided to be part of our program. I am confident we will continue the tradition of excellence established by the Seton teams before us. Since the team's founding in 1995, no other Seton sport can match the championship record of the Swimming Team. To date, we have won ten (10) state championships, our girls have won 29 straight conference titles and our boys have won 25 conference championships, streaks that we plan to extend this season.

But competition in the pool is just a vehicle for what we are really about – teaching kids the importance of getting the most out of their God-given gifts. The Seton Swim Team is a coed team, open to all Seton students in grades 7 through 12. We encourage students of nearly all ability levels to participate. If you are willing to work hard and always do your best, there is a place for you on this team. In swimming, your most difficult competition is always your previous “Personal Record” or “PR”. Whether that time was a State Record or your first try at an event, if you improve, you win.

## 1.2 Team Mission and Values: The Four GEMS

We value four (4) GEMS:

- **Gratitude**
  - “Who has it better than us? Nobody!”
- **Excellence**
  - We focus on better. Good takes care of itself.
- **Meekness**
  - We help our opponents over the bar that we raised by winning
- **Sacrifice**
  - We offer it up, We love all of our teammates

## 1.3 Seton's New Athletic Conference Affiliation

Two year's ago was our inaugural season in our new athletic conference, the Virginia Christian Athletic Conference (VCAC). Co-founded by Seton School, Trinity Christian School, and Fredericksburg Christian School, the VCAC has already added Saint John Paul the Great, Oakcrest, and now Immanuel Christian School. We hope to add other schools that share our values over the next year. It's been a new day for Seton Athletics for sure.

## 1.4 Swim Practice and Schedule

There is no place better for us to practice than the **Freedom Aquatic and Fitness Center**. It is a wonderful facility that is now the home of Nation's Capital Swimming, a USA swimming team where several of our kids have competed in the past. We will have fourteen practice lanes now - we are very lucky to be able to swim there.

As in the past, swimmers will practice only on Monday starting at 6:19 a.m. and Tuesday/Thursday starting at 6:04 a.m. Each day, practice will begin with some stretching and will proceed directly to the water. If you want to get better, be on deck and stretching no later than 6:04 a.m. (15-minutes later on Mondays) Come ready to learn and work. If you aren't ready until 6:05, you are late.

Because of the number of kids on the team last year (113 swimmers and managers!), we have added additional practice sessions on Wednesday and Friday to accommodate another group (“Group 5”) of younger and beginning swimmers. If we get more than 84 kids on the team, we will have no choice but to move some swimmers to a Wednesday/Friday practice schedule. Unfortunately, that is likely to be a game-time decision that can only be made after the first practice.

Practices will start on Election Day, Tuesday, November 7<sup>th</sup>, and end at various points depending on each swimmer’s competitive level. For Junior Varsity Swimmers, the season will end with our Annual State-wide Junior Varsity invitational on January 27<sup>th</sup> in Warrenton. JV swimmers are swimmers that do not generally score in our regular season meets. The Varsity team will end at the VCAC Conference Swim Championship Meet on February 10<sup>th</sup>, and swimmers that qualify for the **State Championship Meet** will practice right up to that meet on **February 16-17<sup>th</sup>** at the Christiansburg Aquatic Center in Christiansburg, VA.

### 1.5 Other highlights of this year’s season

1. Qualifying swimmers will also be returning to the Loyola University in Baltimore for the **National Catholic HS Swim Championships** once again this year on January 13-14<sup>th</sup>.
2. We’re hosting the **14<sup>th</sup> Annual Northern Virginia Catholic High School Champs** at the Freedom Center on January 20<sup>th</sup>. The meet will include all the Catholic Schools in northern Virginia including Bishop Ireton, Paul VI, John Paul the Great and Bishop O’Connell.
3. We’re bringing back our **annual Homecoming Meet** at the Freedom Center on Saturday, December 16<sup>th</sup>. We hope to get a lot of recently graduated alumni back to swim with us.
4. And we’ll have our 12<sup>th</sup> annual **New Year’s Eve swim-a-thon for Cystic-Fibrosis** at the Freedom Center on December 31<sup>st</sup>. We’ll have music, food, and fun while raising money to help combat a disease that afflicts at least two swimmers on our team. To date, we have raised more than \$80,000 for this great cause.

### 1.6 Seton Diving

I’m excited to say that Seton Diving is back. Thank you to **former Collegiate diver and Junior National Coach Ashley Keapproth**, an attorney from Nokesville who has young children and a passion for the sport, who will handle Head Coaching duties. I am even more excited to announce the opening of our new dryland Diving facility in the gym at the Renaissance Montessori School in Nokesville. The facility is outfitted with mats and trampolines – and a real diving board!

**Diving practice** will be on **Wednesday** starting at 6:04 a.m. with Board time from 6:30 a.m. to 7:30 a.m. for Groups 1 and 2. Friday morning will be just Group 1, also at 6:04 a.m. We will have an additional practice on Friday afternoon with Group 2 from 4:15-5:30 p.m. and Group 3 (i.e., beginner) Divers from 5:00 to 6:15 p.m.

We also have a wonderful new dryland diving facility in the gym behind Renaissance Montessori School where we have practices all year around on various schedules.

In a high school swim meet, diving counts as one of the events, just like the 50 Free or 100 Backstroke. That means that Seton Divers will be eligible to compete with us at the State Championship meet also. Last year, we scored more points at States in Diving than in any other single event, including relays.

### 1.7 Training Philosophy

A big part of the fun in swimming is watching improvement. There are three things you can do in swimming to improve. In priority order, they are: 1) Improve the efficiency of your strokes, 2) Improve your endurance, 3) Increase your strength. As with previous seasons, we will spend a great deal of time on stroke efficiency up until Christmas, and then we will focus more on endurance after Christmas.

One other important aspect of our training is self-reliance – the kids on the team must be personally responsible for achieving the outcomes that they ultimately experience. If you are supportive of that part of my philosophy, I would encourage you to never wake your child up for swimming. They should be waking you up to drive them.

## 1.8 Registration, Fees, and Donations

This year, the fee for the first child will be \$200.00 and the fee for additional swimmers will be \$150.00. Because of the very high expense involved with running a Diving program, anyone who registers for Diving will also pay a fee of \$200.

In spite of these fees, we will still need significant donations to make ends meet. Registration fees, Meet Entry fees from other teams, and custom apparel sales supply about \$40,000 of the \$84,000 required to run the Seton Swim team. The remainder must be made up from other sources to meet the financial needs of the team. Our registration fees basically cover the cost of the pool rentals for practice only. Everything else you see that is required to run the program is either provided by volunteers or donors. The donations also allow us to rent pools and the Colorado Timing System (CTS) for our meets, to live-stream those meets, to purchase an embroidered Speedo backpack for every member of the team, and to provide uniforms for all team members, coaches and officials.

If you like what you see happening with your kids in Seton Swimming, feel free to donate on [www.setonswimming.org](http://www.setonswimming.org) or send a tax-deductible donation to:

Seton Swim Team  
P.O. Box 1247  
Warrenton, VA 20188

While shorts, a t-shirt, and a swim cap are included with the registration fee, other apparel, such as a team racing suit or a Hoodie Sweatshirt are available for an extra cost. If the fees are an issue for your family, you can talk to me confidentially. We will exclude no one because the fee is too high.

Starting Friday, October 9<sup>th</sup>, you will be able to go to [www.setonswimming.org](http://www.setonswimming.org) to register for the team. You may also use the Shop menu on the site to order team apparel that is not included with the registration. During the season, anything you need to know about Seton Swimming can be found on this site.

## 1.9 Final Thought on Volunteers

This team has been successful through the dedicated participation of parent volunteers. From the Board of Directors and the coaches to lane timers and deck assistants, everyone is a volunteer. Please do your part to help perpetuate the outstanding program we have at Seton.

We are very fortunate to have many of last year's coaches returning to the pool deck this season – and more – this season, we will have fifteen (15) coaches on deck! Included on that list are three (3) coaches who have coached with me for more than a decade. We are so fortunate to have Coach **Pat Mulhern**, a former college swimmer, Coach **DD Ross** is a veteran USA swimming coach, and **Coach Jerry Zadnik**, a gifted coach with the younger swimmers. In addition to the many other parent volunteers on deck, I am excited to tell that Coach **Ross Palazzo**, a December 2019 graduate of the University of Florida where he was a top collegiate swimmer, will be back for his 4<sup>th</sup> Seton on deck for Seton

With this level of additional assistance, we should be in an excellent position to provide plenty of individualized attention during practices and meets. With the number of kids we typically have on the team though, we could always use more help. If you think you might be interested in coaching, officiating, or scoring, please let me know. We'll teach you everything you need to know so don't worry about a lack of knowledge about swimming. If you have a passion for sports and kids, we can help you with the rest.

Here are the positions for which we have the greatest need for volunteers:

- Team President
- Assistant Head Coach
- Diving Meet Director
- Dive Team Travel Coordinator (For States and National Catholics)

- Trainees for Stroke & Turn Judge
- Trainee for Head Dry Deck Official
- Trainees for Dry Deck Officials (Scorer with Meet Manager and Colorado Timing System Operator)
- Sound System Set-up and Breakdown
- Photographer
- Hospitality for Coaches and Officials at Meets
- Student Team Manager(s)

In addition to these opportunities, there will be numerous opportunities during the season to volunteer as a timer, a runner, or for hospitality.

I hope to see all new families at our **new family orientation meeting on Thursday, October 26<sup>th</sup> at 7:00 p.m. in Faustina.** If you ever feel the need to talk to me, please do not hesitate to call me at (540) 379-8328 or e-mail me at [Coach@KoehrFamily.com](mailto:Coach@KoehrFamily.com).

Coach Jim Koehr



## 2 SST Parent Resource Organization Volunteers

Seton students have the opportunity to participate on an excellent swim team because you, and many other parents, volunteer. The swim team could not exist without you. Swim meets require a large, trained force of volunteers. Please consider the volunteer positions listed below.

### 2.1 Volunteer Positions

**Board Members:** As a 501-C3 non-profit organization, the Seton Swim Team maintains a Board of Directors to oversee all aspects of the operation of the team and to raise and distribute necessary funds for that operation. The Board of Seton Swimming consists of:

Jim Koehr, Head Swimming Coach		
Kimberly Dalrymple	Katie Condon	Richard Borneman
Bill Dealey	Katie Lynch	Anne Judge
Jerry Zadnik	DD Ross	Pat Mulhern
Ross Palazzo	John Halisky	Will Waldron
Hank Konstanty	Melissa Sokban	

**Team President:** Initially, the Team President's role will be to take as many non-competition responsibilities off of the head coach as possible. Eventually, the goal would be for the Team President to handle only his/her coaching responsibilities.

**Assistant Head Coach:** Initially, the Assistant Head Coach will assist the current Head Coach with organizing and administering the team for training and competition. Eventually, the goal would be for the Assistant Head Coach to take over as the Head Coach.

**Coaches:** The coaches deliver the program to the kids. Led by Head Coach Jim Koehr, now in his 24<sup>th</sup> season, the coaching staff welcomes new members who can learn their trade from the head coaches and from each other. The coaching staff this season is:

Swimming	Swimming	Diving
<ul style="list-style-type: none"><li>• Jim Koehr, Head Coach</li><li>• Group 1-M,T,H:<ul style="list-style-type: none"><li>○ Pat Mulhern</li><li>○ Ross Palazzo</li></ul></li><li>• Group 2-M,T, H:<ul style="list-style-type: none"><li>○ DD Ross</li></ul></li><li>• Group 3-M,T, H:<ul style="list-style-type: none"><li>○ John Halisky</li><li>○ Scott Kay</li></ul></li><li>• Group 4-M,T,H:<ul style="list-style-type: none"><li>○ Matt Schroer</li><li>○ Patrick Heiny</li><li>○ Anne Judge</li><li>○ Joe Hurley</li><li>○ Sandy Osilka</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Group 5-W,F:<ul style="list-style-type: none"><li>○ Jerry Zadnik</li><li>○ Tara Judge</li><li>○ Madelyn Zadnik</li><li>○ Mary Claire Osilka</li><li>○ Michael Brox</li></ul></li><li>• Boys Dryland-M,T,H:<ul style="list-style-type: none"><li>○ Patrick Heiny</li><li>○ Matt Schroer</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Ashley Keapproth, Head Coach</li><li>• Emma Catabui</li></ul>

**Captains:** The captains are appointed by the coaches based on input from the team at the end of each season for the next season. They are responsible for making sure the team lives our core values and that being on the team feels warm, welcoming and fun

Girls	Boys	Diving
<ul style="list-style-type: none"><li>• Maggie Gibbons (SR), Captain of Captains</li><li>• Madelyn Zadnik (SR)</li><li>• Clara Condon (JR)</li><li>• Haley Fifield (JR)</li></ul>	<ul style="list-style-type: none"><li>• Luke Mantooth (SR)</li><li>• Connor Koehr (JR)</li><li>• Liam Halisky (JR)</li><li>• Michael Brox (JR)</li></ul>	<ul style="list-style-type: none"><li>• Connor Koehr (JR)</li><li>• Mick Fioramonti (JR)</li></ul>

**Team Manager:** The Team Managers are generally students who assist the Head Coach in every way they possibly can in order to make his life easier. Their primary functions are to track practice attendance, set up the pool area for the meets that we host, take attendance at meets, and help Coach Koehr adjust relay cards for slackers who miss the meet without prior notification

We are looking for volunteers

**Meet Director:** The Meet Director has the overall responsibility for the scheduling and running of our swim and dive meets throughout the season. The job includes scheduling pool time with the facilities, scheduling opponents, publishing Meet Announcements and warm-up schedules, and most importantly, overseeing all the volunteer positions. Oversight includes recruiting the necessary volunteers for each position required to run a meet.

Jim Koehr

Another volunteer would be sincerely appreciated

**Diving Meet Director:** The Diving Meet Director has the overall responsibility for the scheduling and running of our meets throughout the season. The job includes coordinating the scheduling of pool time, scheduling of opponents, and publishing of the Meet Announcement with the Meet Director. Most importantly, overseeing all the volunteer positions. Oversight includes identifying the required volunteers and recruiting volunteers for each position required to run a diving meet. The ideal candidate would also improve the way we run our meets by implementing the latest scoring software system to eliminate hand calculations.

Ashley Keapproth

Jim Koehr

Another volunteer would be sincerely appreciated

**Web Master:** [www.setonswimming.org](http://www.setonswimming.org) is a tremendous resource for the Seton Swim and Dive Team. Last season, our web site had 74,000 pageviews. The web master is the person who maintains all of the content and functionality on the site. We contract to Elegant Peak to provide technical support, but the vast majority of the content is added or updated by the webmaster himself.

Jim Koehr

**Officials:** Referees, Starters, and Stroke and Turn Judges. These officials are absolutely necessary to run a swim meet. They attend a yearly training session and take a multiple-choice test that is submitted to the NFHS Association for certification. No prior training is required. Training sessions are offered during the pre-season months at various locations. Please contact Pat Haggerty ([haggertypg@gmail.com](mailto:haggertypg@gmail.com)) for additional information. Our officials (so far!) are as follows:

Rich Borneman, Officials Coordinator and Stroke and Turn Judge



Charles Seltman, Head Referee, Godfather of Seton Swimming  
Pat Haggerty, Stroke and Turn Judge  
David Wilson, Stroke and Turn Judge  
Tommy Reynolds, Stroke and Turn Judge  
Claire Nguyen, Stroke and Turn Judge  
Ben Borneman, Stroke and Turn Judge  
Mary Brand, Stroke and Turn Judge

**New Parents are strongly encouraged to volunteer**

**Head Dry-Deck Official:** Responsible for all of the dry-deck officials including the Scorers (i.e., Meet Manager and Colorado Timing System Operators) as well as the Head Timer and the Runners.

Hank Konstanty supported by Bill Dealey

**We are looking for someone with strong computer skills to train in this position.**

**The Seton Scorers (Dry Deck Officials):** Using the latest Hy-tek Meet Manager software the scorers oversee all the meet entries and the results of every swimmer in every heat through the magic of our laptop computer. The Meet Manager software is connected to the Colorado Timing system, which requires two operators also. The CTS controls the touch pads in the water the big display board that shows everyone's name and times, including splits. Our Dry Deck crew this year is:

Hank Konstanty	Melissa Sokban
Paul Fifield	Mike Judge
Hume Nguyen	Bill Dealey (support)

**We are looking for people with strong computer skills to train for one of these positions.**

**Meet Broadcast Director and Staff:** Thanks to the great work of Paul Fifield, our meet Live-Streams are now legendary. We hope to continue being able to provide this great broadcast for every meet in the coming years.

Paul Fifield  
James Hill  
Haley Fifield, President, Seton Sports Network  
Seton Sports Network Student Volunteers

**Head Timer:** The head timer stores, maintains, and brings to every meet the team's stopwatches, clipboards, pencils, and lane counters. He or she recruits cheerful lane timers for each meet, reviews timing procedures with all the lane timers before the first event and operates two stopwatches as backup for each heat. Our Head Timer for this season will be:

Chris Condon  
Will Waldron

**Head Timer Recruiter (HTR or "Heater"):** This position, originally made famous by Mr. Minarik and then Mrs. Bennett, is responsible for lining up enough timers from Seton to, not only meet our team's obligation, but fill in for the teams that do not provide their fair share of volunteers. The main task is to manage the sign-ups through Sign-up Genius and aggressively recruit if necessary. It's a key job that requires the perfect Choleric (as Mrs. Bennett would recommend). The Heater for this season will once again be:

Katie Condon

**Lane Timers:** 12 — 16 lane timers are needed at each meet to operate the stopwatches for each heat. The team provides the watches. Lane timers receive instructions before each meet. We use Sign-up Genius for

volunteer sign-ups. Our timers for this season will be:

At least one representative from each family who does not already have a volunteer assignment

**Runners:** These able-bodied souls collect the DQ Slips from the stroke and turn judges after each heat and run them to the head referee.

We are looking for volunteers

**Apparel Coordinators:** Fashion forward minded people oversee the selection, purchase, storage, and distribution of team competition suits, T-shirts, warm-ups suits, caps, and athletic bags. This is a big job, but the results are readily apparent when our team hits the deck. Our apparel coordinators this year are:

Katie Lynch

**Meet Hospitality Coordinator:** As the gracious meet hosts that we are, we will provide a simple spread of snacks with lots of drinks for the coaches and officials. We will also provide water for the timers and officials on deck during our meets. Our hospitality coordinator this year will be:

Julie Mantooth

Rosanne Garvey

Theresa Zahorchak

We Need a Volunteer(s)

**Team Mom:** With a gracious mix of kindness and discipline the Team Mom maintain order in the team area during meets. They are always ready with an extra T-shirt, goggles, caps, first-aid, and sometimes, even snacks. Our calm and gentle Team Mom (unless you're not doing what you are supposed to ;-)) this year will be:

Ellen Gibbons

Mary Pat Blanchette

Kimberly Dalrymple

Carol Ann Miller, Diving

**Announcers:** Our meets have become major sporting events, complete with talented and energetic announcers. Our veteran announcers this season are once again

Swim Meet Announcer: John Kleb

Michael Bingham

Dive Meet Announcer: Jim Koehr

**Sound System Manager/DJ:** One way we maintain the energy of our Meets is with a huge sound system and loads of pump-up music. The Sound System/DJ ensures that the Sound System is maintained and set up in time for warm-up at all of our meets. He also works with the Announcer to ensure that Seton-approved pump-up music is playing during warm-up and during any other lulls in the meet. Our Sound System Manager/DJ will once again be

Jim Koehr

**Another volunteer would be sincerely appreciated**

**Meet Set-up Coordinator:** Each of our meets are typically large, so it is important for us as the meet host to set-up team areas for each team. The team areas should have seating, if possible, plus clear boundaries. A copy of the Meet Program and that team's entries also need to be posted in each team area.

Anne Judge

Kimberly Dalrymple

**Photographer:** The team photographer(s) provides photos of each Meet to the webmaster so he can populate the photo gallery on our web site. The photographer also ensures that we have an individual picture of each member of the team for the year-end awards banquet:

Leah Halisky

**Team Doctors/Nurses:** This year the team would like to have a nurse on deck at every meet. The nurses would put together a first aid kit and use their talents as needed.

Dr. Christine Wilson

Ellen Gibbons

Molly Herwick

**Team Travel Coordinator:** Party planners, cooks, and bakers have a place on this team. Works closely with the head coach to organize and communicate all aspects of extended travel and meals for National Catholics and the State Meet. These are parents who travel with the team to provide transportation, chaperone duties, and meal planning for National Catholics and the State Swim Meet. We need volunteers from both the swim and dive team parents:

Katie Condon

State Meet Mothers

National Catholic Meet Mothers

Need a Dive Team Mother

**Awards Banquet Coordinators:** Plans the season ending banquet including set-up, clean-up, food and ice cream and a slide show with pictures of each swimmer individually:

Kimberly Dalrymple

Katie Condon

We Need a Volunteer(s)

**Bookkeeper:** Seton Swimming is a 501(c)3 Corporation with a season budget of over \$40,000 per year.

Coach Jim Koehr

## 2.2 Pro Points for Seton Swim Team Volunteers

Parents who volunteer in any capacity for SST earn five (5) PRO points per hour. This includes all of the volunteer positions listed above as well as any training time and providing transportation to and from meets.

## 3 Registration

The registration fee is \$200.00 for the first swimmer, \$150.00 for each additional swimmer. The fee for Diving will be \$200.00 for all Divers. You can register your swimmers by going to our website at [www.setonswimming.org](http://www.setonswimming.org). If for some reason you are experiencing financial hardship, please contact Coach Koehr at [Coach@KoehrFamily.com](mailto:Coach@KoehrFamily.com) to work out other payment arrangements.

These registration fees cover nothing more than the cost of practice lane rental. In fact, Registration fees, Meet Entry fees from other teams, and custom apparel sales supply about \$40,000 of the \$84,000 required to run the Seton Swim team. Every other expense for running the team including lane rental for swim meets, uniforms, swim bags, official's uniforms, sound equipment, scoring equipment, timing equipment, live-stream video equipment, meet travel, awards, supplies, and dryland diving facility rental are covered from other sources. If you like what Seton Swimming is doing for your child and want to support it, please contact Coach Koehr at [Coach@KoehrFamily.com](mailto:Coach@KoehrFamily.com) or Katie Condon at [condon.katie@gmail.com](mailto:condon.katie@gmail.com)

## 4 Primary forms of Communication: E-mail and [www.setonswimming.org](http://www.setonswimming.org)

E-mail and our web site are the primary means of communication. Information regarding schedule changes and team news throughout the year are sent by email and posted on the web site. It is essential to give at least one email address that is checked regularly on your registration form. Inform the coach of any changes immediately please.

Also, Coach Koehr is ADD (or so his wife says), so **if you want to tell him something** that you want him to remember, **send him an e-mail at [Coach@KoehrFamily.com](mailto:Coach@KoehrFamily.com)**. If you tell him something on deck, please do not assume he'll remember.

## 5 Seton Swimming and Diving Eligibility Criteria

Seton Swimming is open to all Seton students who meet the following criteria:

1. Be in good standing with the school including enrollment as a full-time student (at least 5 classes) with grades that meet Athletic Department minimums.
2. Demonstrate the ability to swim 50 yards freestyle in any amount of time.
4. Have a high level of commitment to the team and the sport. Students and parents should consider other commitments they have undertaken, practical matters such as time involved, transportation, and availability for meets.
5. Commit to volunteer in some capacity during the season

## 6 Apparel

**Swimsuit:** Swimmers may wear any suit, except two-piece girls suits **or boy's speedos**, for practice. There are not-so-new rules for competition suits. All suits must be made of a textile fabric. For boys, the suit cannot go above the waist or below the knees. For girls, the suit cannot go below the knees or cover the shoulders. **Boys do not wear Speedos while representing Seton Swimming.**

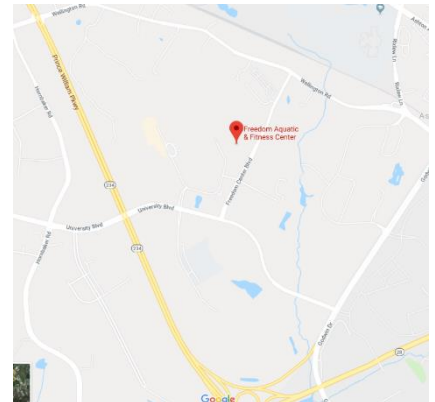
**Team caps:** One latex team cap is included with registration. Silicone caps can be ordered with other apparel on the Seton Swimming web site.

**Team T-Shirt and shorts:** This is a required uniform item, which must be worn at meets whenever the swimmer is not in the water. One team t-shirt, shorts and swim bag will be included with registration. Additional shirts cost \$10 each and can be ordered through the Apparel Coordinator.

**Custom Apparel:** We have an on-line shop that is open during the pre-season for optional apparel. The shop includes jackets that can be worn with your school uniform, hoodie sweatshirts, silicone caps, pajama points, and, of course, team swim suits. Unfortunately, the Seton Swimming hoodie sweatshirt *cannot* be worn in school with the school uniform, but it is highly useful on those cold winter swim mornings and at meets.

## 7 Swimming and Diving Practice Schedule

1. Swimmers should have registered on [www.setonswimming.org](http://www.setonswimming.org).
2. **1<sup>st</sup> Practice is always on Election Day**, which is the first Tuesday after the first Monday of November.
3. **Swimming Groups:**
  - a. **Group 1:** Fastest Varsity Swimmers
  - b. **Group 2 – 4:** Other Scoring Swimmers
  - c. **Group 5:** 6<sup>th</sup> and 7<sup>th</sup> graders plus beginners
4. **Swim Practice for Groups 1 – 4:**
  - a. **To allow for extra time to get ready for school, we adjust our practice schedule a bit on Mondays:**
  - a. **Tuesday & Thursdays: 6:04 a.m.** ready to swim at **the Freedom Center**. Practice ends at 7:30 a.m.
    - i. Dryland starts at 6:04 a.m.
    - ii. Hit the water at 6:30 a.m.
    - iii. Exit the water at 7:30 a.m.
  - b. **To allow for extra time to get ready for school, we adjust our practice schedule a bit on Mondays: 6:19 a.m.** ready to swim at **the Freedom Center**. Practice ends at 7:45 a.m.
    - i. Monday practices will start 15 minutes later than the other days
    - ii. Stretching starts precisely at 6:19 a.m.
    - iii. Hit the water at 6:45 a.m.
    - iv. Exit the water at 7:45 a.m.
  - c. **Group 5 Practice, Wednesdays & Fridays: 6:04 a.m.** ready to swim at **the Freedom Center**. Practice ends at 7:30 a.m.
    - i. Dryland starts at 6:04 a.m.
    - ii. Hit the water at 6:30 a.m.
    - iii. Exit the water at 7:30 a.m.
  - d. **Diving Practices on Wednesday & Fridays** from 6:04 a.m. to 7:30 a.m.
    - i. Groups. Like last year, I anticipate that we will use training groups again this year. The groups will generally follow this structure:
      1. Group 1: Divers who can perform a full 11-dive list / have qualified for the State



- Championship
2. Group 2: Divers in 9th-12th grade working to achieve a full 11-dive list.
  3. Group 3: Divers in 6th-8th grade working on developing a 6 dive list. (Note: 6th through 8th graders may be invited to join Group 1 or 2 based on skill and ability to train at those levels).
- ii. In Season Water Practices. We start our in-water practices on November 8. Tentatively, these practices will be:
    1. Group 1 & 2 -- Wednesdays: 6:04-7:30 AM (6:30-7:30 in water)
    2. Group 1 -- Fridays 6:04-7:30 AM (6:30-7:30 in water)
    3. Group 2 (& optional for group 1) -- Fridays 4:15-5:30 PM (4:30-5:30 in water)
    4. Group 3 -- Fridays 5:00-6:15 PM (5:15-6:15 in water)
  - iii. In Season Dryland Practices. We start our in-season dryland practices at RMS on Sunday, November 12. All drivers at all levels must attend dryland at least one day a week, but are strongly encouraged to attend dryland 2 days per week. Our dryland focus will correspond to what we are learning in the water. Tentatively, these practices will be:
    1. Group 1 Options: Sundays 3:30-5:00, Mondays 4:30-6:00, Tuesdays 4:30-6:00.
    2. Group 2 Options: Sundays 3:30-5:00 or 4:30 to 6:00, Mondays 4:30-6:00, Tuesdays 4:30-6:00.
    3. Group 3: Sunday 4:30 -6:00, Monday 4:00-5:00
  - iv. Preseason Dryland Training. Our preseason dryland training at RMS will continue through November 1.
    1. Sundays 3:30 - 5:00 (Groups 1 and 2) and 4:30 - 6:00 (Group 3 and new divers)
    2. Tuesdays 4:30 - 6:00 (open to everyone - Groups 1, 2 and 3, and new divers)
    3. Wednesdays 6:00 - 7:00 (Groups 1 and 2)
  - e. The final practice for swimmers not eligible for the championship meets (i.e., Junior Varsity) will be on the Thursday or Friday before the Junior Varsity Invitational.
  - f. Over **Christmas break**, we will tentatively practice on Thursday December 21<sup>st</sup>, Wednesday and Friday December 21<sup>st</sup>, 27<sup>th</sup> and 29<sup>th</sup>, and Tuesday January 2<sup>nd</sup> – plus our Cystic Fibrosis Swim-a-thon on December 30<sup>th</sup>
    - i. All swimmers who are in town and who normally score in our meets (i.e., Varsity) are expected to attend
    - ii. Christmas swimming practices are tentatively scheduled from 9:00 a.m. to 10:30 a.m. followed by Diving from 10:30 to 11:30 a.m.
  - g. The Freedom Aquatic and Fitness Center is at 9100 Freedom Center Blvd, Manassas, VA 20110. The pool is between Wellington Dr and University Dr not too far from the Hylton Center.
5. **Attendance policy:** To be eligible for a Varsity letter, a swimmer normally cannot miss more than six (6) scheduled practices. There are opportunities for extra credit. See Varsity Letter criteria below for more details.
  6. **Absences:** Contact Coach Koehr by email at Coach@KoehrFamily.com.
  7. **6:04 a.m.:** Be in the racquetball courts ready to work before 6:04 am. Late arrivals may lose practice points.
  8. **USA Swimmers:** USA Swimmers who are practicing 3 times a week with their USA team may submit verification to receive credit toward a varsity letter.
    - a. *It is strongly recommended that all USA swimmers try and attend at least 1 Seton Swimming practice each week. Coach Koehr recommends Monday morning practice because that is when the most stroke work is done.*



- b. *We have many years of positive experiences for USA Swimmers at the Senior Elite levels who serve as Assistant Coaches*
9. **Attire:** Competition style suits, **except two-piece styles or boys “Speedos”**, are suitable for practice. Caps and goggles are essential. Please bring shorts and t-shirt on deck to wear during dry-land exercises immediately after practice
10. **Cancellation because of Snow:** If Prince William County Schools are canceled or delayed in opening, no practice. Seton Swimming follows Prince William County, **Seton School does not.**
11. **Safety:** Freedom Center rules and regulations apply in locker rooms, on deck and in the water. We are their guests and need to do everything possible to respect their facility
12. **Locker Rooms:** The regular patrons of the Freedom Center are very sensitive to a large number of high school age kids descending on the locker rooms after practice.
  - a. **For Boys:** Stay in the first three bays of lockers closest to the pool and only use the gang showers
  - b. **For Girls:** Stay in the first three bays of lockers closest to the pool and only use one side of the stall showers.
  - c. **For everyone:** Do not change in the bathroom stalls.

## 8 Breakfast After Practice

1. With the retirement of the Van de Voorde's, we will not be able to offer any sort of breakfast after practice. If anyone would like to step up and help by providing bagels or the like 1-3 times per week, that would be wonderful.
2. It is always a good idea to have a bottle of water and something to eat after practice.

## 9 Meets

**Attendance policy:** Except for a last-minute sickness or injury, there is no excuse for telling Coach Koehr that you cannot attend a swim meet less than a week before the meet. Preparing meet entries can take several hours so it is simply not fair to Coach Koehr to make him rework the entries because you failed to inform him of a known event that precludes you from attending the meet.

1. You can e-mail Coach Koehr at any point to inform him of any meet that you know you will have to miss. Please **do not tell him – e-mail him.**
2. Swimmers will remain eligible for a Varsity, as long as they have no more than two (2) unexcused absences from swim meets, including championship meets for which they are eligible.
3. To be eligible for the State Championship meet, in addition to meeting a qualifying standard, swimmers must have attended at least one-half of Seton's scheduled meets. This is a VISAA rule.

### Attire

1. A team competition suit or another competition style suit without a different team's logo
2. A Seton team cap – every time you are in the water for competition, including warm-up.
3. One pair of goggles
4. Team T-shirt and team shorts must be worn whenever the swimmer is not in the water
5. A team hoodie is also acceptable on deck.

***No iPods or any other personal music players are allowed at practices or during meets. Also, no cell phones during the meets – we should be cheering each other not texting***

## 9.1 Meet Conduct and Procedures

1. Swimmers should report to the Captains on deck and on time before warm-ups.
2. Swimmers will demonstrate the highest standards of sportsmanship. We should compete in a way that makes our competitors better too (i.e., Meekness).
3. Obey all safety and procedure rules.
4. Swimmers will remain in the team area. Notify an assistant coach if you need to leave for even a short time.
5. It is the swimmer's responsibility to:
  - a. **Check the event posting for his or her events**
  - b. **Be on time behind the lane starting blocks for his/her heat. This is not summer swimming - there is no Clerk of the Course.**
  - c. **Check in with his/her designated coach after each swim.**
  - d. **Cheer for your teammates when you are not swimming**
6. **Absolutely no cell phones are to be used behind the blocks by swimmers or adults.**

## 9.2 VISAA and National Catholic High School Championship Meets

These meets, known as "States" and "National Catholics," are highly competitive meet requiring individual qualifying times to enter. Both are held over a weekend and usually require one or two nights in a hotel near the meet site, and we generally rent an AirBnB house for team gatherings. When a swimmer qualifies in an event for one of these meets, he/she will be notified by the coach, usually via a web site posting. Information about the meet, hotels, and other logistical information will be posted on the web site for those who qualify. It is the responsibility of the parents of each participating swimmer to ensure that adult supervision is provided for their swimmer at the hotel.

## 9.3 Seton Invitational Championship Meets

This season the Seton Swim Team will host several Invitational Championship Meets at the Freedom Center. These are always exciting and competitive meets. Teams from all over the state will be invited to participate. Every parent will be needed in some capacity to work at these meets.

## 9.4 VCAC Championship Meet

The swimming competition will be held on the Saturday before the State Championship Meet at the Fitch WARF in Warrenton, VA. Because there are no diving boards at the WARF, the Diving competition will held at the Freedom Center on the night before.

## 9.5 VISAA State Championship Meet

On February 16<sup>th</sup> and 17<sup>th</sup>, 2024, Seton Swimming will attend the VISAA State Championship Meet at the Christiansburg Aquatic Center in Christiansburg, VA.

## 10 Seton Swimming Varsity Letter Criteria – 2023/2024

The Varsity letter criteria are designed to ensure that a moderately talented, yet hardworking sophomore, junior or senior can reasonably earn a letter. In some circumstances, by virtue of exceptional talent or hard work, freshmen or 8<sup>th</sup> Graders may be able to meet the criteria.

Seton Swimming is a Varsity Sport. All swimmers in the Seton Community are eligible and encouraged to participate. Unlike recreational sports, however, varsity sports are competitive. Like all good competitive organizations, the Seton swimming team does not seek equality of outcome, but rather equality of opportunity. Committed participation, while a prerequisite, does not guarantee performance worthy of a Varsity Letter. Therefore, committed participation is not enough to earn a Varsity Letter.

In order to earn a Varsity letter for this Swimming season, a swimmer must achieve the following milestones:

1. **8<sup>th</sup> Grade or Above** – VISAA restricts swimmers eligible to score in a VISAA sanctioned meet to those in 8<sup>th</sup> grade or above. 7<sup>th</sup> graders will swim in all our meets as exhibition (i.e., non-scoring)
2. **Practice Attendance** – Normally a swimmer must not miss more than six (6) schedule practices during the season. There are only two exceptions:
  - a. Swimmers who are attending an established practice at least three times per week with a USA Certified coach will be credited for practice provided they submit verification from their coach confirming practice attendance.
  - b. Swimmers who are competing in the conference or state championship for a Fall Seton Varsity sport will receive credit for practice attendance if they attend practice for that sport.
  - c. There are several opportunities to earn a bonus practice point to counteract a missed practice, including:
    - i. Christmas break practices
    - ii. The Cystic-Fibrosis Swim-a-thon
3. **Meet Attendance** – A swimmer must not miss more than two (2) schedule meets during the season. Any unexcused absence will disqualify a swimmer for a letter.
4. **Entries for VCAC Champs and the VISAA Division II Invitational** – Once we reach the championship season, there will be no more exhibition (i.e., non-scoring) entries allowed so Coach Koehr will publish a list of swimmers eligible for the post-season prior to the VISAA Junior Varsity Invitational. All swimmers on that list will be eligible for a Varsity letter, provided they actually participate in the post-season meets and have achieved the other milestones required.

## 11 Eligibility for Championship Meets

Participation in the State Championship Meet is based on attainment of a qualification time standard. There are no limits to the number of swimmers who may be entered in a single event. Every swimmer who qualifies may swim, but only the top 4 entries may score. Relays at States also have a qualifying time. A swimmer is eligible for a relay if they swam on a relay that met the qualifying time during the regular season or if they have qualified for the State Championship individually. Teams may also enter one “B” exhibition relay for each relay event at States, but every swimmer on those relays must have qualified.

Eligibility for participation in the National Catholic High School Championship is also determined by attainment of a qualifying time standard, but there is a limit of four Seton Swimmers per event. Relays may participate in the meet if they attain the qualifying time standard, regardless of qualification status of the individual swimmers. National Catholics does not allow exhibition relays so only our “A” Relays may compete.

For the Conference Championship meet, the Head Coach will enter up to 4 swimmers per event. Determination of who swims in the meet will be based solely on the Head Coach’s judgment of who will swim the fastest on that day. In the vast majority of cases, this will be based on the personal best times for each swimmer, but often the Coach will use relay splits in this judgment.

Individual entries for all Championship meets are final when the meet sheet is submitted. However, **relay entries may be changed all the way up to the time when relay cards must be submitted during the actual meet**. Relay line-ups will be determined by the head coach based solely on the head coach’s judgment of who will swim the fastest on that given day.

## 12 Scoring for High School Swim Meets

Below is a brief explanation of the different formats we use for swim meets and how the format impacts scoring and eligibility.

There are two basic formats to a high school swim meet: 1) dual meets, and 2) championship meets

### **Dual Meets**

All our regular season meets are dual meets, even if there is more than one other team in the pool. For example, if we had three teams in a meet, then everyone has a dual meet against everyone else. In other words, there are actually 3 meets going on simultaneously: Seton against each of the two teams separately and those two teams against each other.

Each team is allowed 4 scoring entries per individual event and 2 scoring entries per relay event. Those swimmers are designated as "varsity" for the meet. We can enter additional swimmers in an event, but they are designated "exhibition", which means they get a time and a place, but they do not score toward the team total. Exhibition swimmers appear on the meet sheet with an "x" before their seed time. All the meets hosted by Seton will allow for unlimited exhibition swimmers, but not all of the regular season meets will necessarily be so accommodating. This means that it is possible that not all the non-varsity swimmers will swim in every meet. At Seton we try to avoid this issue by hosting almost all of our own meets.

No swimmer can swim more than 2 individual events or more than 4 events total. That means that the most you can swim is 2 individual and 2 relays or 1 individual and 3 relays.

For each combination of teams, the 8 (two teams with 4 varsity swimmers) times for each event are sorted from fastest to slowest, or 1st to 8th place. The top 7 places score the following points for their team with 1st to 7th place scoring 8, 6, 5, 4, 3, 2, and 1 point, respectively. So if you are the 4th fastest varsity swimmer this weekend for Seton and you beat one person from each of the other teams, you will have earned 7th place in each of the two dual meets, meaning that you scored 1 point in each meet.

Relays are scored in a similar manner, with the top three out of 4 scoring 10, 5 and 3 points, respectively.

### **Championship Meets**

This season, we will compete in 5 championship meets: 1) The Northern Virginia Catholic HS Invitational 2) National Catholic High School Champs, 3) the VISAA Division II Invitational, 4) the DAC Conference Championship, and 5) the VISAA State Championship. Championship meets are scored as one big meet, with a varying number of places scoring. Typically, the top 12 or 16 individual finishers score. A swimmer's team gets the points for his/her team based on the place they finish.

There are a couple other differences between dual meets and championship meets. First, there is no such thing as exhibition swims in a championship meet (We will waive this rule for the Northern Virginia Catholic HS Invite). The qualification standards for participation vary for our championship meets this season. For National Catholics and States, if you hit a qualification time, you are eligible. For the Division II Invitational and the DAC Conference Champs, if you are one of the four (4) fastest entries from your team, you are eligible.

Secondly, championship meets are typically seeded, meaning lane assignments are done based on your time rather than your team (Because we generally host a large number of teams in our dual meets, we typically seed those also, but that may not be typical at meets not hosted by Seton).

Finally, if you miss an event during a championship meet, you are disqualified for the rest of the meet. (It has happened to a Seton swimmer before, and no one cares that you drove all the way to Hargrave).

### **Relay Eligibility**

One final point of information on how I determine who swims and who doesn't. It is all based on time – the fastest times swim. For individual events, I always have to determine who swims in advance, but for relays, it is different. On the meet sheet, I publish who is going to swim, but I can actually change that line-up nearly right up to the actual race. That means that, if I publish an “A” 400 Freestyle Relay with the 4 swimmers who have the fastest times in 100 Freestyle, and then during meet, a new swimmer beats out someone scheduled to be on the relay, I can switch swimmers – and I will switch swimmers as long as that new swimmer hasn't already swum their 4 events for the meet.

This may seem like an unlikely occurrence, but it has happened a number of times for our team. If you are scheduled for an “A” relay, even if it is published on the meet sheet, and someone from the “B” relay beats you out, you are no longer on the “A” relay. To get back on the “A” relay, you have to earn your way back.

With all of this complexity, you still only have to worry about one thing – always do your personal best. If you always try to get the most from the gifts that God gave you, then the right thing will happen in the end, even if the end is a little farther away than you had hoped.



## 13 Team Captain Selection Process

At the completion of each season, Coach Koehr appoints team captains for the next season. He makes the appointments in consultation with the other coaches and after receiving as much input as possible from the members of the team.

Coach Koehr's selections for those who are "eligible" to be Team Captains are announced at the season-end Awards Banquet. At that time, in front of the entire team, Coach Koehr discusses what is expected from a Team Captain and asks them to commit in the form of an e-mail to doing their best to meet those expectations. With that written commitment, those selected to be eligible actually become appointed as Team Captains for the next season.

Below are some questions that Coach Koehr asks the team to think about when deciding who they think would be a great captain. He adapted these questions from the thoughts of Coach Lowell, and they are a great description of what Coach Koehr is looking for. After carefully considering the questions he poses, every member of the team is asked to participate in an on-line survey.

The survey is not a vote. It is simply one input that Coach Koehr uses to make the decision on who will help him lead the team. Normally, Coach considers both Juniors and Seniors, but if the team feels that an underclassman would make a great captain, he will certainly consider that person.

### **Expectations of a Team Captain**

#### **Adapted from the Thoughts of Coach Richard Lowell**

Those who want the title of "Captain" should expect to be held to a higher standard, first in their commitment to improve as swimmers, and then secondly to others in their actions for others.

*You cannot lead something you are not willing to do yourself, so first ask this about how you approach the task at hand... swimming.*

- *Am I really trying to improve my swimming to the point of being willing to submit to the discomfort associated with an assigned workout, or do I back off, just going through the motions?*
- *Do I have to get out of the pool during swim practice?*
- *Do I try to move to a harder lane, or is the risk of working harder too much for me to do so?*
- *When was the last time I did more than I was assigned?*
- *Leadership focuses on service. Everyone knows when you are doing something for yourself or for others. What are small, obvious, concrete examples of service for this team?*
- *Have I stopped to talk to a team member that seems to be kinda by themselves and not really included, or do I just hang around those I am comfortable with?*
- *When was the last time I initiated the action, beginning the work ahead of being directed, not waiting for the coaches to ask for me to do the obvious?*
- *When did I last lead the movement into dryland so that all are ready for the exercises to begin @ 6:04?*
- *Do I arrive late or just on time?*
- *Do I stay focused on others, encouraging the underclassmen during meets, cheering, offering swimming advice for improvement?*
- *Do I jump in the pool to lead the team into the water?*
- *Do I seek to help other, sometimes less capable, swimmers improve their strokes?*

Some really want the title of "Captain", but do they really want to be held to these standards?

## 14 Packing Lists for Practice

Below are packing lists for Boys and Girls for practice each day:

Boys	Girls
<p><b>In Swim Bag:</b></p> <ul style="list-style-type: none"> <li>▪ Cap</li> <li>▪ Goggles</li> <li>▪ Water Bottle</li> <li>▪ Towel (for dryland and shower)</li> <li>▪ Shirt</li> <li>▪ Pants</li> <li>▪ Belt</li> <li>▪ Tie</li> <li>▪ Underwear</li> <li>▪ Socks</li> <li>▪ School Shoes</li> <li>▪ Brush</li> <li>▪ Deodorant</li> <li>▪ Shampoo/Conditioner</li> <li>▪ Glasses (If Applicable)</li> </ul>	<p><b>In Swim Bag:</b></p> <ul style="list-style-type: none"> <li>▪ Cap</li> <li>▪ Goggles</li> <li>▪ Water Bottle</li> <li>▪ Towel (for dryland and shower)</li> <li>▪ Shirt</li> <li>▪ Skirt</li> <li>▪ Bra</li> <li>▪ Underwear</li> <li>▪ Socks/Stockings/shorts</li> <li>▪ School Shoes</li> <li>▪ Brush/hair ties</li> <li>▪ Deodorant</li> <li>▪ Scapular/Earrings/Bracelets</li> <li>▪ Shampoo/Conditioner</li> <li>▪ Chapstick/Lotion</li> <li>▪ Feminine Products</li> <li>▪ Glasses (if applicable)</li> </ul>
<p><b>Wear to the Pool:</b></p> <ul style="list-style-type: none"> <li>▪ Swimsuit under clothes</li> <li>▪ T-shirt and shorts suitable for dryland (short sleeved)</li> <li>▪ Shoes suitable for dryland in the racquetball court</li> <li>▪ Seton approved outerwear (so you can wear it to school) or a hoodie/jacket</li> <li>▪ Sweatpants</li> <li>▪ Warm socks (take off before dryland)</li> </ul>	<p><b>Wear to the Pool:</b></p> <ul style="list-style-type: none"> <li>▪ Swimsuit under clothes</li> <li>▪ T-shirt and shorts suitable for dryland (short sleeved)</li> <li>▪ Shoes suitable for dryland in the racquetball court</li> <li>▪ Seton approved outerwear (so you can wear it to school) or a hoodie/jacket</li> <li>▪ Sweatpants</li> <li>▪ Warm socks (take off before dryland)</li> </ul>



## 15 Become a Sponsor for Seton Swimming and Diving

### Meet Sponsor - \$2,500 per year for five (5) years

- Logo prominently displayed on the home page of [www.setonswimming.org](http://www.setonswimming.org)
  - The site had 74,000 pageviews last season alone.
- Meet Sponsorship including:
  - Logo and/or name displayed on all meet information including schedules, Meet Programs, and Results
  - A paragraph in a Coach Koehr's post-meet blog about you and your sponsorship
  - A discussion about your company at the opening of the Meet live-stream broadcast plus an option in-meet interview

### Team Sponsor - \$1,000 per year for five (5) years

- Logo prominently displayed on the home page of [www.setonswimming.org](http://www.setonswimming.org)

### Highlights for Seton Swimming and Diving

Seton School has 350 kids, grades 7 through 12, and over 35% of them are the swim team each year. The team takes kids of all ability levels from Beginners to All-State athletes:

- VISAA Division II State Champions ten (10) times
  - Boys 2006, 2009, 2010, 2011,
  - Girls 2008, 2009, 2010, 2011, 2021, 2023
- VISAA Division II State Runner-up five (5) times
  - Boys 2007, 2008
  - Girls for 2014, 2015, 2017
- VISAA State Sportsmanship Award seven (7) times
  - Boys 2008, 2017, 2023
  - Girls 2010, 2011, 2012, 2014
- VISAA Coach of the Year – 2018, 2019
- Regular Season Conference or Conference Championship Meet Champions 54 times from 1995 to 2023
  - 29 of 29 years for the girls
  - 25 of 29 years for the boys
- 843 Total Regular Season wins since 2002 (through 2023)
  - Boys: 411-74-0
  - Girls: 432-55-3
- Raised over \$80,000 for Cystic Fibrosis since 2012 (through 2022)

Contact Will Waldron at [will\\_waldron\\_2000@yahoo.com](mailto:will_waldron_2000@yahoo.com) (240) 994-3737 or Coach Jim Koehr at [coach@koehrfamily.com](mailto:coach@koehrfamily.com) (540) 379-8328 for more information.