HAMILTON VARSITY
SWIMMING AND DIVING
2016-2017
SEASON OVERVIEW

Our season will officially start on **November 21**.

Conditioning:
There are currently opportunities to get in the water right now. Talk to Talsma if you're interested. I am expecting you to be ready to practice fast on our first day of the season. Please check the USA page at www.hamiltonswimming.org for practice times. If you are interested in doing dryland conditioning, please meet at the pool 3-3:40 on Monday, Wednesday, and Thursday starting Monday, November 7.

Practices and Meets:
We will have practice from 3:00 – 5:30 pm unless there is a home middle school meet or if we do not have a full day of school. You will be expected to be on deck, ready to get in the water by **3:00 pm**. You should have your stretching and bands done by 3:00 pm. Dryland training will be incorporated into these times.

We will not be having morning practices this year. I expect you to show up to every afternoon and Saturday practice ready to go fast.

December 22 – January 3 is Christmas Break. All practices over Christmas Break are required unless you are at a family function that cannot be scheduled around practices. This period of training is **critical** to our end of the year success.

Dual meets are held typically on Tuesdays or Thursdays, either at 6:00 or 6:30 p.m. Please make sure to check your schedule for dual meet start times and bus leave times. Check the website at www.hamiltonswimming.org to check for any changes to the schedule. Every dual meet is an opportunity to practice swimming fast

February 24 and 25 – Conference Meet for everyone at our pool. Diving prelims will be in the early afternoon on Friday. Swimming prelims will begin at 5 pm on Friday. Swimming and diving finals will start at noon on Saturday.

March 10 and 11 – Division III State Meet at the Holland Aquatic Center for those that qualify.

Qualifying Standards:

2016-2017 MISCA and DIII State Cuts

Event	MISCA Cut	State Cut
200 Medley Relay	1:48.59	1:46.49
200 Freestyle	1:54.79	1:53.99
200 IM	2:12.09	2:09.29
50 Freestyle	:23.39	:22.89
100 Butterfly	:58.59	:57.49
100 Freestyle :	:51.79	50.59
500 Freestyle	5:14.79	5:12.49
200 Free Relay	1:36.49	1:35.19
100 Backstroke	1:00.99	:59.19
100 Breaststroke	1:07.19	1:05.19
400 Free Relay	3:34.99	3:30.39

Team Captains:
Captains will be announced at the first meet. If you have any input on who you would like for a captain, let me know by November 28. Captains will be called upon to help make team decisions such as suits, disciplinary actions if needed, social activities, etc. Captains also need to be individuals that lead by their example of hard work and motivating words.

Coach Talsma's Contact Info:

email: etalsma@hamiltonschools.us
At the pool: 269.751.2459
Cell: 616.886.4303
Website: www.hamiltonswimming.org
Facebook: facebook.com/hamiltonswimming

A calendar is provided on the website. You will get more info as the season goes on. Make sure that you are on the sign-up sheet with your phone number/email address so I can get in touch if needed.

I am looking forward to an exciting season filled with fun, hard work, and fast times. We will be focusing a lot on the process of getting faster as a team. Everyone is a contributing member. We will look to everyone to help build our team into the best unit possible.

Swim Fast and Have Fun,
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