

Highland Park High School

Scots & Lady Scots Swimming & Diving

Parent & Swimmer Start of Year Meeting - - - 2023-2024



Welcome to the Program!!

Hello and Welcome!

Congratulations on being a part of the 2023-2024 Highland Park High School swim team! We are excited and honored to have each of you here to achieve our goal of creating a historic program that consistently pushes for district, regional, and state championships!

Please understand the task that is placed before each of you. On this team there are no small or large players, only individuals with roles that they are tasked to accomplish. Not only do we strive to prepare you to succeed in the water, but in life. Always remember that swimming is a small chapter of your life. 50 years from now it won't matter what you went in the 100 free, but the relationships and memories you made will be what you hold onto.

A quick word about our coaching staff!

Head Coach Jason Pullano attended and swam for Euless Trinity High School and NCAA Division 2 Ouachita Baptist University. Pullano accepted the position of Head High School Swim Coach for Granbury ISD in 2014. In his first 8 years as Head Coach, Pullano led the Pirates to Eight consecutive District Championships (2015-2022). The boys ritually saw Top 5 placings for the Region 2-5A Championship meet, including runner up finishes for the boys in '19, '20, '21, and '22. The girls excelled as well, finishing as Region 2-5A Champions in '19 and '20 along with runner up finishes in '21 and '22. In his first season with Highland Park, the Scots won the District 7-6A Championship and the Lady Scots finished runner up. During the summers he works at age group swim camps. In the summers of '15, '16, and '17, he assisted Texas A&M with their camps and in the summer of '18 and '19 he assisted Indiana University and team USA coach, Ray Looze with their camp. Pullano has also earned a reputation among coaches nationally for his innovative coaching practices. He has been featured on the SwimSwam Podcast, DOC Talk with ASCA members, Ritter Sports Performance Podcast, and has presented at the 2020 ASCA World Clinic and 2021 CSCAA College Coaching Clinic and 2022 TISCA Swim Clinic among other clinics. Pullano will teach Physics at Highland Park High School this coming year.

Assistant Coach Neill Marshall attended and swam for Byron Nelson High School and Lakeside Aquatic Club. Upon graduating from Highschool Coach Marshall enrolled at Texas Tech University where he graduated with a BA in History in 2017. After working in finance for a year Coach Marshall decided to switch careers and enter the world of education. After college Coach Marshall spent two years assisting with the Lufkin Panther Swim/Dive team and teaching 12th grade Government. Coach Marshall is embarking on his third year with HP and will assist with Swim/Dive, Water Polo and teach 12th grade Government.

As a coaching staff we would like to welcome you to our program and hope you invest in us as much as we will invest in you. This group truly has limitless potential.

Thank you,

Neill Marshall and Jason Pullano

2023-2024 Highland Park High School Swim Team Theme:



Riding the Wave

2023-2024 Expectations

- Be Present; Physically and Mentally
- Be Fun To Be Around
- Reframe Failure to be a Positive Step Forward
- Make, And Help Others Make, Good Decisions
- Realize And Reach For Your Potential

2023-2024 Targeted Goal Areas

- | | |
|------------------------------|---|
| ● Swimming | Love the Grind! Fight to Find Joy! |
| ● Weight Room/Dryland | Targeted and Consistent Presence in Training |
| ● Academics | Set the Standard to Excel! Team GPA Goals! |
| ● Team Building | A Lot of Good People Quickly Become a Lot of Great People |
| ● Culture Setting | Build the Brand - Passion, Character, Scholarship |

Girls 2023-2024 Time Standards

These times are ESTIMATES based on the 2022-2023 season! For the district and regional projections,

I compiled results from the teams in those alignments from last year to project ROUGHLY what a hypothetical district and regional meet would look like for this year! These numbers are NOT taking into account graduated seniors or incoming freshmen!

	50 FR	100 FR	200 FR	500 FR	100 BK	100 BR	100 FL	200 IM
Letter Consideration	0:28.50	1:03.49	2:18.99	6:15.99	1:13.99	1:21.99	1:13.25	2:36.49
Letter Automatic	0:27.99	1:01.49	2:16.49	6:09.99	1:11.99	1:19.99	1:11.25	2:33.49
Qualify for TISCA	0:27.50	0:59.50	2:08.00	5:43.00	1:10.00	1:19.50	1:08.00	2:30.00
Compete at District	0:28.74	1:03.24	2:21.42	6:06.42	1:16.79	1:28.20	1:24.51	2:40.75
Score points at District	0:27.72	1:03.24	2:21.42	6:06.42	1:15.77	1:23.25	1:24.51	2:38.25
Medal at District	0:26.18	0:57.65	2:01.11	5:34.35	1:08.06	1:14.49	1:02.95	2:27.14
Qualify for Regionals	0:26.33	1:02.55	2:12.79	5:54.02	1:15.15	1:18.88	1:12.00	2:36.36
Score points at Regionals	0:26.35	0:57.08	2:09.89	5:46.92	1:08.70	1:13.55	1:05.06	2:29.74
A final at Regionals	0:24.89	0:54.91	1:56.67	5:20.22	0:58.72	1:07.16	0:59.13	2:10.90
Medal at Regionals	0:23.89	0:52.55	1:53.48	5:05.53	0:56.83	1:04.32	0:57.86	2:05.76
Qualify for State	0:23.94	0:52.37	1:52.46	5:03.64	0:57.78	1:04.35	0:57.41	2:06.07
Qualify for State B Final	0:23.90	0:52.37	1:52.67	5:03.35	0:58.33	1:04.76	0:56.86	2:05.65
Qualify for State A Final	0:23.49	0:51.54	1:51.19	4:57.33	0:56.63	1:03.13	0:55.49	2:02.98
School Record	0:22.92	0:50.24	1:47.65	4:46.28	0:56.49	1:01.55	0:55.31	2:05.03
TISCA All State Honorable Mention	0:23.91	0:51.89	1:52.47	5:02.34	0:57.68	1:04.44	0:57.03	2:06.32
TISCA 2nd Team All State	0:23.60	0:51.40	1:51.10	5:00.04	0:57.22	1:03.79	0:56.18	2:04.44
TISCA 1st Team All State	0:23.26	0:50.86	1:50.66	4:55.79	0:56.26	1:02.60	0:55.49	2:01.99
NISCA All American Consideration	0:23.54	0:51.05	1:50.57	4:56.85	0:55.92	1:03.80	0:55.49	2:03.64
NISCA All American Automatic	0:23.20	0:50.19	1:48.74	4:52.18	0:54.80	1:02.58	0:54.42	2:01.51
17-18 A	0:26.89	0:58.49	2:07.29	5:39.19	1:03.19	1:12.79	1:03.09	2:20.89
17-18 AA	0:25.79	0:55.99	2:01.99	5:24.99	1:00.59	1:09.79	1:00.49	2:15.09
17-18 AAA	0:24.59	0:53.59	1:56.69	5:10.89	0:57.89	1:06.69	0:57.79	2:09.19
Sectionals	0:24.49	0:53.09	1:53.79	5:05.09	0:58.99	1:06.89	0:58.19	2:09.29
Futures	0:24.09	0:52.09	1:52.59	5:03.49	0:58.09	1:05.99	0:57.49	2:08.29
Winter Juniors	0:23.29	0:50.49	1:49.19	4:53.09	0:55.19	1:03.19	0:54.89	2:02.39
Junior Nationals	0:22.79	0:49.69	1:47.39	4:48.09	0:54.49	1:02.79	0:53.99	2:00.59

Boys 2023-2024 Time Standards

These times are ESTIMATES based on the 2022-2023 season! For the district and regional projections, I compiled results from the teams in those alignments from last year to project ROUGHLY what a hypothetical district and regional meet would look like for this year! These numbers are NOT taking into account graduated seniors or incoming freshmen!

Boys	50 FR	100 FR	200 FR	500 FR	100 BK	100 BR	100 FL	200 IM
Letter Consideration	0:24.75	0:55.49	2:03.49	5:45.99	1:04.99	1:10.99	1:03.99	2:20.49
Letter Automatic	0:24.29	0:53.99	2:01.49	5:40.99	1:02.99	1:09.99	1:02.49	2:17.49
Qualify for TISCA	0:24.00	0:54.50	1:58.00	5:18.00	1:05.00	1:10.50	1:00.50	2:13.00
Compete at District	0:23.81	0:57.43	0:52.40	5:57.90	1:07.84	1:09.30	1:07.32	2:27.92
Score points at District	0:23.61	0:56.33	0:52.09	5:27.60	1:02.51	1:07.15	1:01.75	2:15.09
Medal at District	0:23.03	0:51.99	0:49.68	4:50.84	0:59.27	1:01.42	0:57.39	2:05.06
Qualify for Regionals	0:23.45	0:54.50	0:51.72	5:20.64	1:01.63	1:05.00	0:58.17	2:13.57
Score points at Regionals	0:23.19	0:51.40	1:51.24	5:11.44	1:00.17	1:03.11	0:56.80	2:09.89
A final at Regionals	0:22.25	0:49.57	1:46.42	4:55.77	0:55.70	0:58.20	0:54.30	2:03.18
Medal at Regionals	0:20.98	0:47.73	1:40.55	4:34.46	0:53.88	0:57.17	0:50.85	1:57.80
Qualify for State	0:21.09	0:46.74	1:40.93	4:35.76	0:51.43	0:57.46	0:50.80	1:54.73
Qualify for State B Final	0:21.13	0:46.63	1:41.06	4:36.13	0:50.93	0:57.48	0:50.68	1:52.93
Qualify for State A Final	0:20.52	0:45.54	1:39.06	4:31.08	0:49.64	0:56.08	0:49.42	1:50.15
School Record	0:20.91	0:44.99	1:37.53	4:28.03	0:50.38	0:56.09	0:51.12	1:50.64
TISCA All State Honorable Mention	0:20.98	0:45.93	1:40.93	4:35.65	0:51.46	0:57.57	0:50.42	1:54.11
TISCA 2nd Team All State	0:20.81	0:45.64	1:39.71	4:34.36	0:50.65	0:56.79	0:49.84	1:52.66
TISCA 1st Team All State	0:20.34	0:44.82	1:38.90	4:29.77	0:49.41	0:55.96	0:49.08	1:49.34
NISCA All American Consideration	0:20.91	0:45.73	1:40.13	4:33.10	0:50.37	0:56.98	0:49.95	1:51.57
NISCA All American Automatic	0:20.54	0:44.95	1:38.40	4:28.38	0:49.38	0:55.84	0:48.92	1:49.57
17-18 A	0:23.89	0:52.29	1:54.09	5:10.39	0:56.69	1:04.39	0:56.49	2:06.39
17-18 AA	0:22.89	0:50.09	1:49.29	4:57.49	0:54.39	1:01.69	0:54.09	2:01.19
17-18 AAA	0:21.89	0:47.99	1:44.59	4:44.59	0:51.99	0:58.99	0:51.79	1:55.89
Sectionals	0:21.69	0:47.39	1:43.79	4:42.79	0:53.39	0:59.79	0:52.09	1:57.09
Futures	0:21.39	0:46.49	1:41.79	4:37.09	0:52.09	0:58.69	0:51.09	1:55.09
Winter Juniors	0:20.69	0:45.29	1:38.99	4:30.09	0:49.59	0:56.19	0:49.19	1:50.39
Junior Nationals	0:20.49	0:44.39	1:38.39	4:28.29	0:49.39	0:55.79	0:48.99	1:48.89

Class Schedule Flow Chart



Varsity vs. JV

- Making JV
 - Determined after the first week of school (August 21st - 25th)
 - Have a basic understanding of the 4 competitive swimming strokes: freestyle, backstroke, breaststroke, and butterfly
 - Be able to complete 50 yards of freestyle swimming (2 lengths of the pool) in under 60 seconds
 - Be able to complete a minimum of 200 yards of uninterrupted swimming (meaning that they can complete 8 lengths of the pool without stopping mid pool or on the wall for more than 3 seconds)
 - Be able to complete at least 2000 yards (80 lengths of the pool) of lap swimming within the hour and forty-minute swim practice. This does not need to be completed uninterrupted.
- Making Varsity
 - Determined throughout the first 9 weeks of school (August 21st - October 13th)
 - There is not a minimum standard that a swimmer must achieve to be on the varsity roster
 - However we will make decisions on JV/Varsity placement based on swimmers numbers. I will not have more than 32 athletes on the varsity 1st period roster. In my mind, the ideal number is 24-30 athletes on Varsity and the rest on JV.
 - Factors that influence our roster decision...
 - Attendance % - athletes below 90% attendance will not be put in 1st period
 - Academics - Athletes that are at risk of losing eligibility will not be put in 1st period
 - Swimming ability - how fast are you in your primary events
 - Training ability - how well do you manage the grind of 3,000-5,000 yard practices?
 - Class schedule flexibility - determined by counselors

Daily Practice Schedule

- We expect ALL athletes, whether they are involved in club swimming or not, to attend HPHS practices while in season (August until February). Offseason allows for more flexibility with club swimmers
- We will work with individually all Dual Sport Athletes and members of HPHS extracurricular activities to determine an appropriate schedule to accommodate HP Swim practice time with other HPHS UIL sponsored activity commitments
- Preseason (August to Mid/Late October)
 - Varsity & JV - 1st Period
 - 6:40 - 8:20
 - Mondays - Team Building & Book Study + Swimming
 - Tuesdays - Swimming OR Dryland/Weight Group 1
 - Wednesdays - Swimming
 - Thursdays - Swimming OR Dryland/Weight Group 2
 - Fridays - Stations
- InSeason (Mid/Late October through February)
 - Varsity - 1st Period
 - 6:40 - 8:20 Swimming
 - Mondays - Team Building & Book Study + Swimming
 - Tuesdays - Swimming OR Dryland/Weight Group 1
 - Wednesdays - Swimming
 - Thursdays - Swimming OR Dryland/Weight Group 2
 - Fridays - Stations
 - Junior Varsity - 8th Period
 - 2:45 - 4:15 Swimming
 - Mondays - Team Building & Book Study + Swimming
 - Tuesdays - Thursdays - Swimming
 - Fridays - Stations
- Offseason ***TENTATIVE*** (March through May)
 - Varsity & JV - 1st Period (This might change - - - JV may remain 8th period - - - we'll see)
 - 6:45 am - 8:15 am
 - Mondays - 6:45 am - 8:15 am - Team Building & Book Study + Swimming
 - Tuesdays - 6:45 am - 8:15 am - Weights + Water
 - Wednesdays - 6:45 am - 8:15 am - Swimming
 - Thursdays - 6:45 am - 8:15 am - Weights + Water
 - Fridays - 7:15 am - 8:15 am - Team Building & Game
 - ***Exceptions***
 - Seniors - Check in at Pullano's Office before 9:00
 - Club Swimmers
 - Monday - 6:45 am - 8:15 am - Swimming
 - Tuesday - 7:15 am-8:15 am Weights Only
 - Wednesday - OFF - Check in at Pullano's Office before 9:00
 - Thursdays - 7:15 am-8:15 am - Weights ONLY
 - Friday - 7:15 am-8:15 am - Team Building & Games

Holiday Practice Schedules

- Thanksgiving
 - 11/20, 11/21, 11/22, 11/25
- Christmas
 - 12/16, 12/18, 12/19, 12/20, 12/21, 12/22, 12/28, 12/29, 12/30, 1/1 (PM), 1/2

Training Calendar

Season is broken up into 4 large 6(ish) week chunks

1st 6 weeks: Technique & Skill - Build great fundamentals and skills - Do ordinary things extraordinarily

2nd 6 weeks: Aerobic Foundation - build a "Base" for the season - the "Hard" part of the season but necessary

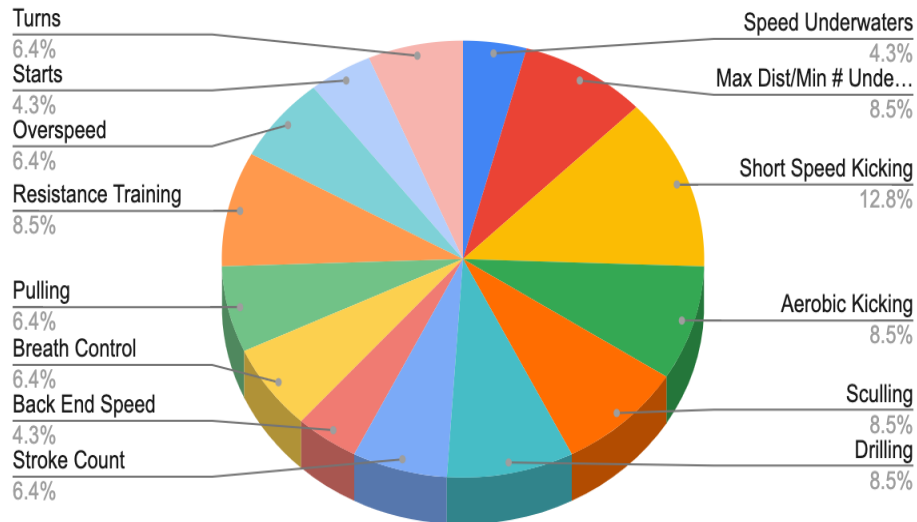
3rd 6 weeks: Anaerobic Ceiling - Raise our roof - Work on the racing skills specific to your ability to perform

4th 6 weeks: Race Pace - Trim & Paint - the hard work has already been done, we're just cleaning things up

Stage	Day	Time	A Week	B Week
PreSeason Technique/Skill	MON	6:40 - 8:20 am	"Team Building & Engine Prime" - PINK	"Team Building & Engine Prime" - PINK
	TUE	6:40 - 8:20 am	"Primary Technique" - PINK	"Primary Technique" - PINK
	WED	6:40 - 8:20 am	"Go Kicking" - PINK / BLUE	"Overspeed" - PINK / BLUE
	THU	6:40 - 8:20 am	"Primary Technique" - PINK	"Primary Base" - PINK
	FRI	6:40 - 8:20 am	"Station Fridays" - PINK / RED	"Station Fridays" - PINK / BLUE
Aerobic Foundation	MON	6:40 - 8:20 am 2:50 - 4:10pm	"Red Sets" - RED	"Red Sets" - RED
	TUE	6:40 - 8:20 am 2:50 - 4:10pm	"Primary Technique" - PINK	"Primary Base" - PINK / RED
	WED	6:40 - 8:20 am 2:50 - 4:10pm	"Red Sets" - RED	"Recovery(ish)" - WHITE / PINK
	THU	6:40 - 8:20 am 2:50 - 4:10pm	"Primary Technique" - PINK	"Primary Base" - PINK / RED
	FRI	6:40 - 8:20 am 2:50 - 4:10pm	"Team Building & Station Fridays" - PINK / BLUE	"Team Building & Station Fridays" - PINK / BLUE
Anaerobic Ceiling	MON	6:40 - 8:20 am 2:50 - 4:10pm	"Team Building & Go Kicking" - PINK / BLUE	"Team Building & Engine Prime" - PINK
	TUE	6:40 - 8:20 am 2:50 - 4:10pm	"Primary Technique" - PINK	"Primary Base" - PINK / RED
	WED	6:40 - 8:20 am 2:50 - 4:10pm	"Red Sets" - RED	"Recovery(ish)" - WHITE / PINK
	THU	6:40 - 8:20 am 2:50 - 4:10pm	"Primary GO" - PINK / BLUE	"Primary GO" - PINK / BLUE
	FRI	6:40 - 8:20 am 2:50 - 4:10pm	"Station Fridays" - PINK / BLUE	"Station Fridays" - PINK / BLUE
Race Pace	MON	6:40 - 8:20 am 2:50 - 4:10pm	"Team Building & Overspeed" - PINK / BLUE	"Team Building & Red Sets" - RED
	TUE	6:40 - 8:20 am 2:50 - 4:10pm	"Primary GO" - BLUE	"Primary Technique" - PINK
	WED	6:40 - 8:20 am 2:50 - 4:10pm	"Recovery(ish)" - WHITE / PINK	"Recovery(ish)" - PINK / WHITE
	THU	6:40 - 8:20 am 2:50 - 4:10pm	"Primary GO" - BLUE	"Primary GO" - BLUE
	FRI	6:40 - 8:20 am 2:50 - 4:10pm	"Station Fridays" - PINK / RED	"Station Fridays" - BLUE

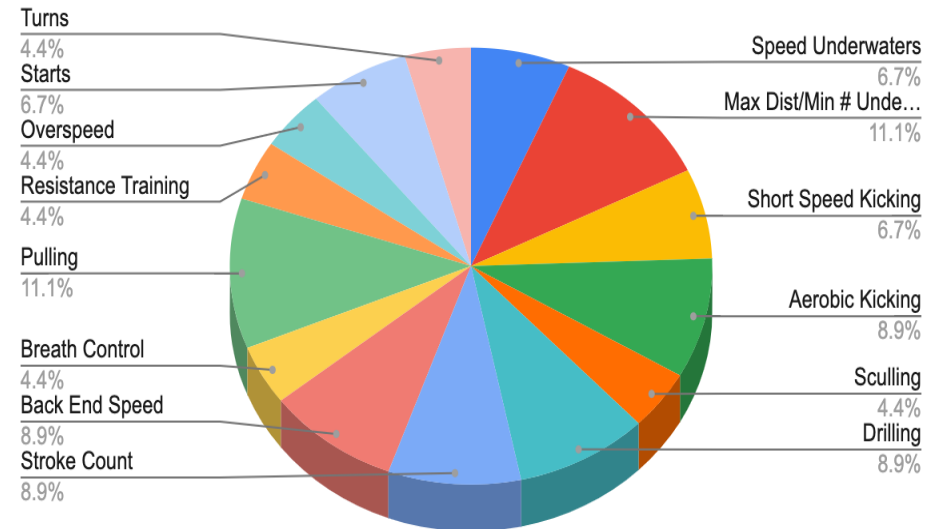
Passion

Preseason



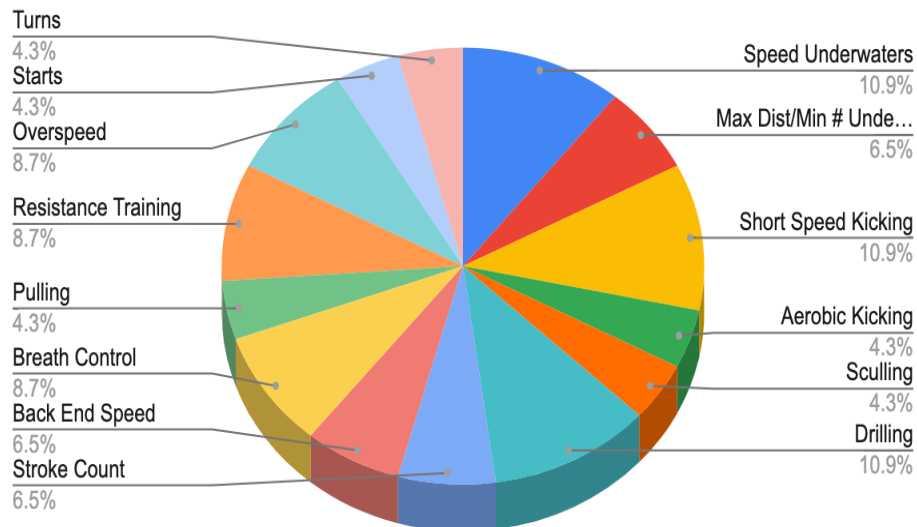
Character

Aerobic Foundation

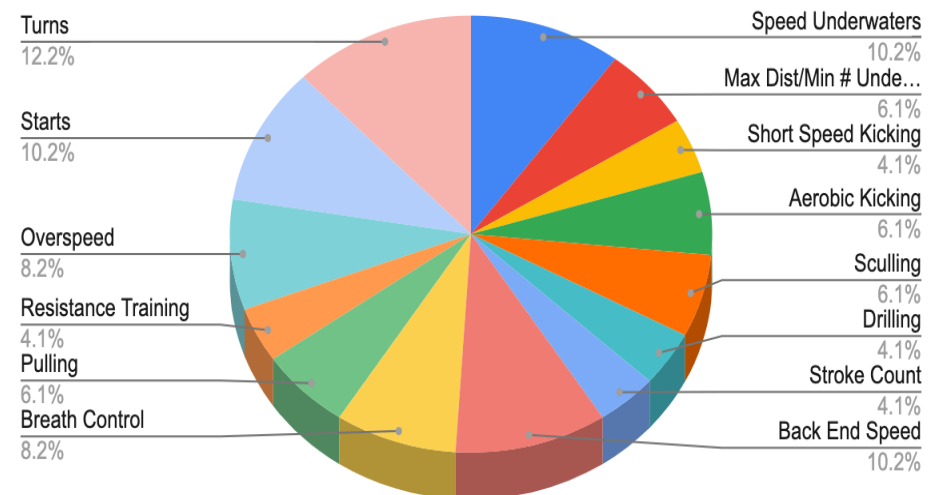


Scholarship

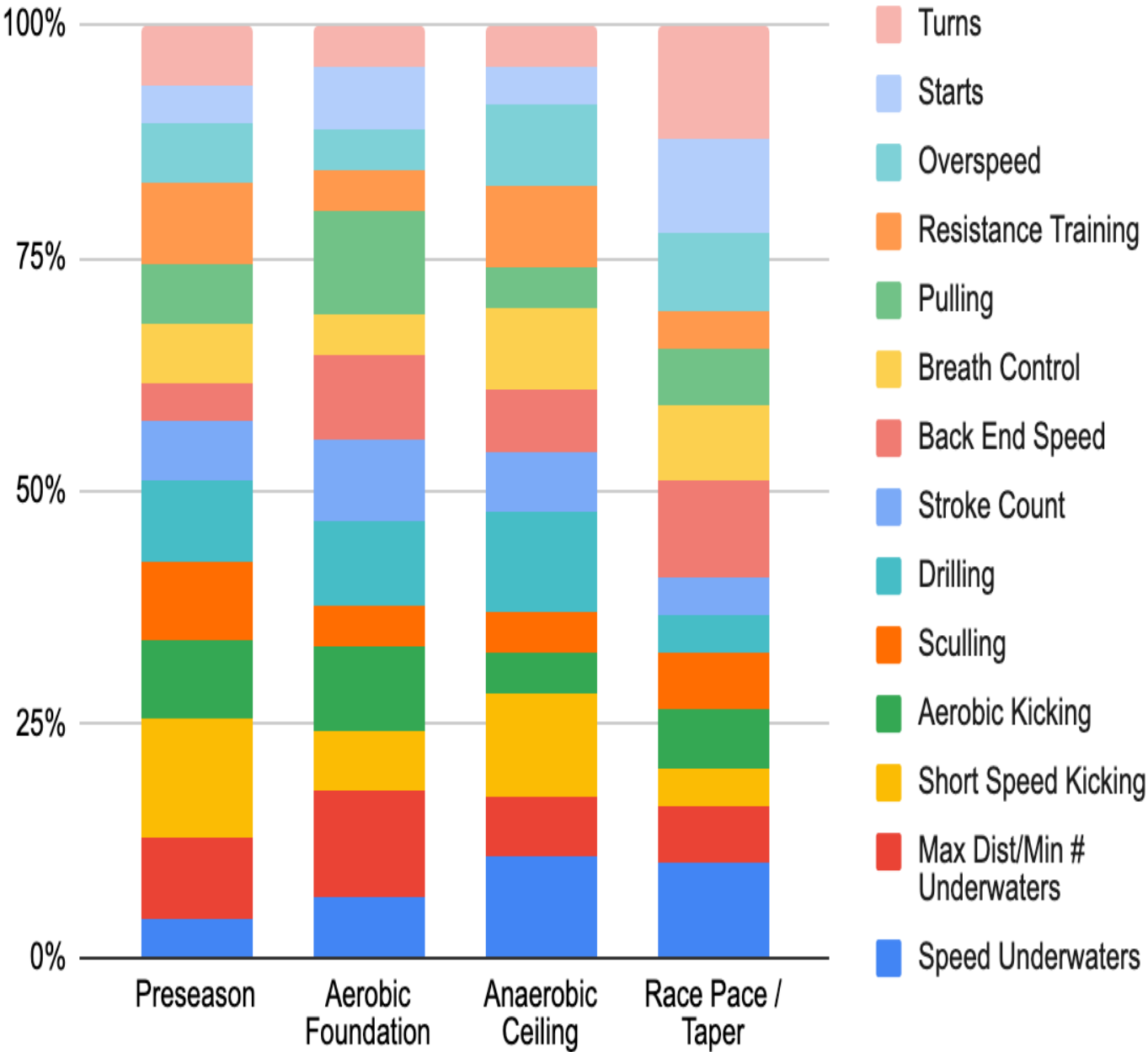
Anaerobic Ceiling



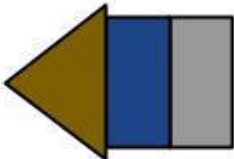
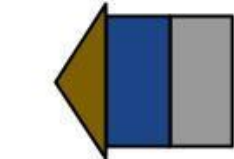
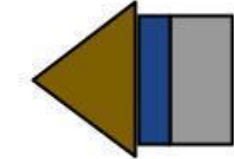
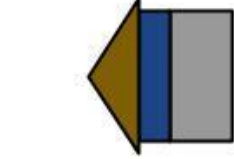
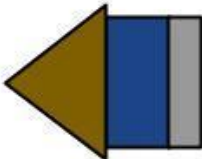

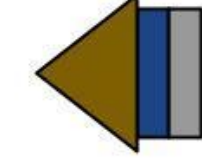
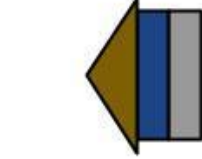
Race Pace / Taper



	Speed Underwaters	Max Dist/Min # Underwaters	Short Speed Kicking	Aerobic Kicking	Sculling	Drilling	Stroke Count	Back End Speed	Breath Control	Pulling	Resistance Training	Overspeed	Starts	Turns
Preseason	4.3%	8.5%	12.8%	8.5%	8.5%	8.5%	6.4%	4.3%	6.4%	6.4%	8.5%	6.4%	4.3%	6.4%
Aerobic Foundation	6.7%	11.1%	6.7%	8.9%	4.4%	8.9%	8.9%	8.9%	4.4%	11.1%	4.4%	4.4%	6.7%	4.4%
Anaerobic Ceiling	10.9%	6.5%	10.9%	4.3%	4.3%	10.9%	6.5%	6.5%	8.7%	4.3%	8.7%	8.7%	4.3%	4.3%
Race Pace / Taper	10.2%	6.1%	4.1%	6.1%	6.1%	4.1%	4.1%	10.2%	8.2%	6.1%	4.1%	8.2%	10.2%	12.2%



BUILD YOUR HOUSE!

<p> <input checked="" type="checkbox"/> Aerobic <input checked="" type="checkbox"/> Anaerobic <input checked="" type="checkbox"/> Mental & <input checked="" type="checkbox"/> Emotional </p> <p>High Floor High Ceiling High Peak</p> 	<p> <input checked="" type="checkbox"/> Aerobic <input checked="" type="checkbox"/> Anaerobic <input checked="" type="checkbox"/> Mental & <input checked="" type="checkbox"/> Emotional </p> <p>High Floor High Ceiling High Peak</p> 	<p> <input checked="" type="checkbox"/> Aerobic <input checked="" type="checkbox"/> Anaerobic <input checked="" type="checkbox"/> Mental & <input checked="" type="checkbox"/> Emotional </p> <p>High Floor High Ceiling Low Peak</p> 	<p> <input checked="" type="checkbox"/> Aerobic <input checked="" type="checkbox"/> Anaerobic <input checked="" type="checkbox"/> Mental & <input checked="" type="checkbox"/> Emotional </p> <p>High Floor Low Ceiling Low Peak</p> 
<p> <input checked="" type="checkbox"/> Aerobic <input checked="" type="checkbox"/> Anaerobic <input checked="" type="checkbox"/> Mental & <input checked="" type="checkbox"/> Emotional </p> <p>Low Floor High Ceiling High Peak</p> 	<p> <input checked="" type="checkbox"/> Aerobic <input checked="" type="checkbox"/> Anaerobic <input checked="" type="checkbox"/> Mental & <input checked="" type="checkbox"/> Emotional </p> <p>Low Floor High Ceiling Low Peak</p> 	<p> <input checked="" type="checkbox"/> Aerobic <input checked="" type="checkbox"/> Anaerobic <input checked="" type="checkbox"/> Mental & <input checked="" type="checkbox"/> Emotional </p> <p>Low Floor Low Ceiling High Peak</p> 	<p> <input checked="" type="checkbox"/> Aerobic <input checked="" type="checkbox"/> Anaerobic <input checked="" type="checkbox"/> Mental & <input checked="" type="checkbox"/> Emotional </p> <p>Low Floor Low Ceiling Low Peak</p> 

Mental & Emotional Work!

ANAEROBIC!

GREAT work being done during the anaerobic phase! Makes your "Performance Ceiling" rise significantly!

AEROBIC!

GREAT work being done during the aerobic phase! Makes your "Performance Floor" rise significantly!

Meet Schedule

Date	Meet	Location	Start Time
Thu, Sep 14	Blue/Gold Intrasquad Meet	HPISD Natatorium	6:30 PM
Thu, Sep 28	Home Dual Meet vs Lovejoy	HPISD Natatorium	7:00 PM
Thu, Oct 5	Home Dual Meet vs Plano, Coppell	HPISD Natatorium	7:00 PM
Thu, Oct 19	Home Dual Meet vs Arlington Martin ***Senior Recognition Meet***	HPISD Natatorium	7:00 PM
Sat, Nov 4	Ranger Relays	SMU	11:30 AM
Sat, Nov 11	Home Dual Meet vs Jesuit/Ursuline	HPISD Natatorium	9:00 AM
Fri, Nov 17	TISCA Prelims	LISD West Side	9:00 AM
Sat, Nov 18	TISCA Finals	LISD West Side	10:00 AM
Sat, Dec 2	Home Dual Meet vs. Grapevine & Colleyville	HPISD Natatorium	9:00 AM
Fri, Dec 8-9	Debbie Weems Invitational Prelims	Mansfield ISD Natatorium	12/8 - 11:00 AM 12/9 - 9:00 AM
Fri, Jan 5-6	Home Quad Meet with Tyler Legacy, JJ Pearce, Jesuit/Ursuline (Days 1 & 2)	HPISD Natatorium	1/5: 3:00 PM; 5:00 PM 1/6: 9:00 AM; 11:00 AM
Thu, Jan 11	Home Dual Meet vs. Southlake	HPISD Natatorium	7:00 PM
Fri, Jan 26	District Championships **Very tentative date**	Loos Natatorium	TBD
Fri, Feb 9-10	Regionals Prelims & Finals	LISD West Side	2/9 : 10:00 AM 2/10: 9:30 AM
Fri, Feb 23-24	State Prelims & Finals	Lee & Jo Jamail Swim Center	2/23: 4:00 PM 2/24: 4:00 PM

Important Information

- Senior Meet will be Arlington Martin
 - Note: This is the senior RECOGNITION MEET, all swimmers will still compete at this meet.
- All swimmers attend and compete at Home Dual Meets
- We are limited to 44 travel spots at away meets (possibly fewer if teams limit # of entries)
- Meets that require a qualification time are TISCA and the Debbie Weems Invitational
 - We will rest for 2-3 days for these two meets and allow swimmers to wear tech suits for these meets
- The District team is selected by the coaching staff, we are limited to one relay per relay event and 4 individual entries per individual event
 - This means that not every swimmer will be able to compete at the district championship meet - we will investigate other options to give a final "championship swim" to swimmers that are not on the district lineup - as of right now it's looking like an intrasquad meet - but we will see!
- Top 6 finishers at district advance to regionals
- Top 2 finishers at regionals advance to state along with the next 8 fastest "call ups" from around the state.
- **If you have a conflict with a meet, I'm totally ok with that! But I need proper communication! Take a look at your family calendars now and fill out the meet conflict google form! Posted in google classroom!**
 - <https://tinyurl.com/hpswimconflicts>

Important Dates

All Schedules can be found at <https://bit.ly/hpaquaticscalendars>

Here's a short list of upcoming events in the first 9 weeks - this list will constantly evolve

Date	Event	Time
Tue, Jul 4	4th of July Parade	TBD
Mon, Aug 7	SMU Breakfast	TBD
Mon, Aug 7	D&J Suit Sizing	TBD
Tue, Aug 8	Pool Party @ Max's House	TBD
Tue, Aug 15	First Day of School	All Day
Tue, Aug 15	Poster Distribution	3:30 PM
Wed, Aug 23	Swim Team Parent Meeting	5:30 PM
Thu, Sep 14	Blue/Gold Intrasquad Meet	6:30 PM
Fri, Sep 22	1st 6 Week Grading Period Ends	End of School Day
Thu, Sep 28	Home Duel Meet vs Lovejoy	7:00 PM
Fri, Sep 29	Athletes Lose Eligibility if failed 1st 6 Weeks	End of School Day
Tue, Oct 3	WP vs. Jesuit Game ***Every Swimmer Attends to Support***	5:30 PM
Thu, Oct 5	Home Duel Meet vs Plano, Coppel	7:00 PM
Sat, Oct 7	HPISD Fall Break	All Day
Sun, Oct 8	HPISD Fall Break	All Day
Mon, Oct 9	HPISD Fall Break	All Day
Tue, Oct 10	HPISD Fall Break	All Day
Fri, Oct 13	1st 9 Week Grading Period Ends	End of School Day

“Scotties Find a Way” - What is “The Way”?

Passion

- Actionable Expectations:
 1. Scots Start Each Day With A Goal In Mind
 2. Scots Arrive On Time And Prepared
 3. Scots Reframe Obstacles As Growth Opportunities
 4. Scots Give Full And Determined Effort In All Situations
 5. Every Scot Cheers For Every Scot
 6. Scots Cheer The Loudest When They Are The Most Tired
 7. Scots Support Their Teammates In And Out Of The Pool
 8. Scots Empty The Bleachers On Race Day. Empty Bleachers Are Happy Bleachers.
 9. Scots Embrace Challenges
 10. Scots Bring Positive Energy To The Pool Each Day

Character

- Actionable Expectations
 1. Scots Lead By Example
 2. Scots Radiate Positivity And Eradicate Negativity
 3. Scots Recognize And Appreciate Their Innate Abilities
 4. Scots Own The Outcome Of Every Situation
 5. Scots Show Respect To Their Competitors and Officials Every Opportunity Possible
 6. Scots Control Their Emotions So That They Do Not Get In The Way Of Their Potential
 7. Scots Honor Their Gifts With Their Decision Making
 8. Scots Promote Inclusivity. There Will Never Be An “Initiation” Process.
 9. Scots Follow Through On All Commitments
 10. Scots Serve Their Community In A Positive Manner

Scholarship

- Actionable Expectations
 1. Scots are Lifelong Learners
 2. Scots Maintain Academic Eligibility Without Fail
 3. Scots Give Relentless Attention To Details In And Out Of The Pool
 4. Scots Sacrifice Personal Glory In Pursuit Of The Greater Good
 5. Scots Welcome Feedback And Commit To Being Teachable
 6. Scots Communicate With All Stakeholders
 7. Scots Focus Their Attention On Solving Problems Not Dwelling On Obstacles
 8. Scots Develop Lifelong Time Management Skills
 9. Scots Actively Participate In Every Class Every Day
 10. Scots Maintain a Healthy Balance Between Academics and Personal Life

Expectations

Academic Expectations

- **How we arrive:** Swimmers are expected to be at each class on time and **setting an example for all other HPISD student athletes and HPISD students**
- **How we act:** With respect and excellence. You have extremely impressive expectations to live up to.
- **How we are prepared:** Scot and Lady Scot swimmers are always prepared for class, regardless of swimming requirements. ***Being a student athlete does not mean that academics are prioritized over athletics! It means academics are a priority you can manage alongside the commitment of athletics.*** Do not blame swimming on your inability to be prepared for classes.
- **How we are a team:** “Together Everyone Achieves More” I’ll say it again: We train as a team. We compete as a team. We succeed as a team. This applies to your studies as well. The best study groups I ever had were full of swimmers in the courses I took or who had already taken the courses I was taking. Utilize your natural resources.
- **How we handle success:** Confidence, courage, and humility. Allow your positive performances to snowball!
- **How we handle failure:** Confidence, courage, and humility. You learn more from failure than success. Find the positives and what can be improved. Keep your eyes humbly focused on what’s ahead and focus on your next task in your class.
- **A few noteworthy expectations:**
 - My expectation for all student-athletes in our program is to maintain A’s and B’s on their report cards. C’s will be met with discussions with the coaching staff. Failures will result in intervention. **Losing eligibility multiple nine weeks in a single school year will result in dismissal from the team.**
 - Remember that HPHS does NOT have a “buffer” for advanced placement or honors courses. If you receive below a 70 in any class, it will be met with an ineligibility period.
 - UPDATE: Highland Park HAS added some courses to have a 10 point “buffer” for eligibility. Those courses are...AP Seminar, AP Research, AP Calculus AB, Multi-Variable Calculus, Linear Algebra, AP Statistics, AP Biology 2, Medical Microbiology, AP Chemistry 2, Organic Chemistry, AP Environmental Science, AP Comparative Government, AP European History, AP Human Geography, Seminar in Languages Other Than English, Latin V Honors, AP Art History, AP Music Theory, AP Computer Science Principles, AP Computer Science A, Computer Science 3, MAPS AP Microeconomics, MAPS Economics Advanced Studies, MAPS AP Environmental Science, MAPS AP Psychology
 - **Scots perform better in the classroom while IN season than they do in OFF season! Let the data show...**

	Whole Team				
	A Honor Roll	A/B Honor Roll	A or A/B Honor Roll	Passing	Failing
9W	13.64%	50.00%	63.64%	95.45%	4.55%
18W	14.63%	48.78%	63.41%	92.68%	7.32%
27W	7.50%	57.50%	65.00%	90.00%	10.00%
36W	6.43%	60.16%	66.59%	87.32%	12.68%

	Whole Team			
	A's	B's	C's	F's
9W	58.36%	31.32%	10.32%	1.07%
18W	62.91%	29.82%	7.27%	1.09%
27W	61.69%	27.97%	10.34%	2.30%
36W	58.10%	29.57%	9.34%	3.13%

Practice Expectations

- **How we arrive:** Swimmers are expected to be at the pool 15 minutes early (6:25, As soon as possible in the afternoon). This allows for time to stretch, warmup and become aware of the goal for the day. **THE BLEACHERS ARE OFF LIMIT!!! YOU MUST TAKE TIME TO WARM YOUR BODY! Bodies at rest, stay at rest!**
 - Propped Doors are a thing of the past! We will have windows of time that the doors will be unlocked! Be on time or you might be stuck out in the cold! Door Open Times
 - 6:20am-6:45am (Morning)
 - 2:40pm-3:05pm (Afternoon)
- **How we act:** Support one another. We train as a team. We compete as a team. We succeed as a team. We must eliminate divisions.
- **How we are prepared:** Take the necessary steps before practice. Check the team websites, remind messages/SportsYou, and emails for last minute updates.
- **How we enter the water:** Together, as a team, and “on the top.” We need to become more disciplined in how we attack training!
- **How we train:** Respect one another. Be courteous in the lane and follow “lane etiquette.” A lot of our focus will be on race pace. It’s easy to go through the motions, but it’s obvious as well. We know your race pace.
- **How we are a team:** “Together Everyone Achieves More” I’ll say it again: We train as a team. We compete as a team. We succeed as a team.
- **How we handle success:** Confidence, courage, and humility. Be excited by your success! But keep your eyes humbly focused on what’s ahead.
- **How we handle failure:** Confidence, courage, and humility. You learn more from failure than success. Find the positives and what can be improved. Keep your eyes humbly focused on what’s ahead.
- **A few noteworthy expectations:**
 - All swimmers are expected to attend at least 90% of practices throughout the year. If an athlete misses practice and can provide a doctors note that excuses them from this practice, then the absence will be marked as an excused absence as opposed to an unexcused absence which counts against an athlete’s 90% attendance policy requirement.
 - Nobody has perfect technique. You can always improve some aspects of your strokes. The coaches know what to do to make you improve. We see what you cannot. You feel what we do not. We must work together to make your technique the best it can be.
 - Race pace training. The idea is to train at the speed you would be racing. We had tremendous success with this last year. It will remain an occasional part of our training regimen.
 - **“Game face”** is a term we use so that you bring yourselves to a state where you are prepared to go to battle. This is not a time when you should joke around/survive in practice. We should aim to thrive when our game faces are on!
 - In order to remain in good standing with the team & coaches, the detailed and agreed upon offseason participation is expected and required.
 - All swim team athletes must be enrolled in an HPISD athletic period whether in season or off season. No exceptions. This does not have to be swimming, but it does need to be an HPISD athletic period.

Meet Expectations

- **How we arrive:** Swimmers are expected to be at the bus pickup location on time. Swimmers are also expected to be behind the blocks on time and in the warmup pool on time. No exceptions.
- **How we act:** Support one another. Empty bleachers are happy bleachers. Parents love to see our team lining the side of the pool and other teams hate when they're outnumbered. Put on a show and take no prisoners!
- **How we are prepared:** Take the necessary steps before meets. Identify your goal/s for the meet and prepare yourself mentally to attack each swim!
- **How we enter the water:** Together, as a team, and "on the top." We need to become more disciplined in how we attack meets. We should all be in the water for warmup no matter when your first swim is. When possible, warm up intermittently during meets.
- **How we compete:** Physically, mentally, and emotionally tough. "Coach I can't" is a curse on this team. Move behind the blocks, appear ready. Fake it and you'll feel it! I never allow swimmers to scratch barring physical harm. Don't ask.
- **How we are a team:** "Together Everyone Achieves More" I'll say it again: We train as a team. We compete as a team. We succeed as a team.
- **How we handle success:** Confidence, courage, and humility. Allow your positive performances to snowball! Nothing feels better than accomplishing a goal that you worked towards.
- **How we handle failure:** Confidence, courage, and humility. We swim without limits. You learn more from failure than success. Find the positives and what can be improved. Keep your eyes humbly focused on what's ahead and focus on your next race.
- **A few noteworthy expectations:**
 - Swimmers are swimmers. Not fans. At dual meets and invitationals, stay out of the stands. If your parents need to get your attention, you'll still need to remain on deck.
 - ***We WILL have the best sportsmanship in the state. We will applaud other teams when they deserve it. We will respect other teams and their parents even when they may not deserve it. We will thank every coach we swim against and shake every swimmers hand at the end of the meet. We cannot control the actions of others, but we can control our reactions.***
 - If a senior or captain wishes to attend a meet that they have not qualified for (excluding state), they must show that they currently have A's or B's in all classes in skyward
 - ***Unless there is an obligation that the swimmer cannot avoid, the expectation is that the swimmer stays with the team until the meet has ended. They can then leave with their parents once they have emailed or given a note to the coaching staff***
 - ***ONLY SWIMMERS THAT MEET THE 90% ATTENDANCE POLICY ARE ELIGIBLE TO COMPETE AT MEETS! The 90% attendance rule applies to expected practices. Excused absences do not count against the 90% rule. NO EXCEPTIONS. NO NON-UIL SUBSTITUTIONS.***
 - State Qualification
 - In order to ensure compliance with safe sport best practices, in the event that a single individual athlete qualifies for the state championship, they will be allowed to select 1-2 friends of the same gender of their choice to attend the competition with them (buddy passes). This may apply to both genders simultaneously. For example, if a single athlete in both genders qualify, they may each bring 1-2 friends of the same gender of their choice.
 - In the event that multiple individuals of the same gender qualify for the state meet, or a relay team qualifies for the state meet, then the number of qualifiers complies with safe sport best practices and additional attendees (buddy passes) are not needed
 - State relay alternate positions are determined at the discretion of the coaching staff.
 - Coaches will (in order)...
 - 1. Select athletes that ensure the relay has the greatest opportunity for success
 - 2. Select and Honor Captains with any remaining alternate passes
 - 3. Select and Honor Seniors with any remaining alternate passes

Meet Attire Expectations

All meets that a swimmer attends, they must show up **AND LEAVE** in their HPISD issued warm up jacket. No exceptions!

The jackets cost

- **Dual Meets and Smaller Invationals**
 - Suits: Swimmers are expected to wear the team swim suit. WATER POLO SUITS ARE NOT ACCEPTABLE TEAM SUITS TO WEAR FOR COMPETITION. You only use it at dual meets/invationals and take care of the suit and follow instructions on maintaining it, it should last all year!
 - Attire: Swimmers are expected to wear their Highland Park Swimming Warmup Jacket, an appropriate "Highland Park Swimming" tshirt for the season, & bring their other belongings in their personal bag or HP team speedo bag.
- **TISCA/Debbie Weems (to attend, must meet the qualifying standards in at least 1 event or be on a relay)**
 - Suits: Swimmers are required to wear the team suit during warmup. Swimmers may also choose to wear their own tech suits during competition
 - Attire: Swimmers are expected to wear their Highland Park Swimming Warmup Jacket, an appropriate "Highland Park Swimming" tshirt for the season, & bring their other belongings in their personal bag or HP team speedo bag
- **District (to attend, must be named to the district team and compete in at least 1 event)**
 - Suits: Swimmers are required to wear the team suit during warmup. Swimmers may also choose to wear their own tech suits.
 - Swimmers are expected to wear their Highland Park Swimming Warmup Jacket, an appropriate "Highland Park Swimming" tshirt for the season, & bring their other belongings in their personal bag or HP team speedo bag
 - Attire on the medal podium: Swimmers are expected to wear their zipped up Highland Park Swimming Warmup Jacket on the podium. If you are not wearing a jammer or tech suit, wear shorts on the podium.
- **Regionals and State (to attend, must qualify in at least 1 event)**
 - Suits: Swimmers should invest in a tech suit to wear should they qualify for regionals or state
 - Swimmers are expected to wear their Highland Park Swimming Warmup Jacket, an appropriate "Highland Park Swimming" tshirt for the season, & bring their other belongings in their personal bag or HP team speedo bag
 - Attire on the medal podium: Swimmers are expected to wear their Highland Park Swimming Warmup Jacket and pants on the podium.

Expectations Outside of HPHS

- W.W.P.T. – Think before you act
 - "What would parents think?"
 - "What would principals think?"
 - "What would Pullano think?"
- We maintain a strong social media policy. There's nothing impressive about a twitter/instagram/tiktok page that is a subject of conversation with district administrators, students, or teachers.
- Understand the pros and cons of "Swimcest": The action of cordial (i.e. courting or dating) relationship between two swimmers. My wife was on my college swim team. Understand that being on a team with someone can drive a couple together OR apart, it can also divide teams in certain situations. Do not allow personal matters to affect swimming matters.
- **Drug or Alcohol use of any kind is prohibited from the Scot swimming program. Offenses will be followed by the word of the HPISD Student Code of Conduct.**
- **HB114 - d-1) In addition to Subsections (a), (b), (c), and (d), a student may be removed from class and placed in a disciplinary alternative education program under Section 37.008 if the student possesses, uses, or is under the influence of marihuana or an e-cigarette on or within 300 feet of school property, as measured from any point on the school's real property boundary line, or while attending a school-sponsored or school-related activity on or off of school property. A school district shall require a student who engages in conduct described by this subsection, not later than 30 days after the date the conduct occurs, to complete an agency-approved drug and alcohol awareness program, which may be offered in-person or online.**
- **30 day (6 weeks) in DAEP sentence with possibility of reduction to 20 days (4 weeks) MINIMUM**

Conflicts

Immediate communication with the coaching staff in the event of a conflict is expected. Lack of communication will not be tolerated and may result in consequence (for lack of communication, not lack of participation). If you have a conflict with a meet, I'm totally ok with that! But I need proper communication! Take a look at your family calendars now and fill out the meet conflict google form! Posted in google classroom!

- <https://tinyurl.com/hpswimconflicts>

Conflicts with other UIL activities: If a student athlete has a conflict with another UIL activity (theater, other HPHS sport, band, etc.) then they must meet with the coaching staff at least 10 days ahead of time. The swimmer can miss the swimming activity, so long as it is NOT TISCA, Districts, Regionals, or State. No flexibility there. If you suspect there is a chance of a conflict, meet w/ coaches as a precaution

Conflicts with out of school activities: If a student athlete has a conflict with an out of school activity (club sports, garage band concert, improv competition? Etc.) then they must meet with the coaching staff at least 2 weeks ahead of time to conference. Typically they can attend the event so long as the conflict isn't with TISCA, Districts, Regionals, or State.

Conflicts with family emergencies: If a student athlete has a conflict with a family emergency (funeral, sick relative, etc.) then their event attendance is not required and they should attend to the personal matter. If at all possible, plan the matter around District, Regionals, and State. However, emergencies are completely understandable.

Conflicts with illness:

- **Not sick enough to stay home from school:** Swimmer is expected to attend the event (practice, competition, etc.) and give full effort.
- **Possibly sick enough to/should have stayed home from school:** Swimmer is expected to ATTEMPT the event (minimum of 15 minutes) and give full effort. In the event they cannot physically participate for health reasons, they are excused.
- **At home from school with doctor's note:** Swimmer is expected to communicate with coaching staff of illness and provide doctors note
- **Hospitalized:** Swimmer is expected to communicate with coaching staff via parents, remind, or captains of hospitalization. At this point the student needs to focus on rehabilitation.
- ***If an athlete misses practice and can provide a doctors note that excuses them from this practice, then the absence will be marked as an excused absence as opposed to an unexcused absence which counts against an athlete's 90% attendance policy requirement.***

Conflicts with injury: If a student athlete suspects they have an injury that prevents them from swimming they should meet with the training staff to a.) Determine severity b.) Determine treatment c.) Schedule rehab. If an athlete has an injury, the trainers contact the coaches immediately through rank one. Swimmers cannot sit out of practice without a doctor or trainer note given to the coaches. Trainers are available before school at 7:30 in the training room or during lunches. Athletes must attend the training room during these times.

Conflicts with Holidays: In general, holiday practices are not mandatory but HIGHLY SUGGESTED *WINK WINK* However, if a swimmer has an unavoidable holiday obligation (vacation, dinner at grandma's, out of town, etc.) they are excused from the required holiday practices. Prompt and direct communication with the coaching staff or captains is appreciated and expected. They may be expected to make up the yardage/pool time missed before returning to competition.

Conflict with others (coach, parents, and teammates): In the case of a conflict between two or more individuals in the Scot Swimming family, the following steps should be taken:

- Communicate with the captains (and coaching staff if absolutely necessary)
- Privately and calmly approach the individual(s)
- Identify the problem
- Determine a solution
- Put the matter behind you

Conflicts with Tutorials: Understanding the driving focus of our student athletes is their commitment to academics, we are committed to giving athletes the tools to be successful. While we encourage prioritizing afterschool tutorials, we understand that this isn't always an option. Therefore, Each swimmer will be given 5 tutorials passes during each nine week grading period. Swimmers must show up and participate for the first 30 minutes of practice and then can get out to attend their tutorials. If a swimmer exceeds their 5 allotted passes, they must make up their missed time swimming after school.

Conflicts with Attendance: A 90% High School practice attendance is required to participate in meets. Any swimmer with 90% attendance or higher will be eligible to compete at competitions. Swimmers without a 90% attendance will not be allowed to compete OR travel to competitions. Attendance requirements may differ for athletes in dual UIL sports due to practice schedules. **If you do not attend practice, expect a message through sportyou by 7:00/3:15 asking where you are. In return, I should receive a response message by 8:45/4:30 with an explanation for the absence.**

- If an athlete misses practice and can provide a doctors note that excuses them from this practice, then the absence will be marked as an excused absence as opposed to an unexcused absence which counts against an athlete's 90% attendance policy requirement.

Conflicts in general: "Come to me with a solution, not a problem."

Consequences

Consequences are at the discretion of the coaching staff and/or follow the policies of the HPISD Student-Athlete code of conduct. It may be as minor as an informal meeting, or as severe as dismissal from the team. Examples of consequences are listed below:

- Practice ejection. Purpose: to avoid distracting teammates and a prelude to set up an informal/formal meeting
- Informal 1-on-1 meeting. Purpose: to correct unwanted behavior
- Formal 1-on-1 meeting. Purpose: to permanently correct unwanted behavior
- Formal meeting with parents. Purpose: to permanently correct unwanted behavior
- Practice suspension. Purpose: to correct unwanted behavior and avoid distracting teammates
- Competition suspension. Purpose: to correct unwanted behavior and serve a suspension for violating team/district code of conduct.
- Dismissal from the team. Purpose: self-explanatory

Class Grading Policy

We do not require swimmers to be in the swim class, however those that are enrolled will receive a PE credit & grade for completion of the swim class. With recent changes to GPA calculations, HPISD has asked all extracurricular activity courses to be more consistent with their grading policy. The following is how swimmers will receive grades each six weeks.

ANY AND ALL ASSIGNMENTS ARE POSTED IN GOOGLE CLASSROOM AND SENT VIA SportsYou!

- 3 major Grades (WKL)
 - Biweekly Newsletters – These are not to be done in 5 minutes. If something is worth doing, it's worth OVERdoing. They're assigned every other Friday and due every other Monday
- At least 10 minor grades
 - Can be anything from attendance being met, post meet analysis, turning in their performances in practices, participating in class surveys, votes, ABC assignments, etc.
 - Every week you'll have an assignment, often individualized, for you to complete for the week. You'll submit your assignment in your training journal (located in Coach Pullano's office on the bookshelf). You have until Thursday to complete the assignment each week. Monday mornings are a great time to have this completed by!

Lettering Policy

Regardless of other qualifications, the athlete must finish the season in good standing with the school & coaching staff and be committed to participate as a member of the swim team the following year (exception: seniors)

To earn a varsity letter, the swimmer needs to meet **at least one** of the following criteria:

1. Swimmers must attain an "Automatic letter" time in at least 1 event. See time standards below.
2. Swimmers must attain a "Letter consideration time" and meet at least 90% practice attendance and academic eligibility requirements for the entirety of the school year. See time standards below.
3. Swimmer must qualify for regionals by placing 1-8 at district
4. Swimmer must be on at least 1 "A" relay at the district championship meet

Lady Scot Goals & Goal Times	200 FR	200 IM	50 FR	100 FL	100 FR	500 FR	100 BK	100 BR
Letter Time Consideration	2:18.99	2:36.49	0:28.50	1:13.25	1:03.49	6:15.99	1:13.99	1:21.99
Letter Time Automatic	2:16.49	2:33.49	0:27.99	1:11.25	1:01.49	6:09.99	1:11.99	1:19.99

Scots Goals & Goal Times	200 FR	200 IM	50 FR	100 FL	100 FR	500 FR	100 BK	100 BR
Letter Time Consideration	2:03.49	2:20.49	0:24.75	1:03.99	0:55.49	5:45.99	1:04.99	1:10.99
Letter Time Automatic	2:01.49	2:17.49	0:24.29	1:02.49	0:53.99	5:40.99	1:02.99	1:09.99

Communication

- o **Team Website:**
 - o Put the site on your home screen just like an app! (iPhones)
 - Go to bit.ly/highlandparkswimresources
 - Click on the icon with the arrow above a box in the bottom left corner
 - Click on “add to home screen”
 - Click “save”
- o **Google Classroom:** The 2023-2024 Google Classroom will serve the purpose of sharing information/assignments/meet information to the team in order to keep one central location where all of the information can be found.
- o **SportsYou:** There will be 2 SportsYou groups. Each group is open to anyone. They have different functions though.
 - o *HP Swim Parents – intended for parent use*
 - Intended for parents to receive messages regarding meets, practices, order forms etc. But does not include items such as articles, videos, or daily reminders. Messages will normally only be sent out from 8AM-8PM (emergencies excluded)
 - Code: 7DF8MT9P
 - o *HP Swim Dive - intended for athlete use*
 - Intended for students to be in communication with the coaching staff on a consistent basis. Includes updates about practices, meets, orders, articles, reminders, etc. Messages will ordinarily be sent between 6 am and 10 pm (emergencies excluded)
 - Code: N2FKZ2PS
- o **Facebook:** I have been unable to get admin access to the old Swim Team facebook page, so a new one is available to like and follow at bit.ly/hpswimdivefb - will serve the purpose of informing followers of big events for the swim team
- o **Twitter:** @HPISDaquatics :The twitter will serve the purpose of informing followers of big events for the swim team
- o **Instagram:**
 - o @coachpullano: these instagrams are operated by the coaching staff and **only** serves the purpose of sharing pictures/videos with the swimmers as well as highlighting the day to day performances of swimmers. Swimmers may follow the account but **will not** be followed by the accounts.
 - o @hpswimdive: this account is operated by the captains and coaches and serves the purpose of sharing pictures/videos with swimmers and the Highland Park High School community.
- o **Newsletter:** Each Friday a google slide link will be emailed/sent detailing the previous week’s events and previewing the ensuing week’s events. This newsletter is critical to understanding the schedule for the following week.

Contact Information

Head Coach: Jason Pullano pullanoj@hpsd.org

Contact in regards to the HPHS Swimming and Diving Program

Assistant Coach: Neill Marshall marshaw@hpsd.org

Contact in regards to the HPHS Swimming and Diving Program

Boys Athletic Coordinator: Randy Allen allenr@hpsd.org

Contact in regards to your son’s participation in Highland Park ISD athletics including the HPHS Swim Team

Girls Athletic Coordinator: Susan Bailey baileys@hpsd.org

Contact in regards to your daughter’s participation in Highland Park ISD athletics including the HPHS Swim Team

HPISD athletic director: Rodney Webb jordanlo@hpsd.org

Contact only in regards to major concerns regarding HPISD athletics or your son/daughters’ participation in HPISD athletics

High School Lead Administrator: Jeremy Gilbert gilberj@hpsd.org

Contact in regards to your 9th – 12th graders concerns dealing with his academics and athletics

Frequently Asked Questions

What happens if my son/daughter misses a practice because they are sick?

If your son/daughter has a good record of attendance, nothing. We enforce a 90% attendance policy meaning that swimmers must attend 90% of practices in order to be eligible for competition. If, however, absences become a regular occurrence, the swimmer will be withheld from competition until they either a) regain their 90% attendance through regularly attending practice or b) make up practice time before or after scheduled practice. If a test set was done during practice, they'll be expected to make up the set. If an athlete is able to produce a doctor's note excusing them from practice, then the unexcused absence will become excused and not count against the 90% attendance requirement.

In case of an emergency (medical or family) what is the best way to get in contact with coaches?

The most direct way to get in contact with me is through SportsYou. SportsYou provides two way communication to the class owner and participant. In case of an emergency, you can use the remind app to send me a message. You can also email the coaches at pullanj@hpsid.org and marshaw@hpsid.org .

My swimmer loves swimming but competing is not their forte. Do they need to participate in meets to remain on the team?

Yes. They do. The swimming class period offers a PE credit but is also a UIL athletic period. This means that in order to continue in the course, swimmers must agree to contribute both in practice and in competition. Competitions are the opportunity for swimmers to see their hard work pay off and should be honored as such. Unlike club or summer league swimming where families pay to participate, high school swimming requires high schools to pay for the swimmer to participate, so last minute decisions to not compete in a meet will not be accepted either. If a swimmer has a medical or family emergency that causes them to miss a meet, it must be documented with a doctor's note or parent/guardian explanation.

How does my son/daughter pick their events for swim meets?

In high school swimming, the coaches are responsible for picking the swimmers events. Coaches may ask a swimmers preference on events, but ultimately the coach has the final decision on who swims what events. In the event that a swimmer refuses to participate in a certain event that they are signed up for, they will be held from all events and competitions.

Where will the ready bench be located at high school swim meets?

Unlike summer league swimming, there is NO ready bench in high school swimming. Swimmers need to monitor themselves and take the necessary steps to ensure that they are behind the blocks before their events. I will send a document with each swimmer's entries prior to the meet so they know what they are swimming, there will also be heat sheets posted around the pool for swimmers to check what their assigned heat and lane is for each meet.

After each race I like to analyze it with my son/daughter. At the last meet they refused to come speak to me. Can you please direct them my way next time?

No, while there may be a growing number of leaders in our aquatics community, chances are you are not one of them. During meets, swimmers are expected to meet with their coaches immediately after they swim and then continue to cheer for their teammates afterwards. If you would like to discuss your child's performance after the meet you may do so, but we encourage you to allow THEM the opportunity to analyze their race. Ask questions like "how did your 200 feel?" or "were you happy with how you performed?" Outside observers often have strong opinions of how a race should look but that may contradict the technique or strategy that their coaches are working with them on. At the end of the day, coaches coach, swimmers swim, and parents support. We must all know our roles.

What equipment do I need to purchase for my swimmer?

The team dues are \$375 for each swimmer and includes the following - 2 team swim caps, 2 team tshirts, team events and team building activities including meet day breakfasts, poster party, parent parties, holiday parties, district dinner, regional dinner, etc, locker decorations, end of year banquet, team photography and more. The only equipment you are required to purchase is a team suit for competition, a team polo for meet days, and a front facing snorkel.

My swimmer is interested in participating in another sport along with swimming. Are they still required to attend swim practice each day?

The HP swim/dive coaching staff is committed to ensuring that every athlete has every opportunity to excel in any area of their choosing. In the event that an athlete wants to play multiple sports or be involved in multiple extracurricular activities, we will work with the coaches, sponsors, and directors of the other programs to find an appropriate partnership and ensure athletes are not forced to choose between their interests. The practice expectations may differ on a person to person basis. But the HP swim/dive staff will show flexibility when coordinating with other HP staff and families!

My son/daughter is in another HPHS UIL activity. What do we do if there's a conflict with competitions?

There's no problem at all with student athletes being involved in other extracurricular activities! In fact I encourage students to be well rounded in all aspects. All I ask is that the student athlete is upfront with me and gives me advanced notice (10 days) of any conflicts. The only meets that are absolutely mandatory are TISCA for those who qualify, District for those selected, Regionals for those that qualify, and State for those that qualify. If you have an event conflict, email it to me ASAP so we can come up with a plan.

My son/daughter isn't entered in this meet. Are they in trouble?

Normally, no. I reserve the right to withhold swimmers from competition based on their behavior, however it is usually a last resort. Some meets only allow a certain number of entries per event. In this situation, some swimmers may be left out strictly because there are other individuals that have the opportunity to place higher and score more points. In this event, DON'T BE DISCOURAGED! Use it as a motivational tool!

My son/daughter is best at (certain stroke) but isn't entered in it at the meet. Why not?

I was a breaststroker in college and my coach never let me try other events. My senior year, out of desperation he put me on our 200 freestyle relay and I had the fastest split. He was shocked and wished he had allowed me the opportunity to diversify earlier. Sometimes your primary stroke can change. Just because you swim backstroke in this meet doesn't mean that you will be swimming it in the next. Everyone has a range of abilities and we want to encourage that.

My son/daughter was up late last night working on homework so I'm going to keep them home to rest this morning. Are they excused from practice?

No. An absence will still be counted against the student in this situation. Time management is a difficult habit to develop, but an important one. I understand that the primary focus of being a student athlete is that they are primarily students. However, many students and parents misunderstand this. This means that these students are CAPABLE of balancing their schoolwork load with their extracurricular without them interfering with one another. Each swimmer is allowed three tutorial passes per nine week grading period to get out of practice at 7:15 to get to tutorials.

We're going out of town at Thanksgiving/Christmas during holiday training practices. What do we do?

Great question! Advanced notice gives me time to find an alternative. In the past I have researched and reached out to coaches in the area that families are going or I can send practices to do on your own once you get back. If you have a family trip plan, DO NOT restrict your family's vacation to coincide with our holiday practices. These practices are important, but the memories from your trip may be more important 25 years down the road. There may be an expectation that swimmers make up time that they missed, but this is handled on a case by case basis.

What is "taper"?

Taper is the process of resting swimmers at the end of the year so that they may hit peak performance levels. Taper is an incredibly important part of a swimmer's mental and physical preparation. It involves visualization, a reduced volume in practice, carb loading and lots and lots of rest.

My son/daughter keeps using "taper" as an excuse not to do their chores. What should I do?

There are 2 possible situations here: 1, the swimmer may be looking out for their best interest looking towards their championship meet or 2, the swimmer is abusing this terminology. Taper is an art and science and should be treated that way. The swimmer needs to eat more, sleep more, be on their feet less, and exert less energy. If their chore is mowing a 1 acre backyard, this task may have an adverse effect on their taper. If their chore is walking the trash to the curb, they are abusing the privilege. Rule of thumb is, if it takes more than 10 minutes, it should be avoided if at all possible. Also, taper is a two week process. If they mention it earlier than that, it's not a valid excuse!

Where can I purchase swim equipment for my swimmer?

The school district provides most of the equipment that your swimmer will need. However, if there are things like personal fins, a snorkel, etc or if your swimmer needs a swimsuit, drag suit, goggles, etc then I would look at D&J sports, swimoutlet.com, Xtreme swim shop, or kiefer.com

What opportunities do I have as a parent to help or volunteer?

It takes a village! We are always looking for volunteer timers at swim meets (it's very simple, it only requires that you press a button each race!). We also look for parents who are willing to help with organizing/hosting team dinners before meets or breakfasts before the end of grading periods. **If you feel REALLY generous, we are looking for volunteers to become UIL officials (very simple, only requires a class (paid for by the booster club) and written test (which I may or may not have the answers to...wink wink). We are also looking for volunteers to learn how to help us run our timing console during meets.**

My son/daughter's grades are slipping. What can we do?

After school and before school tutorials are a great way to help with grades slipping. Most of the time, swimmers who get off the path just need a little nudge to get back onto the path. Swimmers are excellent self-motivators when it comes to academics and athletics. Swimmers are encouraged to attend either before school (JV) or after school (varsity) tutorials. In the event that a tutorial isn't offered, the swimmers need to communicate with the coaches and we'll find a solution to the issue! Encourage them to time manage more efficiently and take advantage of before and after school tutorials. We allow every athlete 5 tutorials passes each grading period. This means that they can get out of practice at 7:15 and go to tutorials. They are still required to attend the first 30 minutes of practice and get into the water. Remember that being a student athlete does NOT mean that academics is prioritized over athletics. It means that athletics is a priority that you can manage without it affecting other priorities such as academics.

My son/daughter's shoulder/knee/elbow/etc is hurting. What should we do?

First thing first. There's a difference between being sore and hurt. There's also a difference between being hurt and injured. First step is to get your swimmer into the trainers. They are there specifically to serve our athletes. Christal Clark, Jay Harris, and Kirk Kaps are our HPISD athletic trainers. They can assess your swimmer's situation better than I can. They have training room hours before and after school (except on football game days). As a rule, I never suggest a student go see a medical physician. I always recommend the trainers first (because it's free). If the training staff feels that that may be the next logical step, I leave it up to her to make that decision. Remember, trainers first, then we can go from there. Swimmers are also NOT allowed to sit out practice without a trainer's note or doctor's note. The trainers are available before school starting at 7:30 am and during all lunches. Swimmers MUST go to the trainers during these times.

My swimmer is interested in continuing to swim in college. What do I need to do?

Honestly, a lot of that task should be placed on your swimmer. College coaches like to recruit swimmers that they can talk to one on one and having to go through a parent can be a turn off. Have the swimmer meet with the coaches or we could all meet and I can give you some resources and walk him/her through the process.

HPISD Swimming Expectations & Rules Contract

Due 8/25



I, _____, have read the 2023-2024 Highland Park Pre-Season Meeting packet and agree to adhere to all of the rules and regulations of Highland Park ISD and it's Aquatics programs.

I confirm that I have reviewed the goals, schedule, expectations, consequences, conflicts, standards and communication methods of Coach Pullano and his coaching staff and I agree to abide by the outlines.

I will promise to give my all towards the betterment of this program and I realize my role in continuing the excellence and tradition of this team. I understand that violation or inability to follow the policies in this packet may result in consequences as serious as dismissal from the team and I agree to accept the consequences as they are given to me without exception.

Finally, I acknowledge that I will do my best, train my hardest, and have as much fun as possible while abiding by the outlines of this packet.

Swimmer Signature:

X _____ Date _____

Parent/Guardian Signature:

X _____ Date _____

Highland Park High School Swim Team Social Media Release and Photo Consent Form

Due 8/25



In an effort to maintain a strong social media presence and keep followers informed of the accolades, accomplishments, community service participation and overall publicity of our athletes, we would like your permission to use images taken of your child or images containing the names of your child to showcase the extraordinary nature of this team and your child.

Images and information may be shared via...

- Twitter - @hpsidaquatics, @coachpullano, @hpsidschools
- Facebook - Highland Park High School Swimming & Diving
- Instagram - @hpswimdive, @hpswimdiveathlets, @coachpullano
- HPHS Swim Team Website and ScotsIllustrated

Any and all information shared will be with the purpose of highlighting the hard work, dedication, and accomplishments of your student athletes. This may include, but is not limited to, posts containing swimmers of the meet, meet results, team photos, training videos, roster details, and academic/extracurricular accolades.

Student Name: _____

Student Signature: _____

Date: _____

Parent Name: _____

Parent Signature: _____

Date: _____