

Austin Boys Swim and Dive 2021-22

We are what we repeatedly do. Excellence, then, is not an act, but a habit. — Aristotle

Coaches: Ryan Kelly, Travis Walsh, Gabe Nelson, Emily Wilcox

Email: ryan.kelly@austin.k12.mn.us

Coach Kelly's Google Text: 507-481-0062

Remind Ap: via text: @ahsboysswi to 81010 Via web: <https://www.remind.com/join/ahsboysswi>

Team Website: <https://bit.ly/ahspackersswimdive>

Important Dates: Nov 30: Season Starts, First Practice

Dec 9: First Meet (vs. Albert Lea)

Jan 8: Packer Invite

Jan 14-15: True Team Sections (Austin Hosts)

Feb 11-12: Big 9, Northfield (Diving)/Rochester (Swim)

Feb 23-25: Sections, Rochester (Diving may be at another site)

March 3-5: State Meet, Minneapolis

Practices: Bud Higgins Pool @ Ellis Middle School. 3:45-6:00 M-F, Sat 8:45-11:00

Who we are: The Austin Packers Swim and Dive Program has a longstanding reputation of being a program with great students, competitors, and people. We do not have tryouts; we do not cut; and we do not sit people who have practiced and are able to compete. We ask our athletes to work hard and push one another. We value a positive attitude and commitment to hard work as much as we do athletic ability. Our coaches will value and focus on the improvements of the boys above and beyond their wins/losses/finishes in a given meet. Goal setting is key, and constant demand for improvement is expected.

Participation: Our dual meets will have a place for all athletes. All participants have the ability and expectation to improve as the season progresses. We will focus on 3 goals for every swimmer, every meet.

- 1) **Compete**—Do your absolute best for that day; race and give full effort!
- 2) **Push your limits**—Work to find your physical and mental limits, then focus on expanding them!
- 3) **Set Goals**—Train with a purpose. Big goals start with small ones. Take the steps; embrace the process!

The primary worry is not the win vs the loss—it's the growth. This isn't to say that we don't care about winning, we do! Winning is fun and we love to win swim meets, but even when we lose a contest, we focus on the positive accomplishments of the athletes. There will always be personal bests, drops in time, and higher diving scores to celebrate.

BIG PICTURE FOR 2021/22: Find our identity. Begin a new era! We've graduated some great athletes and over the last few years. It is time to find new leaders to push forward with!

Motto for the year: "If you are not willing to fail, you won't be able to progress."

****In order to progress and give yourself a chance to excel, you need to put yourself out there and take the risk!**

Contests: We are going to be back to some semblance of normal this year for our meets and schedules albeit not quite back to where we were pre COVID. We have a full schedule with three invites (Hutchinson, Cougar Relays, Packer invite) as well as True Team (we host) and a normal(ish) Big-9 and Section meet. State is set for the beginning of March, and it

is the hope we send multiple participants once again! A big change will be the start times of our dual meets. The conference administration has decided that our meets will start at 6:30 rather than 6:00 due to the fact that many schools have pushed back their start times. While this is not a major change for us, it is surprising how much it is felt.

Coaches: This year's coaches will have returning staff: Ryan Kelly, Head Coach; Travis Walsh, Asst swim; Emily Wilcox, Asst swim. Ben Walker may be able to help us in a volunteer role, but his schedule is a work in progress. New to the program is Coach Gabe Nelson as our Head Dive Coach! Gabe has years of coaching experience and has spent the last several years focused on the jumpers and throwers for our track team. He is very technical and focused on the details of building skills.

Athlete expectations: We are in session Monday-Saturday. Athletes are expected to be at every practice/meet unless otherwise excused by Coach Kelly (swimmers/divers) or Coach Nelson (divers). This is a sport where it takes much time and energy to get ready for each competition and eventually be at our best in the postseason meets. Our weekday practices will be scheduled from 4:00-6:00 and Saturday mornings will be done by 11:00 am. It is expected that parents or athletes get a hold of coaches to alert us of anyone missing for the day. Unexcused absences or those who are habitually late/missing from practice, may have their ability to compete in meets impacted. If someone is ill on a meet day, it is very important to let Coach Kelly know asap. Athletes who are missing from relay lineups cause a cascade effect on the meet lineup as a whole that can take much time to fix; it can completely disrupt a meet plan. One swimmer's absence can often affect 5-6 teammates' lineups in some way.

For our home dual meets; we ask that all athletes are at the pool with their suit on no later than 4:45 p.m. The boys are expected to help with the meet set-up before the meet and tear down afterwards. We will once again be asking for parent volunteers to work concessions. I will also need a meet announcer this year as we have "graduated" Corey Haugen. Unfortunately, because of the acoustics in the Ellis pool, it is almost required that we have a male voice for the announcer. For some reason female voices just don't come through in there--and we've tried. The meets will be live-streamed online once again through the AHS youtube channel.

Practice: Practice is crucial to success. You are expected to be on deck, dressed, and ready to get to work at 3:45 for our meeting during the week, and at 8:45 on Saturdays. Drivers and rides can be coordinated for high school students from AHS to Ellis

during the school week. It is the responsibility of swimmers and families to get athletes to practice on Saturdays and non-school/holiday breaks. A full schedule of practice dates and times will be sent home with swimmers on or before the first day of practice

If you are feeling ill. Stay home. This is not a time to tough through anything. The main indicators for COVID are:

<i>Fever</i>	<i>Severe Headache</i>
<i>Cough</i>	<i>Diarrhea</i>
<i>Labored Breathing</i>	<i>Chills</i>
<i>Loss of Taste or Smell</i>	<i>Congestion/Runny Nose</i>
<i>Sore Throat</i>	<i>Muscle Pain (Not associated with practice)</i>
<i>Nausea</i>	<i>Excessive Fatigue (Not associated with practice)</i>
<i>Vomiting</i>	

Obviously many of these symptoms are analogous with other illnesses such as common colds or even allergies. Please pay attention to your symptoms; track your activities; and be aware. Although swimming is important to us all, it is not worth getting dozens sick. If you are questioning your symptoms, please go get tested.

Practice will have a dry-land portion to it. Dryland is NOT meant as a means of grand muscle building or massive gains in agility. Dryland is mostly preventative medicine. The most important goal of our daily exercises is to limit injuries to

shoulders, knees, and hips by strengthening the smaller stabilizer and antagonist muscle groups that are often not stressed in other activities.

School Attendance: Attendance in school is a must. Be on time to class, ready to work. Excellence is a mindset—and it is not one you can just turn off and on. Take pride in your schoolwork, and everything else will fall into place. **YOU MUST BE IN ATTENDANCE IN SCHOOL THE ENTIRE DAY OF A COMPETITION.** If a student has an unexcused absence on a meet day, they are not eligible to compete that night. Absences that are excused for activities for the high school activities department are funerals, medical appointments, court, and school field trips/events. If you have questions or concerns about this please contact Lisa Quednow in the AHS activities office.

Eligibility: When athletes sign up as a member of this team, they make a commitment to follow the rules set forth by the Minnesota State High School League and Austin High School. Violations of rules may result in loss of eligibility, which could be one or more contests. Violations that could result in loss of eligibility include poor academics, any illegal substance use, attendance, and behavior issues. Athletes must be in school all day on the day of a contest and the day following a contest. Medical notes must be provided to the activities office if your athlete visits the doctor the day of or the day after a meet and misses any amount of school. The coaching staff's expectation for the boys is to show good character on and off the pool deck. This means that if a student is serving ISS or OSS he will not be eligible to compete with his teammates. ISS students will be expected to show up to the scheduled meet and practice; OSS students are not eligible to be present at activities. If there are questions or concerns about this policy please see Coach Kelly or contact Ms Quednow.

Lettering/awards: As in all AHS/MSHSL activities, students can earn a varsity letter this winter. This is done in one of two ways. Athletes must either make the section team (top 4 in an event) or make a section cut time at some point in the season (swimmers only). Coaching staff also has the discretion to award a letter to an athlete who has shown the dedication, passion, and character that we expect. Other awards can also be earned at the conference, section, and state levels, including academic awards for GPA and involvement and excellence in academics, athletics, and arts (AAA award). All-conference performers must score near the top of the meet in points, the section awards swimmer and diver of the year as nominees to the state awards. All state designations are awarded to those who medal at the state meet (top 8). Behavior and/or chemical violations may affect eligibility for these awards and/or eligibility to be a captain on the team (for that year).

What does it mean to Win?

- A WINNER isn't afraid of competition... losers excuse themselves with the idea that the competition can beat them.
- A WINNER makes a mistake and says, "I was wrong"... a loser makes a mistake and says, "It wasn't my fault,"
- A WINNER is challenged by a problem and goes through it.. a loser does not want to face it, tries to go around it, but never gets by it.
- A WINNER realizes there is no time like the present to get a job done... a loser is prone to procrastinate with the hope that things will get better tomorrow.
- A WINNER thinks positively, acts positively, and lives positively... a loser usually has a negative attitude and a negative approach to everything.

- A WINNER says “Let’s find out...” a loser says, “Nobody knows.”
- A WINNER makes commitments... a loser makes empty promises.
- A WINNER says, “I’m good, but not as good as I should be...” a loser says, “I’m not as bad as a lot of other people.”
- A WINNER works harder than a loser, and has more time; a loser is always “Too busy” to do what is necessary.
- A WINNER shows he’s sorry by making up for it, a loser says, “I’m sorry,” but does the same thing the next time.
- A WINNER knows what to fight for, and what to compromise on; a loser compromises on what he shouldn’t and fights for what isn’t worthwhile fighting about.
- A WINNER listens; a loser just waits until it’s his turn to talk.
- A WINNER says, “There ought to be a better way to do it,” a loser says, “That’s the way it’s always been done here.”
- A WINNER works hard to achieve his goals, a loser just gets by.
- A WINNER always has a program; The Loser always has an excuse.
- A WINNER says, “It may be difficult but it is possible”; The Loser says, “It may be possible but it is too difficult.”
- WINNERS are a part of the team; Losers separate themselves from the team.
- WINNERS see the gain; Losers see the pain.
- WINNERS see possibilities; Losers see problems.
- WINNERS are like a thermostat; Losers are like thermometers.
- WINNERS choose what they say; Losers say what they choose.

Focus on a winning mentality. Choose to embrace challenge.

Find your potential—you probably don’t know it yet.

Want to know what it takes to compete at State? Here are some day 2 swims from last season. NOTE, these are B-Final swims (and their splits), not All-State Swims!

Boys State A Cut times and Sample Day 2 Swim															
Event	State Cut Time	Splits										Finish time	Finals Place		
200 Med Relay	1:45.18	26.83	29.50	23.93	22.50								1:42.76	13	
200 Freestyle	1:50.33	24.06	27.69	28.46	28.34								1:48.55	13	
200 IM	2:04.72	26.54	32.21	36.58	28.56								2:03.89	11	
50 Freestyle	22.51	22.48										22.48	14		
100 Butterfly	55.63	25.76	29.52								55.28	14			
100 Freestyle	49.66	23.63	25.86								49.49	14			
500 Freestyle	5:03.45	27.07	29.73	29.89	30.36	30.53	30.72	30.58	30.72	30.67	29.39	4:59.66	13		
200 Free Relay	1:32.79	21.84	22.96	22.93	23.17								1:30.90	10	
100 Backstroke	56.62	26.84	29.33								56.17	13			
100 Breaststroke	1:02.94	29.54	33.13								1:02.67	15			
400 Free Relay	3:24.62	50.60	50.71	50.75	49.86								3:21.92	12	

Austin Packer Boys Swim and Dive Jammer Order

Cost: \$TBD

Make checks payable to South Central Athlete

Name of Swimmer: _____

Grade: _____

Parent/Guardian Name: _____

Phone #: _____

(circle one) **Jammer** or **Brief**

Size: _____ (see chart below)



SIZE CHART

SIZE	26 XXS	28 XS	30 S	32 M	34 L	36 XL	38 XXL	40 XXXL
WAIST	26 - 27.5	28 - 29.5	30 - 31.5	32 - 34	34.5 - 36	36.5 - 38.5	39 - 41	41.5 - 44
HIP	32 - 33	33.5 - 34.5	35 - 36.5	37 - 38.5	39 - 40.5	41 - 43	43.5 - 45.5	46 - 48

*All measurements are in inches

Apparel Store: This is a link to the preview of our Apparel Store from BSN. The store is open now and will run through Monday, 11/15/21. This will allow us to get an initial order in for people that hopefully will be back to us around winter break. We will open it up again once the season starts.

<https://www.bsnteamsports.com/shop/SDPACK21>

2021 November



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01	02	03	04	05	06	07
08 PreSeason Meeting: 6:00 pm AHS Media Center	09 Captains Practice: 6:00-7:30	10 Captains Practice: 6:00-7:30	11 Captains Practice: 6:00-7:30	12 Captains Practice: 6:00-7:30	13	14
15 Captains Practice: 6:00-7:30	16 Captains Practice: 6:00-7:30	17 Captains Practice: 6:00-7:30	18 Captains Practice: 6:00-7:30	19 Captains Practice: 6:00-7:30	20	21
22 Captains Practice: 6:00-7:30	23 Captains Practice: 6:00-7:30	24	25	26	27	28
29 Season Starts; Practice Ellis 3:45-6:00	30 Practice Ellis 3:45- 6:00	01 Practice Ellis 3:45- 6:00	02 Practice Ellis 3:45- 6:00	03 Practice Ellis 3:45- 6:00	04 Practice Ellis 8:45- 11:00 am	05
06	07	Notes:				

2021 December



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	01 Practice Ellis 3:45-6:00	02 Practice Ellis 3:45-6:00	03 Practice Ellis 3:45-6:00	04 Practice Ellis 8:45-11:00 am	05
06 Practice Ellis 3:45-6:00	07 Practice Ellis 3:45-6:00	08 Practice Ellis 3:45-6:00	09 Home Meet vs Albert Lea Meet starts at 6:30pm	10 Practice Ellis 3:45-6:00	11 Hutch Invite @ Hutchinson MS Meet starts at 8:00am	12
13 Practice Ellis 3:45-6:00	14 Practice Ellis 3:45-6:00	15 Practice Ellis 3:45-6:00	16 Away Meet @ Century (Mayo HS) Meet starts at 6:30pm	17 Practice Ellis 3:45-6:00	18 Invite @ Mankato East Meet starts at 1:00pm	19
20 Practice Ellis 3:45-6:00	21 Away Meet @ Owatonna Meet starts at 6:30pm	22 Practice Ellis 3:45-6:00	23 Practice Ellis 9:00-10:30 am	24 No Practice	25 No Practice	26
27 Practice Ellis 3:45-6:00	28 Practice Ellis 8:45-11:00 am	29 Practice Ellis 8:45-11:00 am	30 Practice Ellis 8:45-11:00 am	31 Practice Ellis 8:45-11:00 am	01 No Practice	02
03	04	Notes:				

2022 January



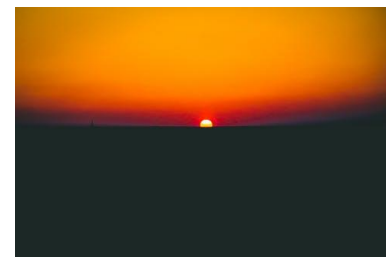
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	31	01 No Practice	02
03 Practice Ellis 3:45-6:00	04 Practice Ellis 3:45-6:00	05 Practice Ellis 3:45-6:00	06 Home Meet vs Winona Meet starts at 6:30pm	07 Practice Ellis 3:45-6:00	08 Packer Invite (Ellis)	09
10 Practice Ellis 3:45-6:00	11 Practice Ellis 3:45-6:00	12 Practice Ellis 3:45-6:00	13 Home Meet vs Mankato East Meet starts at 6:30pm	14 Practice Ellis 3:45-6:00	15 True Team Section Meet (Ellis)	16
17 Practice Ellis 3:45-6:00	18 Practice Ellis 3:45-6:00	19 Practice Ellis 3:45-6:00	20 Away Meet @ Mayo Meet starts at 6:30pm	21 Practice Ellis 3:45-6:00	22 TBA: Practice or True Team State	23
24 Practice Ellis 3:45-6:00	25 Practice Ellis 3:45-6:00	26 Practice Ellis 3:45-6:00	27 Home Meet vs Red Wing Meet starts at 6:30pm	28 Practice Ellis 3:45-6:00	29 Practice Ellis 8:45-11:00 am	30
31 Practice Ellis 3:45-6:00	01	Notes:				

2022 February



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	01 Practice Ellis 3:45-6:00	02 Practice Ellis 3:45-6:00	03 Away Meet @ JM Meet starts at 6:30pm	04 Practice Ellis 3:45-6:00	05 Practice Ellis 8:45-11:00 am	06
07 Practice Ellis 3:45-6:00	08 Practice Ellis 3:45-6:00	09 Practice Ellis 3:45-6:00	10 Practice Ellis 3:45-6:00	11 Big 9 Diving (Northfield)	12 Big 9 Swimming (Rochester)	13
14 Practice Ellis 3:45-6:00	15 Practice Ellis 3:45-6:00	16 Practice Ellis 3:45-6:00	17 Practice Ellis 3:45-6:00	18 Practice Ellis 3:45-6:00	19 Practice Ellis 8:45-11:00 am	20
21 Practice Ellis 3:45-6:00	22 Practice Ellis 3:45-6:00	23 Section 1A Meet (Swim Prelims-Rochester)	24 Section 1A Meet (Diving - Location TBA)	25 Section 1A Meet (Swim Finals - Rochester)	26 TBD	27
28 TBD	01	02	03	04	05	06
07	08	Notes:				

2022 March



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	01 TBD	02 TBD	03 Class A State	04 Class A State	05 Class A State	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	01	02	03
04	05	Notes:				

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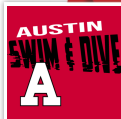

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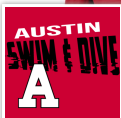

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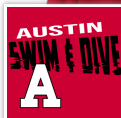

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\$69.99 Nike Dry Pant

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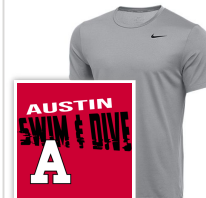
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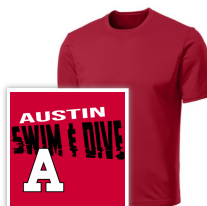
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Hooded Sweatshirt
Available in 1 other
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\$74.99 Nike Women's
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Sleeve Top
Available in 1 other
color.



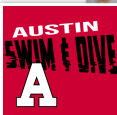

\$54.99 WOMENS
CAMPUS
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TOP




\$41.99 Holloway Ladies'
60/40 Fleece
Jogger
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color.



\$34.99 District Women's
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