

2018 TOTEMS GIRLS SWIMMING AND DIVING

Welcome to another year of swimming at Sammamish High. My name is Paul Craig and this will be my fifth-year coaching at Sammamish. I'm really looking forward to working with all the girls and I hope they have a great time being part of this team. My main focus will be to teach proper technique. In my opinion that is the fastest way to improvement. I will again be joined by assistant coach Justin Fleming. Dive Coaches TBA.

My swimming background includes, but is not limited to; 13 years of Age group, Senior and Masters coaching with B.E.S.T. 6 years of High School Coaching with Bellevue High. 5 years of combined Coaching Summer League at Triangle and Overlake and 25 years as a competitive swimmer, competing at the Age Group, Senior and Collegiate levels.

Expectations: I expect the girls to attend every practice and every meet, but I also understand **Life Happens**. What I really expect is that they communicate with me and let me know what's up. There will be a mandatory minimum of 2 practices per week.

Lettering Policy: Qualify for KingCo / District or Attend 80% of the practices (in the water). Swim in 5 Varsity Swim Meets. Divers: 80% practices, learn 12 dives and compete in 5 meets.

Parent Volunteers: We need about 15 bodies to run a successful **HOME** dual meet. It would be great if I could count on all of you to lend your support.

Contacting the Coach: My E-mail is: craigp@bsd405.org It would be very helpful if everyone would send me an E-Mail at the beginning of the season so I can put you on the girls swim team contact list. I send meet results and reminders several times during the season.

Practice Schedule: All forms must be turned in to participate

Aug. 20-29 ^t	9-10:30am	@ Phantom Lake	M-F , M-W
Aug. 30,31	3:30-5:00	TBA (SHS) ?	
Sept. 4 th - Nov. 8	3:30-5:00	Bellevue Aquatic Center (Odle)	M-F

Diving Practice: All forms must be turned in to participate

Aug. 20-31	TBA		
Sept 4 th - Nov 8 th	3:30-5:00	BAC	

**** You must attend 10 practices before you become eligible to enter a meet.****
There are 12 scheduled before the first meet.



2018-19 Sammamish Varsity Girls Swim Schedule

	Date	Opponent	Time	Place	
	Thu, Sep 6	Newport	8:30 PM	Home	<u>Wayte</u> DD
*	Tue, Sep 11	Bellevue	8:30 PM	Away	<u>Wayte</u>
*	Thu, Sep 13	Skyline	4:00 PM	Home	<u>Edgebrk</u>
*	Thu, Sep 20	Mount Si	8:30 PM	Home	<u>Wayte</u> DD
*	Thu, Sep 27	Interlake	8:30 PM	Away	<u>Wayte</u> DD
*	Tue, Oct 2	Mercer Island	3:30 PM	Away	<u>Wayte</u>
*	Thu, Oct 4	Liberty	3:45 PM	Away	<u>Boehm</u>
*	Thu, Oct 18	Issaquah	8:30 PM	Home	<u>Wayte</u>
	Fri, Oct 26	KingCo Championships Swim Preliminaries <i>Preliminary Times will be set at the beginning of the season</i>			
	Sat, Oct 27	KingCo Championship Finals <i>Finals session times will be set at the beginning of the season</i>			

Post Season (If Qualified)

Date/Time	Event
Nov 2, 12:00 AM	<i>District Prelims at Fidalgo Pool</i>
Nov 3, 12:00 AM	<i>District Finals at Fidalgo Pool</i>
Nov 9, 12:00 AM	<i>WIAA State Swim and Dive Champs - Prelims at King County Aquatics Center, Federa</i>
Nov 10, 12:00 AM	<i>WIAA State Swim and Dive Champs - Finals at King County Aquatics Center, Federa</i>

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Schedules are subject to change, please check back frequently

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