

## **Southington Swim and Dive:**

### **Team Philosophy/Practice Procedure/Practice Schedule/ COVID Cohorts/Sample Diagram**

#### **Team Philosophy:**

We work to uphold the values of the Southington Athletic Department:

##### **Southington Athletics Values**

- P – Positive Attitude
  - What this means for Southington Swim and Dive – We acknowledge that both team and individual thrive when there is mutual respect and support. Attitudes and mentalities are contagious and to think and act negatively is selfish in a team environment because you are placing yourself above the team. The beginning of every pursuit towards one's goals begins with a determined and positive attitude. Each member of this program from athlete to coach to parent will make a concerted effort to promote a positive and healthy competitive environment.
- R – Response
  - What this means for Southington Swim and Dive – Each day is but a series of choices, a series of responses that we make to events that are largely outside of our control. How we choose to respond to them will do much to define us. In any competitive sport you will win and lose, you will meet success and you will meet failure. In cases of adversity, you have one of two choices; to give up and admit defeat, or to rise above and overcome. We will be a team that meets adversity head on, uses it as motivation and rises above it.
- I – Integrity
  - What this means for Southington Swim and Dive – Perhaps most important amongst the athletic values is integrity. As many have defined integrity: how you act and carry yourself when nobody is watching. How we define integrity: making the right choice rather than the easy choice. We wish to establish a culture of winning in this program, but doing so the right way. We are not a win at all costs program. We will win with character, with sportsmanship, and humility; especially if/and when opponents do not.
- D – Determination
  - What this means for Southington Swim and Dive – In alignment with response to adversity, we remain resolute in our drive to achieve our goals, regardless of what obstacles lie in our path. We are constantly looking for opportunities to improve. As much as we seek success, we are not content once it is attained because that will breed apathy. We embrace hard work, embrace challenges, and look forward to raising the bar a little higher each time a goal is met.
- E - Excellence
  - What this means to the Southington Swim and Dive Team – We wake each day with a concerted effort to be our absolute best. Not just in terms of our athletic performance, but in all aspects of our daily lives. We will work to be the best student possible, the best teammates possible, the best friend possible, the best family member possible. Our commitment to this team means more than just swimming or diving; it is a commitment we make to ourselves and each other to not settle for anything less than excellence.

#### **Practice Procedure:**

Arrive to the rear of the YMCA 15 minutes prior to your allotted time. Please wait in vehicles until called in. When entering the building, you must have masks on and separated by 6ft. You will wait to have temperature taken and answer screening questions. You will then enter through the rear door of the pool area and be assigned a lane and area of the pool deck (6ft apart) in order to place your bags and prepare for entering the pool. Once your session is complete you will pack up and disembark the pool area through the rear door in an orderly fashion with masks on and maintaining at least 6ft of social distance.

**What to bring:** Mask, towel, clothes to go on over suits, water bottles(2), suit, cap, goggles, kickboard, pull buoy, and any other swim equipment you may have. And of course...a POSITIVE ATTITUDE

## Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
2:30-45	1 and 3a	1 and 3b	1 and 3a	1 and 3b	1 and 3a
2:45-3	1 and 3a	1 and 3b	1 and 3a	1 and 3b	1 and 3a
3-3:15	1 and 3a	1 and 3b	1 and 3a	1 and 3b	1 and 3a
3:15-30	1 and 3a	1 and 3b	1 and 3a	1 and 3b	1 and 3a
3:30-45	clean	clean	clean	clean	clean
3:45-4	2 and 4a	2 and 4b	2 and 4a	2 and 4b	2 and 4a
4-4:15	2 and 4a	2 and 4b	2 and 4a	2 and 4b	2 and 4a
4:15-30	2 and 4a	2 and 4b	2 and 4a	2 and 4b	2 and 4a
4:30-45	2 and 4a	2 and 4b	2 and 4a	2 and 4b	2 and 4a

	Saturday
12:15-30	1 and 3b
12:30-45	1 and 3b
12:45-1	1 and 3b
1-1:10	1 and 3b
1:10-20	Clean
1:20-30	2 and 4b
1:30-45	2 and 4b
1:45-2	2 and 4b
2-2:15	2 and 4b

## Cohort Groupings

### Cohort 1

Andie Nadeau  
Adessa Noyes  
Ella Nadeau  
Veronica Okurowski  
Kendall Noonan  
Thuy Tran  
Alexis Strong  
Alex Bialko  
Ruth Alejandro

### Cohort 2

Meghan Hammarlund  
Maddie Symecko  
Emma Jekubovich  
Jenna Famiglietti  
Julia Laszewski  
Kayla Nguyen  
Kyra Nguyen  
Sky Gravel  
Sadie McPartland  
Victoria Korczak  
Avery Halloran

### Divers

Lizy Beaulieu  
Kelly Perrotti  
Olivia Donis  
Kelsey Salerno  
Maddie Beidler  
Sophia Leone

### Cohort 3a

Amela Dishnica  
Toni Gibbons  
Tori Harrington  
Juliana Aulbach  
Bella Criscitello  
Rita Gocllari

### Cohort 4a

Jill Christensen  
Sephora Aktas  
Rachel Dubois

### Cohort 3b

Sam Seneco  
Bogna Prusak  
Jason Krane  
Marina Chaplinsky  
Julianne Darling  
Jenna Puskas

### Cohort 4b

Mackenzie Robinson  
Alex Lowczyk  
Gersa Elezi

**Example Diagram**

Deep End					
Lane 1	2	3	4	5	6
Cohort 1X	1X	1X	Empty	3aX	3aX
1X	1X	1X		3aX	3aX
1X	1X	1X	Empty	3aX	3aX
Shallow End					