

2022-2023

*Tompkins High School*

*Swimming & Diving*

# Incoming Athlete Welcome Packet

## **Swimming**



## **& Diving**

**Tompkins High School  
Swimming and Diving 2022-2023  
Future Falcons Night – Parent Meeting**



1. Welcome!
2. Intro and Basic Expectations for the program
  - a. Introducing Coaches
  - b. Varsity/JV
  - c. Schedule for the next year
3. Tryouts
  - a. Dates **August 11<sup>th</sup>, 12<sup>th</sup> and 13<sup>th</sup> 6am-9am**
    - i. Need competitive swim suit, cap, goggles, towel
  - b. Expectations for making a team
4. Physicals
  - a. Turn in paperwork (get paperwork if they don't have it already)
  - b. Must have paperwork done BEFORE they get in the water.
    - i. IDEALLY – this should be done by end of May or June.
      1. Physical (see physical paperwork)
      2. MH form (1<sup>st</sup> page of physical)
      3. All online forms
      4. Birth Certificate Uploaded
      5. Utility Bill uploaded
5. Summer Expectations
  - a. club swimming
  - b. summer league
  - c. swimming/workout out on their own
  - d. strength and conditioning camp @ OTHS
6. Parent Meeting: **September TBD<sup>th</sup> @ 7pm in the OTHS Main Commons**
  - a. \$ for: swim suits/team shirts/KISD user fee (\$50)/meet meals/booster club  
Most of this will be collected ONLINE.
7. Contact/Information

Website: [tompinsswimanddive.weebly.com](http://tompinsswimanddive.weebly.com)  
Twitter: @swimtompkins  
Facebook: Tompkins Swimming and Diving  
Instagram: Tompkins Swimming  
Sports You: I will send out invite link to Sports you after teams have been determined.
8. Questions?

**Coaches Contact Info:**

Head Coach: Kate Sweeso ([KatherineMSweeso@katyisd.org](mailto:KatherineMSweeso@katyisd.org))

Assistant Coach: Marie Saunders ([MarieESaunders@katyisd.org](mailto:MarieESaunders@katyisd.org))

Diving Coach: Jake Kinzbach ([JacobCKinzbach@katyisd.org](mailto:JacobCKinzbach@katyisd.org))

# Swimming and Diving Program Information

OTHS Swimming and Diving's goal is to build well rounded, selfless, respectful, hard-working, and highly disciplined student athletes who will succeed beyond the high school swimming program. This team will be one of both camaraderie and commitment - with the "team as family" mentality emphasized daily. Athletes will give 100% effort, work hard every day and be pushed both physically and mentally - but they should also enjoy their time with this program, and feel valued and respected. No one person is above the program and the team culture and expectations will always come first. We are not a great team because we're successful; we are successful because we're a great team.

## **VARSITY**

The Varsity team is a high level, competitive program that includes swimming, treading, weight training, and dryland. Athletes will swim between 3,000-10,000 yards per practice, and will be required to be highly proficient in each of the 4 strokes. Focus will be on advanced technique, endurance, speed, and building mental and physical toughness. The goal of all members of the varsity team in the spring will be to place and advance out of the District meet, to Regionals and State. If you make this team and choose to make this higher level commitment – you are committing to a full year with the program. Being a member of the varsity team is a privilege and an honor, and athletes will be held to a higher standard in attendance, behavior, discipline, and work ethic. Varsity athletes are highly encouraged to swim on a club team in addition to high school swimming, although it is not required. Varsity swimming will be 1<sup>st</sup> period/2 semesters

Practice: 5:55am-7:55am (including 1<sup>st</sup> period)

## **JV**

The JV team is designed as a competitive swim program to further introduce athletes to the sport and prepare them for the Varsity team. Athletes will swim between 2,000-8,000 yards per practice and will be required at tryouts to be proficient in all 4 strokes. This is NOT a “learn to swim” program. Focus will be on technique of each of the strokes, dives, and turns – as well as building the endurance and speed needed to eventually compete at the Varsity level. JV swimming season ends in December with the District meet, but athletes will be in 7<sup>th</sup> period for both semesters and train through the end of the year.

Practice: 1:45pm-3:45pm (including 7<sup>th</sup> period)

## **OTHS Swimming – Incoming Athlete FAQ**

Here are some of the most asked questions regarding the swim team! If you have any further questions, please direct them to Coach Sweeso at [KatherineMSweeso@katyisd.org](mailto:KatherineMSweeso@katyisd.org) and Coach Saunders at [MarieESaunders@katyisd.org](mailto:MarieESaunders@katyisd.org)

**Q: How can I keep up with information regarding Tryouts and news for the swim team?**

A: The team website: [tompkinsswimanddive.weebly.com](http://tompkinsswimanddive.weebly.com). You can also follow us on twitter and Instagram!

**Q. When are tryouts?**

A. Tryouts will be August 11<sup>th</sup>, 12<sup>th</sup> and 13<sup>th</sup>. 6am-9am.

**Q. Does my child need to be in the swimming class to be on the swim team?**

A. Yes. Your child needs to sign up for swimming when they pick their courses for the next year. If they have not already, contact your child's counselor. Varsity will swim 1<sup>st</sup> period, JV will swim 7<sup>th</sup>. All swimmers will default to 7<sup>th</sup> period unless the head coach approves them for Varsity. If they're not in the class when tryouts take place, that's fine – they will be moved into the appropriate class period should they make a team.

**Q. What paperwork does my child have complete to participate/tryout in swimming?**

A. Swimmers need to be registered as a student in Katy ISD. Once they are, they will need to have a complete paper physical/medical history form turned in, and complete all of the online paperwork via Rank One. Rank One goes live for the next year in May 2022. Link to the paperwork will be on the front page Tompkins swimming website starting in MAY. Please have ALL of your paperwork done well in advance of tryouts.

**Q. How many kids make the Varsity team? How many kids make the JV team?**

A. I do not have a set number of swimmers for each team. We will use cuts, and a point system based on times at tryouts, as well as their ability to train at the Varsity or JV level to make my final decision. Our Varsity team will have 16 boys and 16 girls to fill all the spots, (but can have a few extra or less depending on numbers and ability). JV will be about 20 boys and 20 girls – but again, there is no set specific number. Due to training in a limited number of lanes and safety, we cannot take everyone onto a team.

**Q: Is this a learn-to-swim program?**

A.No. This is a competitive swim team. We do not have a learn-to-swim program for high school in Katy ISD. Both the Varsity and JV program train and preform at a very high level. We do have a lot of swimmers who have come from a summer league background who do just fine – but this is not a summer league style program.

**Q: What times do my child need to have to make Varsity/JV?**

A. Please see the Qualification cuts for each team on the Tryouts Info sheet, because the levels of the team changes each year. The top athletes will make the Varsity team, the next cut of athletes will make the JV team. I only base my determination for each team on their times at tryouts – not club or USA swimming. At the minimum to make the JV team, your swimmer needs to be able to swim all 4 strokes legally.

**Q: Do you cut swimmers?**

A Yes. Unfortunately, with our numbers, we are unable to safely and efficiently run this program without making cuts.

**Q. Can seniors swim on JV?**

A. No. If a senior does not make the Varsity team, they will have a meeting with the head coach to determine what their next step is.

**Q. Does my child have to swim club to be successful at the high school level?**

A. No. However, club is highly encouraged for swimmers who are trying to improve their overall conditioning, or make the Regional/State level on the Varsity team. We have many swimmers at both the JV and Varsity level that swim club year round. Swimming club or training with another team over the summer is highly encouraged so your child is as prepared as possible for high school.

**Q. If my child doesn't make the team, what next?**

A. We encourage your swimmer to speak to the coaches about what they can do to improve. If they still desire to swim for OTHS, they should join a year round club swimming team, and prepare to tryout the next year.

If you have any questions that are not addressed here, please email me!! I'm happy to help, and look forward to having your child on the OTHS Swim Team!

**Kate Sweeso**

Head Swimming Coach  
Tompkins High School  
[KatherineMSweeso@katyisd.org](mailto:KatherineMSweeso@katyisd.org)  
Office: 281-234-1251

**Marie Saunders**

Assistant Swimming Coach  
Tompkins High School  
[MarieESaunders@katyisd.org](mailto:MarieESaunders@katyisd.org)  
Office 281-234-1356



## Tompkins High School Swimming and Diving 2022-2023 Tryout Information

**Tryout Dates: August 11<sup>th</sup>, 12<sup>th</sup> and 13<sup>th</sup> - 6am-9am**

Please expect to be there the entire time. Each day of tryouts will include a 20 minute open warm up session, then the scheduled events. Each swimmer must tryout in every event to the best of their ability. Events will be run in the order below, with girls heats first, followed by boys heats. We will be using the full timing system. Results will be posted at the pool each morning for the previous day.

**Thursday, August 12<sup>th</sup>**

50 Freestyle

200 IM

100 Breaststroke

**Friday, August 13<sup>th</sup>**

100 Freestyle

100 Butterfly

**Saturday, August 14<sup>th</sup>**

200 Freestyle

100 Backstroke

**Please see “Making a Team” for time standards for both the JV and the Varsity Teams.**

**\*\*In order to Tryout, all swimmers are REQUIRED to have their physical and online paperwork filed with the school.\*\***

Swimmers will be required to bring the following to Tryouts:

Swim Suit (one piece for girls/jammer or brief for boys)

Goggles

Cap (mandatory for girls, optional for boys)

Towel

**Teams will be posted Monday, August 15<sup>th</sup> at 8am on the door to the Natatorium. Counselors will be informed of athlete placement, so schedules can be arranged as quickly as possible.**

# Making a Team

## Varsity:

If your goal is to make the Varsity team, please read the description of Varsity below, and make sure that this is the type of program you would like to be placed in. Swimming for the OTHS Varsity swim team takes a huge amount of commitment, discipline, and hard work.

There are two ways to automatically make the Varsity team.

1. Finish in the top 4 of any one event at Tryouts
2. Make 2 of the following time standards at Tryouts (these are based on previous tryouts times from 2015-2021)

GIRLS	EVENT	BOYS
2:15.99	200 Free	1:55.99
2:30.99	200 IM	2:14.99
27.99	50 Free	23.99
59.99	100 Free	52.99
1:12.99	100 Fly	58.99
1:09.99	100 Back	58.99
1:20.99	100 Breast	1:09.99

If you make 1 of the above time standards, you will be under consideration for the Varsity team. It does not guarantee you a spot.

If you don't make any, it does not mean that you won't make the Varsity team – it just means we will need to look at the points and the overall results from tryouts before we make a decision. These automatic qualifying standards will simply tell you when you walk out of the tryout that you made the Varsity team.

## JV

Our JV Team is not a learn to swim program. To make the JV team, at the very least you must be:

1. Proficient and legal in all 4 strokes and able to swim all 7 tryouts events to completion legally.

The following time standards are a general minimum to make the JV team. However, Coach's discretion will be used based on limited spots (due to lane space) and overall performance at tryouts.

GIRLS	EVENT	BOYS
3:50.99	200 IM	3:40.99
38.99	50 Free	34.99
1:20.99	100 Free	1:15.99



# TOMPKINS SWIMMING & DIVING



## 2022-2023 Meet Schedule

<u>DAY</u>	<u>DATE</u>	<u>MEET</u>	<u>Team</u>	<u>LOCATION</u>	<u>WARMUP</u>	<u>START</u>
Thursday	9/22/22	Crimson v Navy	V/JV	OTHS	4:30p	5:30p
Tuesday	9/27/22	Taylor	JV	OTHS	4:30p	5:30p
Thursday	9/29/22	Taylor	V	Taylor	4:30p	5:30p
Saturday	10/1/22	Cougar Relay Kick Off Invitational	V	Cinco Ranch	8:00a	9:15am
Thursday	10/6/22	Jordan	V	Jordan	4:30p	5:30p
Thursday	10/20/22	Kingwood Dual Meet Tournament – 1 <sup>st</sup> Round	V	2 Locations – Kingwood and TBD	TBD	TBD
Saturday	10/22/22	Kingwood Dual Meet Tournament – Final Round	V	Kingwood	TBD	TBD
Tuesday	10/25/22	Seven Lakes	JV	Seven Lakes	4:30p	5:30p
Thursday	10/27/22	Seven Lakes	V	OTHS	4:30p	5:30p
Tuesday	11/1/22	Bridgeland/Memorial	JV	OTHS	4:30p	5:30p
Thursday	11/3/22	Bridgeland/Cy Ranch/Langham Creek	V	Cy-Fair Natatorium (Region Pool)	4:30p	5:30p
Saturday	11/5/22	Tiger Feast JV Invitational	JV	Katy HS	8:00a	10:00a
Tuesday	11/8/22	Cinco Ranch	JV	OTHS	4:30p	5:30p
Thursday	11/10/22	Cinco Ranch	V	Cinco Ranch	4:30p	5:30p
Friday	11/18/22	<b>TISCA * CHAMPIONSHIPS</b>	V*	Conroe ISD Natatorium	6:00a	9:00a/5:00p
Thursday	12/1/22	Katy/Taylor Senior Night Sprint Meet	V	Katy	4:30p	5:30p
Thursday	12/8/22	JV District Diving	JV DIVING	Jordan	4:00p	5:00p
Friday	12/9/22	JV District Swimming	JV	Jordan	12:00p	3:00pm
Thursday	1/19/23	<b>DISTRICT DIVING</b>	V DIVING	Jordan	3:00pm	4:00pm
Friday	1/20/23	<b>DISTRICT PRELIMS</b>	V	Jordan	12:00pm	3:30pm
Saturday	1/21/23	<b>DISTRICT FINALS</b>	V	Jordan	12:00pm	3:00pm
Thursday	2/2/23	<b>REGIONAL DIVING</b>	V* DIVING	CFISD Natatorium	TBD	TBD
Friday	2/3/23	<b>REGIONAL PRELIMS</b>	V*	CFISD Natatorium	TBD	TBD
Saturday	2/4/23	<b>REGIONAL FINALS</b>	V*	CFISD Natatorium	TBD	TBD
Friday	2/17/23	<b>STATE PRELIMS</b>	V*	UNIVERSITY OF TEXAS	TBD	TBD
Saturday	2/18/23	<b>STATE FINALS</b>	V*	UNIVERSITY OF TEXAS	TBD	TBD

“\*” = qualifiers only    **bold**= Varsity

Head Coach: Kate Sweeso    Asst. Coach: Marie Saunders    Diving Coach: Jake Kinzbach

*This schedule is subject to change.*



## **Katy Independent School District Sponsored Physical Examinations**

**Physical examinations will only be given to KISD student athletes participating in UIL activities grades 7-12. The UIL physical form will be the only physical form accepted.**

Although KISD recommends the use of your family doctor for the physical examination, the following mass screenings are available as an economical convenience for its patrons.

KISD sponsored physical examinations will be performed by the Medical Colleagues of Texas at a nominal fee of **\$30.**

All payment will be onsite accepting cash, checks and credit card by phone

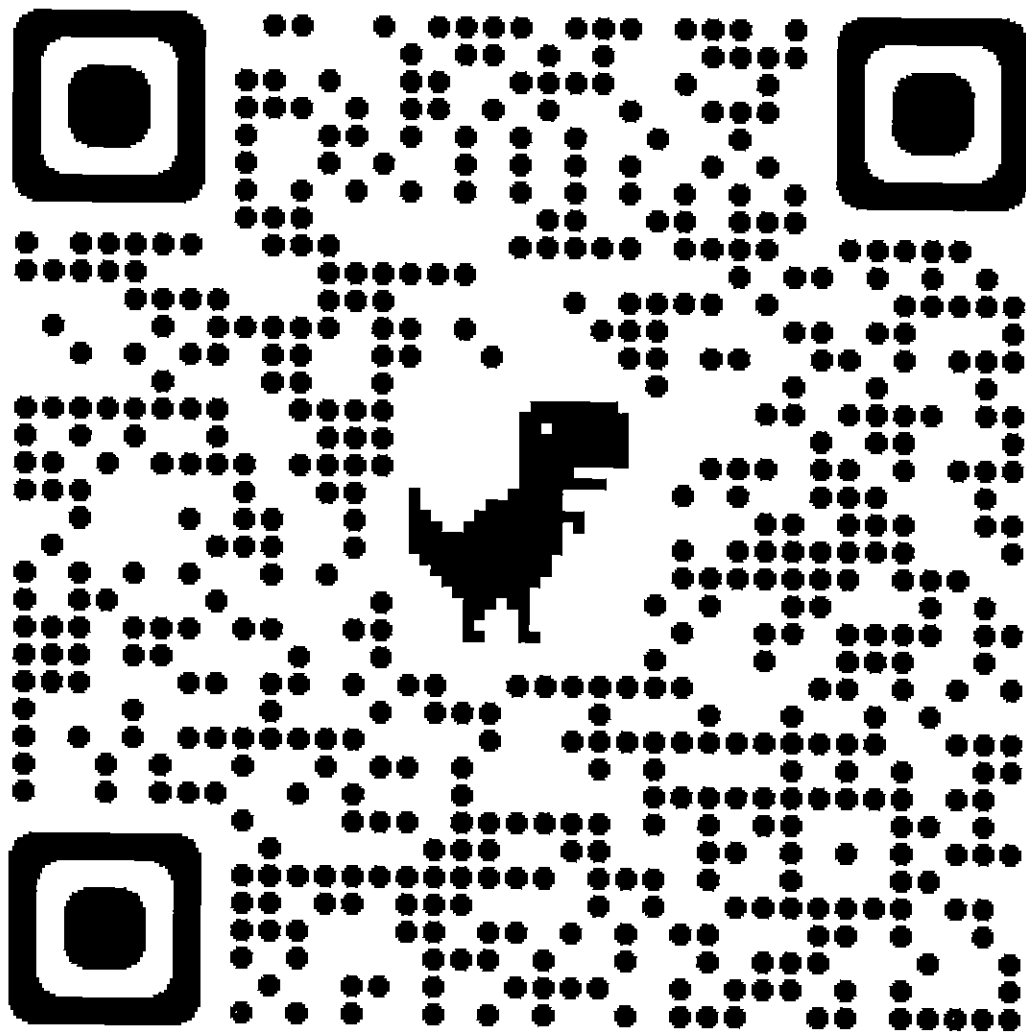
**You may prepav online at: <https://katyisd.revtrak.net/>**

**\*\*However, note that this link will not go live for the OTHS date until 5/14\*\***

2022-2023 Physical Schedule			
Date	Faciliti\	Location	Athletes
Tuesday, May 3, 2022	MCHS	Competition Gym	5:30pm-6:15pm
Wednesday, May 4, 2022	SLHS	Competition Gym	5:30pm-6:15pm
Thursday, May 5, 2022	PHS	Competition Gym	5:30pm-6:15pm
Monday, May 9, 2022	MRHS	Competition Gym	5:30pm-6:15pm
Tuesday, May 10, 2022	BDJH	Competition Gym	5:30pm-6:15pm
Thursday, May 12, 2022	WCJH	Competition Gym	5:30pm-6:15pm
Tuesday, May 17, 2022	OTHS	Competition Gym	5:30pm-6:15pm
Wednesday, May 18, 2022	THS	Gym4	5:30pm-6:15pm
Thursday, May 19, 2022	KHS	Competition Gym	5:30pm-6:15pm
Tuesday, May 24, 2022	JHS	Competition Gym	5:30pm-6:15pm
Wednesday, May 25, 2022	CRHS	Competition Gym	5:30pm-6:15pm

You may download a current blank physical or upload your completed physical for athletics at:

[katyisd.rankonesport.com](https://katyisd.rankonesport.com)



**[Katyisd.rankonesport.com](https://katyisd.rankonesport.com)**