

Welcome to the  
home of the County  
Champs and 3<sup>rd</sup> in  
State Team

SFHS Swim & Dive  
Informational

Meeting

Tuesday, September 10, 2019

**WE ARE NOT  
A TEAM**  
BECAUSE WE  
WORK TOGETHER.  
**WE ARE**  
*a team because*  
**WE RESPECT,**  
*trust, and care*  
*for each other.*

...

*@ValaAfshar*

# Meet the Coaches!



Head Coach: Kate Bergdahl

You can reach me at:

[kbergdahl@forsyth.k12.ga.us](mailto:kbergdahl@forsyth.k12.ga.us)

## Coach Bergdahl

- ▣ Swam in Florida for Bolles and Wolfson Sr. High School
- ▣ Fun Fact: coached by Gregg Troy 😊
- ▣ Collegiate Swimmer
- ▣ Coached swimming - @ 20 years
- ▣ Specialty - technique
- ▣ Crazy excited about coaching for my 2<sup>nd</sup> year here at South!!!



# Meet the Coaches!

Assistant Swim Coach:  
Taylor Smith



You can reach me at:  
[TaSmith@forsyth.k12.ga.us](mailto:TaSmith@forsyth.k12.ga.us)

## Coach Smith

- ▣ Year round swimmer for Stingrays Swimming - 10 years
- ▣ Swam for Harrison High School in Cobb County
- ▣ Swam for Georgia College and State University
- ▣ Coached for Camden Point Summer League Swim Team in Cobb County
- ▣ Looking forward to my 2<sup>nd</sup> year coaching at South!

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"H2O = 2 parts HEART 1 part Obsession"





## Captains:

Caroline Carden: 4<sup>th</sup> year on the team as a swimmer

Caroline Romeo: 4<sup>th</sup> year on the team as a swimmer

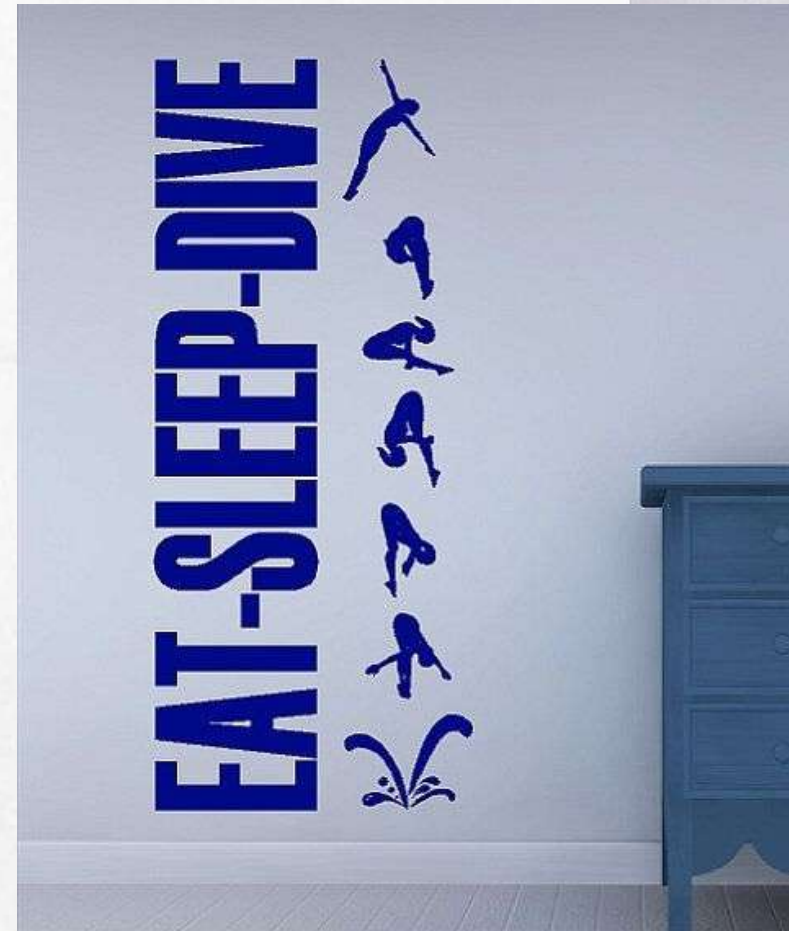
Ridge Bouldin: 3<sup>rd</sup> year on the team as swimmer/diver

Rithvik Rajavelu: 4<sup>th</sup> year on the team as a diver

Jake Taulbee 4<sup>th</sup> year on the team as a swimmer

## We are a Team

- ▣ Swim AND Dive
- ▣ Year round
- ▣ Non-year round
- ▣ Dry land
- ▣ Social
- ▣ Fundraising
- ▣ Philanthropic
- ▣ Meets
- ▣ Fun! Family!



— IF THE —  
*Plan*  
DOESN'T  
**WORK**  
• CHANGE THE PLAN •  
BUT NEVER THE  
**GOAL**



## Athlete Eligibility

A student is eligible to represent Forsyth County High Schools if they meet the following specific requirements:

1. Student must be a bona fide undergraduate member of a Forsyth County High School.
2. In the judgment of the principal and athletic director, the student must be a representative of the school's ideals in matters of conduct and sportsmanship on and off school campus.
3. During the period of participation, student must be enrolled in a full academic load.
4. Student must be eligible in accordance with the Constitution and By-laws of the Georgia High School Association (GHSA) and Georgia Rule 160-5-1-.18 See [www.ghsa.net](http://www.ghsa.net) > Constitution and By-Laws



## That being said..

- ▣ September 24, 2019 – Tuesday before Fall Break; on DragonFly; 2 signed pages to Room 490
- ▣ List to A.D. (Coach Gravitt) for GHSA by October 8, 2019
- ▣ 2 week eligibility approval
- ▣ Tight timeline for try-outs
- ▣ Without – CANNOT try-out for the team ☹️

## Try-Outs and Important Dates

- Registration 9/15-9/23
- October 15<sup>th</sup> and 16<sup>th</sup> – Swim
  - Tuesday, October 15<sup>th</sup>: 8:00 pm - 9:00 pm
  - Wednesday, October 16<sup>th</sup>: 7:30 pm -9:00 pm
- October 15<sup>th</sup> – Dive
  - Tuesday, October 15<sup>th</sup>: 6:00 am – 7:15 am
- EVERYBODY tries out for the team
- October 17<sup>th</sup> – Swim & Dive Roster Released (in the evening)
- October 18<sup>th</sup> – Team breakfast
- October 19<sup>th</sup> – Dive in Dinner and a movie!
- October 22<sup>nd</sup> – official start of our practice schedule

## 2018-2019 Swimming Cut Times

\*Swimmers must attend time trials and obtain cut time in TWO of the following events.

Cut Time for BOYS	EVENT	Cut Time for GIRLS
28.45	50 yard Freestyle	32.05
1:10.20	100 yard Butterfly	1:18.65
1:02.90	100 yard Freestyle	1:10.80
1:12.60	100 yard Backstroke	1:19.85
1:22.90	100 yard Breaststroke	1:30.95

# Meet Schedule

## 2019-2020 Swim & Dive Meet Schedule

\*Times are tentative start times\*

Posted when GHSA decides when we can officially start

<b>Meet Date</b>	<b>Meet Name</b>	<b>Time</b>	<b>Location</b>	<b>Meet Host</b>
11/1-11/2	Kick-Off meet (Dive 11/1 and Swim 11/2)	TBD	CAC	NFHS
TBD	Lock-In	TBD	TBD	SFHS
11/30	Tri-Meet w/LHS and PineCrest	TBD	CAC	SFHS
12/7	Tri-Meet w/Denmark and Pinecrest	TBD	CAC	SFHS
12/13-12/14	MJB	TBD	Tech Aquatic Center	Marist
1/3-1/4	Holiday Meet	TBD	CAC	LHS
1/10-1/11	Dual Meet	TBD	CAC	WFHS
1/18	Tri-Meet w/ West and Pinecrest	TBD	CAC	WFHS
1/25	County Championship	TBD	CAC	WFHS
2/6-2/8	State Championship	TBD	Georgia Tech Aquatics	GHSA



## Expectations of the Athlete?

- You are a student-athlete, not an athlete-student. You must maintain satisfactory grades, attendance and attitude in all of your classes to participate with a minimum of **2.5 grade point average**. You must be enrolled in a minimum of 5 courses.
- 90% attendance is mandatory for lettering consideration.
- Club swimmers must attend at least 3 club practices per week. If you are Club - provide me with contact info and schedule. Failure to attend may jeopardize participation on the team and lettering.
- If another high school sport overlaps swimming at the beginning of the season practices will not be mandatory until the prior sport has concluded. (note needed from coach)

## Practice Schedule

### ▣ Cumming Aquatic Center (CAC)

#### ▣ Swim:

- Tuesdays and Thursdays – 8:00pm – 9:00pm
- Wednesday – 7:30pm – 9:00pm

#### ▣ Dive:

- Tuesdays and Fridays: 6:00 am – 7:15 am

#### ▣ Dry-land workouts for all

- Tuesdays, Wednesday, Thursday one hour prior to swim practice – all who can make it are welcome!
- Attendance is taken at all practices – Mandatory!  
– non year round divers and swimmers



# 2019 Swim Season Fundraisers

Car wash – **Saturday August 24<sup>th</sup> 10am-1pm** – Burger King (3085 Ronald Regan Blvd) - **Made \$489**

2. Your Pie Spirit Night – **Monday October 28<sup>th</sup> 5pm-9pm** (2609 Peachtree Pkwy, Johns Creek)

- **Must mention South Swim & Dive to cashier to receive credit.**

3. City BBQ Spirit Night - **Wednesday October 9<sup>th</sup> 10:30am-10:00pm** - 4210 Johns Creek Pkwy, Suwanee

- **Must mention South Swim & Dive to cashier or provide digital or paper flyer to receive credit.**

4. Poinsettia Fundraiser – **Friday, October 18<sup>th</sup> – Wednesday, October 30<sup>th</sup>**

- Order Forms and ALL collected Monies due to Coach Bergdahl on **Wednesday October 30<sup>th</sup> This is a MANDATORY fundraiser.**

5. Atlanta Paint Recycle – We collect and recycle paint.

- Paint will be collected at a central location on a Saturday. Date TBD.



# Poinsettia Fundraiser

- Our Primary and only Mandatory Fundraiser this season
- Highly successful fundraiser last season
- Fundraiser kicks off on Friday, **October 18th**
- All funds due to Coach Bergdahl Wednesday, **October 30th**
- Plants will be delivered first week of December (we are aiming for early in the week)
- Swimmers will pick up plants at a TBD location and will deliver to their customers
- Each swimmer is responsible for selling at least \$100 worth of plants
- We will offer two sizes of Poinsettias available in red, pink, white and marble. New this year, two sizes of Christmas Cactus are available.
- More info to come via email. Contact [ajflynn810@gmail.com](mailto:ajflynn810@gmail.com) with questions.



## Dues

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- ▣ Dive: \$425
- ▣ Swim: \$425
- ▣ Seniors: \$475
- ▣ Charge after the athlete makes the team.
  - Athlete can bring a check to me (Coach Bergdahl), room 490, made out to **South Forsyth Swim & Dive** by October 21<sup>st</sup>.
  - If by credit card or check by parent, in room 490 on October 21<sup>st</sup> from 6:30 pm – 8:00pm



1. Go to [www.sofoswimming.com](http://www.sofoswimming.com)
2. On the left side, click “start registration”.
3. Follow prompts to register your athlete.
4. Opens September 15<sup>th</sup>

This must be completed by **September 23<sup>rd</sup>** for all interested athletes so that we can pre-order apparel and swimsuits. Payment will not be due until final rosters are released.

## Follow Us

- ▣ Facebook – SFHS Swim and Dive
- ▣ Instagram – sofoswimdive
- ▣ Remind and GroupMe will be sent out upon making the team


## What now?

- ▣ Try on your suit.
- ▣ Join the booster club! Awesome group of peeps!!!
- ▣ Get your physicals turned in ASAP! You will not be allowed in the water with the team.
- ▣ Get in the water! Start training if you're worried about making cuts! The CAC has open lanes every morning before and after school. I can give you work outs ;)



## What can you do to get prepared?

- ▣ Swim at least 1500 Yards (60 lengths of the Pool) in 1 hour.
- ▣ Be active and swimming or working out 2-3 days a week prior to start of the season
- ▣ Do 15-20 push -ups continuously.
- ▣ Do a plank for 30 seconds.
- ▣ Be able to swim freestyle, do a flip turn and dive.
- ▣ Know how to do at least one other stroke (Butterfly, Backstroke, Breaststroke) legally.
- ▣ Swim 100 Yards of at least one of the other strokes without stopping.
- ▣ Come with a good attitude and want to get better each day.
- ▣ Have fun and work hard, & prepare to be challenged.
- ▣ Be on time.
- ▣ Come to practice to swim and be a good teammate. Don't distract others while they are working out.



The nice thing  
about teamwork  
is that you  
always have  
others on your  
side.

Margaret Carty

[QuotePixel.com](http://QuotePixel.com)