

# Shawnee Mission South Swimming and Diving Handbook



**Head Coach:**

Derek Berg – Boys and Girls Swim & Dive  
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913-579-6568 – Cell

**Coaching Experience:**

Tarpon Aquatics- Charlotte, FL	Assistant Novice Coach 1999
KC Blazers- Roeland Park, KS	Deck Coach 2003-2005
Olathe Lightning- Olathe, KS	Head Coach 2005-2007
Deer Creek Neighborhood Team- Overland Park, KS	Head Coach 2012- 2017
Blue Valley North- Overland Park, KS	Head Coach 2007- 2017

**Awards and Honors:**

2011 Kansas 6A Girls Coach of the Year  
2011 NFHS Midwest Section Girls Coach of the Year,  
2015-16 Kansas 6A Boys Coach of the Year  
2016 NFHS Midwest Section Boys Coach of the Year  
14 EKL Championships, 2011 and 2014 Boys 6A State Championship, 3 x Runner up 6A Boys,  
3 x 3<sup>rd</sup> Place Finishes 6A State Championships, 18 All-America swims

**Teaching Responsibilities:** Science- Physical Science, Meteorology, Global Issues

**Education:**

Master of Education- Curriculum and Instruction, Avila University  
Bachelor of Science in Biology; University of South Dakota, Vermillion, SD

**Assistant Coaches:**

Assistant Coach- Chris Copeland  
Assistant Coach- Rachel Neuman  
Assistant Diving- Emma Roush

**Coaching Philosophy:**

I believe in the development of the athletes involved in our program to achieve the best they can, in all that they do. Two quotes from great coaches can sum up my philosophy:

***“I don’t train champions. My goal is to create an environment where champions are inevitable.”*** Jonty Skinner, the National Team coach 2000-2006

***“Champions don’t do the extraordinary. They do the ordinary things better than everyone else.”*** Chuck Knoll, Head Coach of the Pittsburgh Steelers 1969-1991

As the Head Coach of Shawnee Mission South Swimming and Diving, I will create an environment of success, providing the opportunity for kids to achieve their goals, both in and out

of the water. I believe in good sportsmanship and teamwork and will promote both to all members of the team.

My main responsibility as the Head Coach is to help each athlete become the best swimmer that they are capable of becoming. I believe the number one goal for each athlete is to improve their technique and achieve their best times throughout the season. As the team's head coach, I take the responsibility to stay as current with that research as I can and to convey the necessary knowledge and skills to the kids so that they can continue to improve, no matter what level.

### **Practice Schedule**

Monday-Friday: 3-5:30pm

Saturdays/Holidays: 7-9:30am

Due to numbers, we will most likely be splitting the team into different groups so we can maximize our space. The first week will be used to determine which group would most benefit each athlete.

#### **Green Group:**

3-4:15- Pool

4:15-4:45- Dryland Exercises

#### **Gold Group:**

3:15-3:45- Stretching and Dryland

3:45-5:30- Pool

**Diving Practice:** Divers practices are 3-4:30 on Monday-Wednesday

6:50-8:20 am                      Thursdays

6-7:15am                              Fridays

9-10:30am                            Saturdays

#### **What an athlete will need to participate:**

1. Goggles, may want at least two pairs in case straps break
2. Swim Suits, briefs or jammers, whatever the athlete is comfortable with, many athletes wear 2 suits in practice and have a separate racing suit that is only worn during meets, you may find inexpensive suits at just about any sporting goods store or Swimquik. The team suit order will be used as racing suits during the season.
3. Towel and/or shammy
4. Shoes, Shorts or Sweats, and T-shirt appropriate for Dryland Exercises
5. The team puts together an apparel order every year, including a team T-shirt, sweatshirt, shorts, and a long-sleeve T-shirt option. These items are all optional, though it is recommended that each member order at least the team T-shirt.

## **Training**

The style of training we utilize is called Ultra Short Race Pace training (USRPT). This training involves intense swimming and attention to technique. Everything we do in practice will be geared towards racing: from the way we warm up, technique and turn work we do, to the training sets. To work properly, this type of training puts a lot of responsibility on the athlete.

The repetitions will be short, but intense, and it is vital that the athlete pays attention to their times in practice and gives the level of effort expected. This type of training may be different than what the athletes are used to, but it is very effective and works for all levels of ability.

## **Weather Policy:**

When there is a 'snow day' we WILL have practice. The district and Athletic Director will determine the time and then it will be communicated through the team website and through the captains. If School is in session and then dismissed early, there will not be practice.

## **Hazing Policy:**

There is absolutely NO HAZING of any kind permitted on SM South Swimming and Diving. Violation of this policy will result in appropriate disciplinary action.

## **Social Media Policy**

While social media is a large, positive part of our culture, it can also have a disruptive impact on young people. Participating in swimming and diving is a privilege not a right. And that right will be revoked if social media is mishandled. Consequences determined by the coaches/athletic department will result with the misuse of social media.

The following things are prohibited and will result in disciplinary actions:

1. Sexually, explicit, profane, lewd, indecent, or defamatory language.
2. Derogatory language regarding school personnel or other students.
3. Nude, sexually-orientated, indecent images, or altered pictures will not be acceptable and is a violation of team policies.

Athletes should be very cautious about what they post on social media and what their friends post about them. Parents should have the password to their child's account and check it frequently. If parents have Facebook/twitter accounts, they should be friends with/follow their child for proper supervision.

## **Lettering**

To earn a Varsity letter in Swimming and Diving, the athlete must achieve the Kansas 6A State Consideration time or faster in an individual event. Divers must achieve the point requirement, or legally complete a line-up at a meet that meets the minimum DD for State qualification in order to receive a varsity letter.