

North Penn High School  
Swimming  
Diving &  
Water Polo



Parents Handbook  
2007 - 2008

## PREFACE

**NORTH PENN SWIMMING PARENTS ASSOCIATION,  
IS A CHAPTER OF THE  
NORTH PENN SCHOOL DISTRICT  
COORDINATING COUNCIL, INC.**

**ESTABLISHED PURSUANT TO THE PENNSYLVANIA NON-PROFIT  
CORPORATION LAW, SECTION 5511.**

**TO THE EXTENT THE PROVISIONS OF THIS CHAPTER'S BY-LAWS  
CONFLICT WITH THE DISSOLUTION, PURPOSE, OR FINANCIAL  
REPORTING REQUIREMENTS SET FORTH IN THE COORDINATING  
COUNCIL BY-LAWS, THE PROVISIONS OF THE COORDINATING  
COUNCIL BY-LAWS SHALL PREVAIL.**

## **WELCOME AND INTRODUCTION**

Welcome Water Polo, Swimming, and Diving parents. As parent members of the NPHS Swimming, Diving and Water Polo Teams, we have an obligation to support our children and to help each other with the tasks of team membership.

During the year there will be many opportunities for you to become involved with the team. Come out and support the teams. Water Polo Matches are divided into Junior Varsity Girls, Junior Varsity Boys, Varsity Girls, and Varsity Boys with the JV games played first. Several Saturday Tournaments are scheduled. Check the website for the current game and tournament schedule. [www.northpennswimming.com](http://www.northpennswimming.com) Swimming and diving meets are often double dual in which both girls and boys teams compete and are held after school either at North Penn or at an away school site. The Parkland Quad Meet and Wilson Relays are two events held on Saturdays during the swim season.

## **Parents Association**

The Parents Association consists of a Treasurer and a girl and boy parent representative from each class. The association helps to support team members, coaches, and one another. Our goal is to encourage participation of all parents. The Parents association will:

- 1. Inform parents and team member of our Internet site address.**
- 2. Schedule a preseason parent meeting the end of August to give all parents the opportunity to sign up for various jobs throughout the water polo season.**
- 3. Schedule other parent meetings throughout the water polo and swimming and diving seasons.**
- 4. Establish a budget for the current year.**
- 5. Be available for any questions or suggestions by other team parents.**
- 6. Make decisions regarding expenditure of funds.**
- 7. Revise this handbook as needed.**
- 8. Communicate with coaches, keeping them informed and asking for their input.**
- 9. Assist in welcoming freshman parents and helping them get up to speed with the dynamics of the sports.**

**10. Organize fund raising efforts for the benefit of our student athletes and coaches.**

**11. Document the season through photographs, video and record keeping.**

**12. Forge an atmosphere of fellowship and camaraderie among team members and their parents.**

The parents who have volunteered for the 2007- 2008 season are:

Trish Schmidley Treasurer	215-855-4035	<a href="mailto:tschmidley@hotmail.com">tschmidley@hotmail.com</a>
Neve Hennessey Sr Girl Rep.	215-393-7775	<a href="mailto:hennpolo@verizon.net">hennpolo@verizon.net</a>
Nancy Dingman Sr Boy Rep.	215-368-9718	<a href="mailto:dingswim@comcast.net">dingswim@comcast.net</a>
Roxanne Krail Jr Girl Rep.	215-361-8760	<a href="mailto:roxanne.krail@bilcare.com">roxanne.krail@bilcare.com</a>
Sue Ortlieb Jr Boy Rep.	215-699-7935	<a href="mailto:eddieo351@verizon.net">eddieo351@verizon.net</a>
Heidi Stiles Soph Girl Rep.	215-412-9273	<a href="mailto:hmstpa@msn.com">hmstpa@msn.com</a>
Nancy O'Malley Soph Boy Rep.	215-361-2838	<a href="mailto:nancomalley@comcast.net">nancomalley@comcast.net</a>
Tad Thompson Fr Girl Rep.	215-699-0478	<a href="mailto:tadthompson@comcast.net">tadthompson@comcast.net</a>
Maria Kolokithias Fr Boy Rep.	267-222-8333	<a href="mailto:judgejudyii@aol.com">judgejudyii@aol.com</a>

## **INTERNET WEBSITE**

Our web address is: [www.northpennswimming.com](http://www.northpennswimming.com)

This site contains schedules, information about individuals on the team, the team roster, records, results, awards, photos, news articles, times and stats from prior years, alumni section and a guide to water polo. Please explore this site for information.

## **COACHES**

The NPHS swimming, diving and water polo programs have a long-standing tradition and are led by an excellent coaching staff.

The 2007-2008 Coaches:

Girls Head Water Polo Coach	– Mr. Bill Bartle
Girls Assistant Water Polo Coach	– Katie Plewinski
Boys Head Water Polo Coach	– Mr. Brian Faikish
Boys Assistant Water Polo Coach	– Mr. Jason Grubb
Girls Swimming Coach	– Kristen Bartlewitz
Girls Assistant Swimming Coach	–
Diving Coach	– Sue McDonald

## **PRACTICES**

The coaches provide specific practice times and schedules to water polo players, swimmers, and divers. Teams practice six days a week with several before school practices scheduled each week in addition to after school practices and Saturday morning practices. The school district provides a bus to take the freshmen athletes to their respective middle schools after morning practices.

## **TEAM TRADITIONS**

Some of the many traditions that are passed down each year are:

- Coaches Gift: Seniors decide on this gift and collect money from each team member.
- Senior Gift: Juniors, with the help of their parents, if needed, decide on this gift and collect money from team members.
- Incoming freshmen (present eighth graders) are invited to attend the last home event of the season.
- “Feast before East”: The Girls swim team goes out for a special meal the night before the Central Bucks East swimming and diving meet.
- Spirit Water: NP pool water is sprayed in each lane of opponent’s pool before each girl’s meet.

- Various breakfasts are hosted by parents during Water Polo Preseason and Holiday week swim practices.
- Pasta dinners are scheduled before key meets during the swimming and diving season.

## **Water Polo State Tournament**

There are three divisions in the state. The top two teams in each division automatically qualify for the state tournament based on their division record. Two additional teams qualify by participating in a separate qualifying tournament.

## **Golden Jock / Ms. Versatility**

Each year before the dual meets start; all North Penn swimmers participate for five days, in a nine-event time trial to determine individual rankings per event. These pre-season times are tabulated and compared to previous years, and awards are given at the end of the season by the coaches.

## **Qualifying Times and Rules for Swimming and Diving Districts and States:**

Swimmers must achieve a qualifying time and divers must achieve a set score and degree of difficulty in order to participate in the District I Championship Meet and the State Championship Meet. The qualifying times and scores are set by the PIAA and can be found on the District 1 website: [www.district-one.net](http://www.district-one.net)

## **Suburban League Championships**

- Each team may enter 4 swimmers per event and 2 relays per relay event. Swimmers may enter 2 individual events and 2 relays or 1 individual event and 3 relays. There are no qualifying times. The coach determines the lineup. Check the website: <http://www.suburbanonesports.com>

## **District I Championships:**

- Each team may enter 4 swimmers per event and 1 relay per relay event who meet the qualifying times. Swimmers may enter a maximum of 2 individual events and 2 relays or 1 individual event and 3 relays.
- Swimmers must swim a district qualifying time during the season, at the League Championship, or at the last chance meet to qualify to swim at this meet.
- Divers must meet a pre-established score and degree of difficulty during the season to qualify to dive at this meet.

## **State AAA Championships:**

- Athletes must have competed in the District I Championship Meet to qualify for states.
- In District 1, the top four times automatically qualify in each event for the State Meet. After all the districts in PA have their automatic qualifiers (16 spots), the next fastest 16 times throughout PA qualify. Rules are subject to change. Check the PIAA website, [www.PIAA.org](http://www.PIAA.org) for accurate information.
- Divers must place in the top seven in district 1 to qualify for the state meet.

## **A DESCRIPTION OF SWIMMING & DIVING AWARDS**

A number of awards are given out at the end of each water polo and swimming and diving season by the coaches. A brief description of the awards is given below:

### **MOST OUTSTANDING SWIMMER**

This award, sponsored by the North Penn Booster club, is given by the coach.

### **THE BARTLE AWARD: MOST IMPROVED CAREER**

Recognizes a senior swimmer, boy or girl that shows the greatest improvement over his swimming career.

### **COACH'S AWARD**

This award is given to a swimmer or diver that most exemplifies the ideals of North Penn Swimming and Diving.

## **MOST IMPROVED SEASON**

This award is given to the swimmer and diver that show the greatest improvement over the past season.

## **MARK MUELLER AWARD**

This award is given to the freshman swimmer that shows the most promise in North Penn Swimming. This award is selected by the members of the senior class.

## **RICHARD CARROLL AWARD**

Given to an underclassman who has demonstrated excellence in the North Penn Swimming and Diving program. This individual exemplifies many of the qualities that Mr. Carroll has demonstrated as a coach and continues to demonstrate as an advocate of North Penn Swimming. These contributions include competitive spirit, a strong work ethic, dedication and loyalty, along with exceptional swimming or diving ability.

## **SENIOR ACHIEVEMENT AWARD**

Recognizes a senior girl that shows the greatest improvement over her swimming career.

## **MATTHEW WALSH MEMORIAL AWARD**

Given to a swim team member who provided inspiration and motivation to the North Penn Swim Team by overcoming adversity while exemplifying a competitive spirit through courage, strength, and determination.

## **CAPTAIN'S AWARD**

Recognizes the captains of the team.

## **THE GOLDEN JOCK / MS. VERSATILITY**

Recognizes a NP swimmer who wins the early season team competition called The Golden Jock. This competition requires each swimmer to swim all of the events in the high school line-up. The swimmers are then rank ordered based on their respective finish in each of the events.

## **MOST OUTSTANDING DIVER**

This award is given to the diver that places the highest in the Pennsylvania State Swimming Championships. (Sponsored by the North Penn Booster Club).