

POUDRE GIRLS SWIMMING AND DIVING 2025/26



Parent Meeting 10/30/25

Welcome to a new swim season!

AGENDA 10/30/25

- Introduction/Caching Staff
- Mission/Goals
- Registration
- Practice Times and Location
- Attendance and Expectations
- Equipment and Team Gear
- Meet Schedule
- Captains, Parent Volunteers and Help Needed
- Lettering
- Questions





COACHING STAFF

Head Coach: Sandy Hicks

shicks@psdschools.org

503 327 5150

Text, e-mail, call or BAND

Assistant Coach: Anna Shveshkeyev

ashveshkeyev@psdschools.org

857 233 6808

Diving: Luke Richmond (PSD Head Diving Coach

- RMHS - FCHS - FRHS - PHS - WHMS - THS
- 970.988.1455



MISSION AND GOALS

Poudre Motto: UBUNTO – I am who I am because of who we are.

Mission Statement: Our aim is to instill a love of swimming and athletics and to be a successful team. Success is defined as individual athletes and the team setting, measuring and achieving season goals while maintaining good academic standing and supporting teammates, coaches, the team and the school.

2025/2026 Team Goals:

- Foster a strong sense of teamwork and support.
- Develop skills such as self-discipline, patience and perseverance.
- Provide opportunities to set and accomplish goals.
- Build self-confidence.
- Install a lifelong appreciation for fitness and health.
- Have fun!

REGISTRATION (AND PHYSICAL)

- Students must register online (on the Poudre High School website) to participate on the team. A physical is required prior to participation. Once both are submitted (online or to Cindy Smith in the Athletic Department office), she will issue an orange card and enter it into a coaches spreadsheet. The coach will check Orange Card status on all athletes prior to the first practice.
- [Welcome | Poudre High School Athletics Registration 2025-2026 | Poudre School District Athletics](#)



PRACTICE TIMES AND LOCATION

6:30 am Monday to Friday, Mulberry Pool starting Monday, November 17th! EXCEPT:

- **No practice** November 27/28 (Thanksgiving and Friday)
- **No competition:** All school-sponsored competitions are prohibited from December 24, 2025, to January 1, 2026.
- **No practice:** All school-sponsored practices are prohibited from December 24, 2025, to December 27, 2025, and again on January 1, 2026.
- **Voluntary practice window:** A voluntary practice period is allowed from December 28, 2025, to December 31, 2025.
- **Coach contact:** Coaches are prohibited from having contact with athletes from December 24 through January 1, 2026.

We will have recommended (written) workouts for the holiday break and be back at the pool Friday, January 2!

The schedule will continue for the remainder of the season (February 7 - Conference Finals and February 14 – State Finals)



EXPECTATIONS AND ATTENDANCE

Be on time and ready to work out/swim!

Attend every practice. If you are not going to be at practice, inform (e-mail, text or phone) the coach ahead of time.

- In case of illness (fever, bad head cold, vomiting or diarrhea), please inform the coach and do not come to practice. If you are too ill to attend school, you should not be swimming!
- If you are injured, please inform the coach (see athletic trainer or your doctor). If you have restrictions, it is your responsibility to inform the coach. We do not want you to swim injured or injure yourself further.
- Excused absences: School related functions (music concerts, standardized testing etc.) will be considered excused absences, but please tell the coach (e-mail, text) ahead of practice.

MEET SCHEDULE

Poudre Swimming 25/26 Meet Schedule: (as of 10/29/25 - subject to change

Indicates a HOME MEET: volunteers needed!

Week –	Date	Competition	Location	WU/Start
1 - 11/17 to 11/23				
2 – 11/24 to 11/30				
3 – 12/1 to 12/7	12/2 (Tuesday)	Loveland	Loveland	3/4 pm
3	12/6 (Saturday)	NOCO Sprints	EPIC	1/ 3pm
4 – 12/8 to 12/14	12/11 (Thurs)	Fossil	EPIC	2:30/3:30
5 – 12/15 to 12/21	12/16 (Tues)	Windsor/Loveland	EPIC	2:30/3:30
6 – 12/22 – 12/28				
7 – 12/29 – 1/4				
8 – 1/5 – 1/11	1/9 and 1/10	Weiderman OR Mustang	Greeley OR VMAC	TBD
9 – 1/12 – 1/18	1/16 and 1/17	Last Chance	Thompson Valley	TBD
10 – 1/19 – 1/25	1/23 (Thurs)	Loveland/Collins	EPIC	3/4pm
11 – 1/26 – 2/1	1/27 (Tues)	Estes Park	At Estes Park	TBD
	1/31 (Sat)	City Meet	EPIC	1/3 pm
12 – 2/2 – 2/8	2/5 and 2/6	Conference	Mtn View	All day
13 – 2/9 – 2/15	2/12 and 2/13	State	VMAC	All Day

EQUIPMENT AND TRANSPORTATION



Equipment

Swimmers need a practice suit(s), goggles and cap, fins, kickboard and a pull buoy. The team has limited equipment (some fins, kickboards and pull buoys, workout bands etc.)

Poudre will provide a backpack and parka to each swimmer. Swimmers will be expected to return both at the end of the season (in good condition)

We will be sending out information to order team gear, including competition suits, caps and tee shirts.

We will try to keep costs reasonable! Swimmers and Divers will be expected to wear the team shirts, suits and caps to meets.



Transportation

Swimmers must provide their own transportation to practice and to school after practice.

For conference meets, swimmers are expected to provide their own transportation. Conference meets are in Fort Collins, Loveland and Windsor pools.

For meets outside conference (Estes Park, Greeley, VMAC), we will arrange a school bus. If a bus is provided, swimmers are expected to use the bus (unless they have written permission from a parent or guardian to take alternative transportation). Buses will pick up and drop off at PHS. Times to be announced



CAPTAINS AND PARENT COORDINATORS

Team Captains :

- Sara Ogden and MJ Scott Donovan (Seniors)
- Mary Smith and Lexi Hapner (Juniors).

Parent Coordinators:

- Stacey Ogden
- Mary Donovan

Coordinators will also be asking for parents to host team dinners and provide snacks for meets.

We will need volunteer timers and maybe an announcer for 2 home meets (see schedule)

Please help when you can! It takes a village...



LETTERING POLICY (DRAFT)

- Lettering will be based on points (estimate 85 points required to earn a letter)
- 1 point for each practice attended. You must be on time and stay for the entire practice. Max: 60
- 5 points per year you have been a member of the PHS Swimming and Diving Team
Max: 20
- 5 points for participating in the weights and conditioning program
- 5 points for attending team building event (TBD).
- 10 points for being a team captain.

Points for placing in individual events in meets:

- 1st – 6 points
- 2nd – 4 points
- 3rd – 3 points
- 4th – 2 points
- 5th – 1 point

Swimmers must participate in the Conference Swim Meet to earn a letter.

- 5 points for achieving a Coaches Invite time standard
- 10 points for achieving a State Qualifying time standard

Points for 3rd quarter GPA:

- 3.8 or higher - 15 points
- 3.5 to 3.79 - 10 points
- 3.0 to 3.49 – 5 points

Coaches reserve the right to adjust the lettering policy at their discretion.



CLUB SWIMMERS

Fort Collins has strong club swimming programs (Vortex and FAST)

To support the club swimmers AND to ensure club swimmers are part of the PHS team, club swimmers must do 2 touches a week.

A touch is a practice, weights or yoga session or a team event (dinner etc.)

Club swimmers should communicate with the coach regarding what practices they will attend and about club meets and competitions.



COMMUNICATION

- Weekly parent e-mails
- Weekly swimmer e-mails and BAND
- I will post the handbook and meet schedule on PHS Girls Swimming and Diving website
- Link: [Girls Swim & Dive | Poudre High School](#)



IN CONCLUSION

- We have 23 swimmers so far, and I am looking forward to getting to know your swimmer and having a great season!
- Thank you for supporting PHS and swimming and diving!
- Questions?

QUESTIONS