

2023-2024 Boone County Swimming and Diving

Swimmers, Divers and Parents/Guardians:

Welcome to what I expect will be an exciting year of swimming and diving at Boone Co. High School.

Before I discuss the details, I'd like to introduce myself to any new parents and swimmers. My name is Lance Melching and I am in my 16th year at BCHS. I started swimming competitively as a 10-year-old in the Northern Kentucky Swim League before joining the (then) Kenton County Clippers and finally moving on to high school swimming for 6 years. While I always liked swimming, I really love coaching.

To participate, a student must be a high school student on track to graduate in four years or **a 7th or 8th grade student currently assigned by the district to attend BCHS**. Before students can participate in their first practice or event, they must have completed the following:

1. **Complete required registration paperwork in FinalForms (<https://boone-ky.finalforms.com/>)**
2. **Silverlake Recreation Center Agreement (Swimmers only)**

The Silverlake form is in this packet. For all other forms, register at <https://boone-ky.finalforms.com/> and follow the prompts to create your account, create your student's account, and sign your forms. If you would like to see the prompts and forms in a language other than English, you may use website translation tools in both Google, FireFox, and other browsers.

While I will function as the "Swim *and* Dive Coach" by name, I know very little about coaching diving, and so divers train with a coach we share with other district high schools. Veteran diving coach Kristina Jenny (Kristina.Jenny@boone.kyschools.us) will serve in this position. She is currently an art teacher at Conner High School.

I have a short list of expectations that I am *requesting* all parents adhere to:

1. **When and where spectators are permitted, remain in the spectator areas during practices and competitions. Do not loiter in the team area.**
2. **Please work at least one meet during the course of the season.** (We are expected to provide at least a timer at each meet.)
3. **Please contribute to the efforts to provide food for the swimmers in the team area again this season.** (More information for this will hopefully be forthcoming)

If you have any questions, feel free to contact me at school at any time!

Lance Melching, BCHS Swim & Dive Coach

lance.melching@boone.kyschools.us - (859) 282-5655 x30518

2023-2024 Boone County Swimming and Diving
Practice Schedule & Tentative Meet Schedule

Season Kick-Off Event - Wednesday, 10/11, 7:30 p.m. @ the BCHS Commons –

Parents and athletes are invited to this dessert reception to meet the coach and hear about the upcoming season! Experienced members of the team from last year need to bring a dessert to share.

Date	Event	Location	Time
November 18	Holy Cross Flying Turkey Invitational	Cincy St. X	TBA
December 2	TBD	TBD	TBD
December 9	Scott Eagle Classic	Scott	TBD
December 15	Boone County Championship	Scott	4 pm
December 16	Dixie Tucker Classic	Scott	12:30 pm
January 6	Simon Kenton meet	Scott	TBA
January 13	TBD	TBD	TBD
January 20	South Dearborn	South Dearborn	TBD
January 27	NKAC DI	Scott	TBA
February 3	Freshman Regional	TBD	TBD
February 9-10	KHSAA Region 7 Swim Championship	Scott	TBA
February 16-17	KHSAA Semi State Swim Championship	TBD	TBD
February 23-24	KHSAA State Swim Championship	U of Kentucky	TBA

More meets may be added as the season approaches and gets underway.

Swimming Practice Schedule

@ Silverlake Family Recreation Center
Beginning Oct 4th for **returning swimmers**
Beginning Oct 23rd for **new swimmers**

Mondays 7:45-9:00 pm
Wednesdays 3:00-4:15 pm
Thursdays 3:00-4:30 pm

Dry Land @ Boone for high school athletes only
Tentative Start Date 11/14

Tuesdays 2:45-3:30 pm

Middle school students only attend the Monday night & Thursday after school pool practice

Diving Practice Schedule

@ NKU's Albright Health Center
Beginning Thursday 10/12
Thursdays 6:00-7:30

Directions

To Silverlake

- Take US-25/Dixie Highway North
- Turn left onto Kenton Lands Road.
- Silverlake will be on the left.

To Scott

- Take I-75 North to I-275 East
- Take Exit 79 (Taylor Mill, KY-16, Pride Parkway)
- Turn right off of the exit onto KY-16/Pride Parkway
- After about 2 miles, turn right onto Eagle Drive.
- Aquatic facility entrance is around the back towards the baseball field.

To NKU

- Take I-75 North to I-275 East
- Take Exit 76 (Three Mile Road/Northern Kentucky University)
- Turn right off of the exit onto University Drive
- Turn right at the first traffic light onto Kenton Drive. Continue on Kenton Drive.
- Albright Center will be on the left.

Boone County Swimming & Diving Information Sheet

Please answer the following questions about yourself in neat, legible writing. It helps me get to know you and learn how best to help you meet your goals for this season!

Name: _____ Birth Date: _____ Gender: _____ Grade: _____

Phone #: _____ Grade: _____ Swimmer / Diver / Both

E-Mail: _____
(Student E-Mail) (Parent E-Mail)

Have you participated in **varsity** sports for a school other than BCHS? YES / NO

Are you currently on track to graduate in four years? YES / NO

How long have you been a Swimmer/Diver? What teams have you swam or dove for?

What is your best stroke/dive? _____

What are some of your goals for this season?

What are some goals the team should strive for this season? Is there a particular team we should try and beat or a relay that should make it to state? Is there some kind of equipment we should try and buy?



We are retiring Remind and moving everything to TeamSnap! We've been transitioning to TeamSnap for two years now, and it has many great features:

- **Communication** – alerts, posts, team chat, direct messages, e-mail blasts & more to athletes and their parents/guardians
- **Calendar** – practices, competitions, events, everything in one place with where to go and when to be there
- **Availability** – Use a click to let the coaches know if you're available for a competition
- **Accessible** – Download the app for iOS or Android phones or access TeamSnap on a desktop or laptop computer

How do I join? The coach will send an e-mail invite once your child has submitted the information sheet contained in this packet, so make sure the e-mail addresses are legible! In the meantime, you can download the app.





Boone County High School Athletic Department

7056 Burlington Pike

Florence, KY 41042

Hello Rebel parents and guardians,

We are very excited to announce that the Boone County High School Athletic Department has partnered with FinalForms, an online forms and data management service.

FinalForms allows you to complete and sign athletic participation forms for your students. The most exciting news is that FinalForms saves data from season-to-season and year-to-year, meaning that you will never need to enter the same information twice! FinalForms also pre-populates information wherever possible, for each of your students, saving you time. It will also provide reminders when forms are close to expiring.

You may review your data at any time to verify that it is current. **You will be required to sign your forms once per year and after any update.**

Click on the [Parent Playbook](#) to get started in FinalForms. If you require any support during the process, scroll to the page bottom and click "Use Support".

Starting with the 2023-2024 school year, we are requiring registration through FinalForms for athletics and marching band. Registration for the 2023-2024 school year is open now. Once you are registered, the athletics office can upload your existing doctor's physical exam if it has not expired.

Please register at <https://boone-ky.finalforms.com/> and follow the prompts to create your account, create your student's account, and sign your forms. If you would like to see the prompts and forms in a language other than English, you may use website translation tools in both Google, FireFox, and other browsers.

Thank you for your assistance in streamlining our paperwork processes at Boone County High School.

Lance Melching

Athletic Director

lance.melching@boone.kyschools.us

859-282-5655 x30518

Boone County Swim & Dive Fundraising

Every year, we engage in some kind of fundraising effort. Not only does the administration expect us to take some responsibility for our budget, but it enables us to do some nice things for the kids. For example, **1)** we've been able to buy new training aids such as monofins, kick boards and pull buoys. **2)** We were able to purchase a school record board and high point board which now hang in the lobby outside of the gym. **3)** We were able to buy a team set of warm up jackets, as well as silicone and latex caps, 3K club t-shirts, and swimmer of the week Swedish goggles. **4)** We've been able to purchase items for the state team. **5)** We've been able to get nice senior gifts and a range of awards for the team banquet. **6)** We've hosted meets at local pools.

Again this season, I am hoping we can continue to go without selling anything by doing the **Kroger Community Rewards** program.



KROGER COMMUNITY REWARDS

Boone County High School Swim and Dive Team 70095

Congratulations on your enrollment into our Kroger Community Rewards Program. You can begin enrolling online! Just go to the appropriate website mentioned below and begin enrolling.

You have been assigned number 70095. Please refer to this number in all future correspondence.

TO USE THE KROGER COMMUNITY REWARDS PROGRAM:

- Simply encourage your members to register online at krogercommunityrewards.com
- Be sure to have your Kroger Plus card handy and register your card with your organization after you sign up.
- If a member does not yet have a Kroger Plus card, please let them know that they are available at the customer service desk at any Kroger.
- Click on Sign In/Register
- Most participants are new online customers, so they must click on SIGN UP TODAY in the 'New Customer?' box.
- Sign up for a Kroger Rewards Account by entering zip code, clicking on favorite store, entering your email address and creating a password, agreeing to the terms and conditions
- You will then get a message to check your email inbox and click on the link within the body of the email.
- Click on My Account and use your email address and password to proceed to the next step.
- Click on Edit Kroger Community Rewards information and input your Kroger Plus card number.
- Update or confirm your information.
- Enter NPO number or name of organization, select organization from list and click on confirm.
- To verify you are enrolled correctly, you will see your organization's name on the right side of your information page.
- REMEMBER, purchases will not count for your group until after your member(s) register their card(s).
- Do you use your phone number at the register? Call 800-576-4377, select option 4 to get your Kroger Plus card number.
- Members must swipe their registered Kroger Plus card or use the phone number that is related to their registered Kroger Plus card when shopping for each purchase to count.

Boone County Swim & Dive Team

OCTOBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Swim Practice @ Silverlake 3:00-3:15 FOR RETURNING SWIMMERS ONLY	5 Swim Practice @ Silverlake 3:00-4:30 FOR RETURNING SWIMMERS ONLY	6	7
8	9 No School & No Practice	10	11 Kick-Off <i>Meet the coach</i> 7:30 @ BCHS Commons Swim Practice @ Silverlake 3:00-4:15 RETURNING SWIMMERS ONLY	12 No Practice	13	14
15	16 Swim Practice @ Silverlake 7:45-9:00 FOR RETURNING SWIMMERS ONLY	17	18 No Practice	19 Swim Practice @ Silverlake 3:00-4:30 FOR RETURNING SWIMMERS ONLY	20	21
22	23 Swim Practice @ Silverlake 7:45-9:00	24	25 Swim Practice @ Silverlake 3:00-4:15 <i>High School Only</i>	26 Swim Practice @ Silverlake 3:00-4:30	27	28
29	30 Swim Practice @ Silverlake 7:45-9:00	31				

1st Day for New Swimmers

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 Email:
 Lance.Melching@boone.kyschools.us



Boone County Swim & Dive Team

NOVEMBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Swim Practice @ Silverlake 3:00-4:15 <i>High School Only</i>	2 Swim Practice @ Silverlake 3:00-4:30	3	4
5	6 Swim Practice @ Silverlake 7:45-9:00	7 No School & No Practice	8 Swim Practice @ Silverlake 3:00-4:15 <i>High School Only</i>	9 Swim Practice @ Silverlake 3:00-4:30	10	11
12	13 Swim Practice @ Silverlake 7:45-9:00	14 Dryland @ Boone 2:45-3:30 <i>High School Only</i>	15 Swim Practice @ Silverlake 3:00-4:15 <i>High School Only</i>	16 Swim Practice @ Silverlake 3:00-4:30	17	18 Flying Turkey @ Cincy St X TBD
19	20 Swim Practice @ Silverlake 7:45-9:00	21 Dryland @ Boone 2:45-3:30 <i>High School Only</i>	22 No School & No Practice	23 No School & No Practice	24 No School & No Practice	25
26	27 Swim Practice @ Silverlake 7:45-9:00	28 Dryland @ Boone 2:45-3:30 <i>High School Only</i>	29 Swim Practice @ Silverlake 3:00-4:15 <i>High School Only</i>	30 Swim Practice @ Silverlake 3:00-4:30		

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Boone County Swim & Dive Team

DECEMBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Swim Practice @ Silverlake 7:45-9:00	5 Dryland @ Boone 2:45-3:30 <i>High School Only</i>	6 Swim Practice @ Silverlake 3:00-4:15 <i>High School Only</i>	7 Swim Practice @ Silverlake 3:00-4:30	8	9 Eagle Classic @ Scott TBD
10	11 Swim Practice @ Silverlake 7:45-9:00	12 Dryland @ Boone 2:45-3:30 <i>High School Only</i>	13 Swim Practice @ Silverlake 3:00-4:15 <i>High School Only</i>	14 Swim Practice @ Silverlake 3:00-4:30	15 Boone Co Champ @ Scott TBD	16 Dixie Tucker Classic @ Scott TBD
17	18 Swim Practice @ Silverlake 7:45-9:00	19 Dryland @ Boone 2:45-3:30 <i>High School On</i>	20 Swim Practice @ Silverlake 3:00-4:15 No School	21 Swim Practice @ Silverlake 3:00-4:30 No School	22 No School & No Practice	23
24	25 No School & No Practice	26 No School & No Practice	27 Swim Practice @ Silverlake 3:00-4:15 No School	28 3K Challenge Swim Practice @ Silverlake 3:00-4:30 No School	29 No School & No Practice	30

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Boone County Swim & Dive Team

JANUARY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 No School & No Practice	2 No School & No Practice	3 Swim Practice @ Silverlake 3:00-4:15 <i>High School Only</i>	4 Swim Practice @ Silverlake 3:00-4:30	5	6 SK Meet @ Scott TBD
7	8 Swim Practice @ Silverlake 7:45-9:00	9 Dryland @ Boone 2:45-3:30 <i>High School Only</i>	10 Swim Practice @ Silverlake 3:00-4:15 <i>High School Only</i>	11 Swim Practice @ Silverlake 3:00-4:30	12	13
14	15 No School & No Practice	16 Dryland @ Boone 2:45-3:30 <i>High School Only</i>	17 Swim Practice @ Silverlake 3:00-4:15 <i>High School Only</i>	18 Swim Practice @ Silverlake 3:00-4:30	19	20 TBD @ Sth Dearborn TBD
21	22 Swim Practice @ Silverlake 7:45-9:00	23	24 Swim Practice @ Silverlake 3:00-4:15 <i>High School Only</i>	25 Swim Practice @ Silverlake 3:00-4:30	26	27 NKAC @ TBD TBD
28	29 Swim Practice @ Silverlake 7:45-9:00	30	31			

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Boone County Swim & Dive Team

FEBRUARY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Swim Practice @ Silverlake 3:00-4:30	2	3
4	5 Swim Practice @ Silverlake 7:45-9:00	6	7 Swim Practice @ Silverlake 3:00-4:15	8 Swim Practice @ Silverlake 3:00-4:30	9 Region Swim @ TBD	10 Region Swim @ TBD
11	12 Swim Practice @ Silverlake 7:45-9:00	13	14 Swim Practice @ Silverlake 3:00-4:15	15 Swim Practice @ TBD TBD	16 Semi State @ TBD	17 Semi State @ TBD
	Practice for state qualifiers only					
18	19 Swim Practice @ Silverlake 7:45-9:00 No School	20	21 Swim Practice @ Silverlake 3:00-4:15	22 Swim Practice @ TBD TBD	23 State Swim @ UK	24 State Swim @ UK
	Practice for state qualifiers only					
25	26	27	28	29		

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