



Savannah College of Art and Design **SWIMMING**

Welcome to the Men's and Women's Swim Teams at Savannah College of Art and Design!

SCAD offers you a unique opportunity to pursue your academic interests in the art and design fields while pursuing excellence in your swimming. While the faculty and staff at SCAD ensure individual attention to help set you on the way to a rewarding career, the coaching staff of SCAD Swimming gives individual attention to your success in the pool.

Take a look at what SCAD Men's and Women's Swimming has to offer:

Great Performances!

In just three years, SCAD swimming has elevated itself to a #2 ranking (women) and #3 ranking (men) in the NAIA. The teams compete in a variety of meets, from dual meets to national championships. Practice is scheduled daily during the swimming season, which spans September through March, as well as during the off-season. Training includes 6-9 weekly swim workouts, plus dryland circuit training and strength training. The swim teams offer a close-knit group of student-athletes who support each other in and out of the pool. Read more about the men's and women's teams at www.scadathletics.com.



Experienced Coaching!

The head coach of the SCAD Men's and Women's Swim Teams is Scott Rabalais, who has 22 years of swim coaching experience at levels from youth through Masters swimmers. Rabalais, who helped establish SCAD Swimming in 2002, was named 2005 NAIA Women's Coach of the Year and 2006 NAIA Men's Coach of the Year. He serves as President of the NAIA Swimming and Diving Coaches Association. Rabalais was a collegiate swimmer at Louisiana State University and a multiple Masters swimming All-American. The assistant coach is Leah Martindale, a Barbados Olympian, 12-time NCAA All-American and former co-captain of the University of Florida women's swim team.

First-Class Facility!

The training and competition facility for SCAD Swimming is second to none. The Chatham County Aquatic Center, built in 1998 for competitive swimming purposes, houses an indoor 50-meter by 25-yard competition and training pool that has a constant seven- to nine-foot depth and is heated to 79-81 degrees year-round. Also available is a 6-lane, 25-yard recreation pool. The pool is the site of many USA Swimming and US Masters Swimming championship meets, including the 2004 US Masters Long Course Championships and six Georgia state championship meets.



MORE DETAILS...

Eligibility

SCAD Swimming welcomes all swimmers able to handle the training load and contribute to the team's competitive goals. Swimmers must have met at least one minimum performance standard (see next page). Walk-ons are welcome during a maximum one-week tryout period held at the beginning of the season in September.

Scholarships

SCAD is a member of the National Association of Intercollegiate Athletics (NAIA), which allows SCAD to offer athletic grant-in-aids. The head coach determines grant-in-aid amounts after consultation with the swimmer and his/her family.

Training Structure

The training structure consists of three tiers:

- Daily pool training designed to provide high levels of conditioning and technical proficiency geared towards the individual athlete.
- Challenging circuit training as well as flexibility sessions are offered daily at poolside.
- Regular strength training is included and monitored throughout the season.

Men & Women

Although the men and women may train together, SCAD Men's and Women's teams are two separate teams. Usually, the two teams will travel together for competition.

Transportation

Swimmers provide their own transportation to practice. It is recommended, though not required, that swimmers have their own personal vehicle. Swimmers without their own personal vehicles form carpools with teammates. The practice facility is located approximately 15 minutes from campus. The team provides charter bus service to all out-of-town competitions, or in some cases, the team will take air transportation.

Equipment Needs

Most equipment will be supplied to the members of the team. Initially, swimmers should provide their own suit and goggles for practice.

Meet Schedule

SCAD competes with other colleges, particularly those within NAIA as well as NCAA Division I, II and III schools. While some meets are at home, other meets do require travel. SCAD Men's and Women's teams compete in roughly 10 to 12 regular-season meets each, as well as conference and national championship meets.

Overall Goal

The long-term goal for both the SCAD Men's and Women's team is to develop a team of high character and sound values and achieve the highest possible ranking for both men and women in NAIA National Championships. Team members also set team and individual performance goals each year.

Other Fees

Other than the initial costs of a practice suit and goggles, there are no other expected swim team costs. The swimmers do participate in fund-raising to help offset the cost of a holiday training trip.

More Information

Contact Coach Scott Rabalais at srabalai@scad.edu or (912) 525-4824.

SCAD SWIMMING – THE BEST IS YET TO COME!

SCAD Swimming Times Chart

MPS – Minimum Performance Standards for SCAD Swimming in 2006-2007 season are the Top 12 Times listed below. Swimmers should have at least one Top 12 time to be considered for the team. *(Note: Times may also be achieved in short course and long course meters.)*

TOP 12 – 12th place time in the 2006 NAIA National Championships

TOP 1 – Winning time at the 2006 NAIA National Championships

Event - WOMEN	MPS/ TOP 12	TOP 1
50 Y FREE	25.13	24.03
100 Y FREE	55.01	52.09
200 Y FREE	2:00.35	1:54.18
500 Y FREE	5:27.82	5:02.38
1000 Y FREE	11:10.00	N/A
1650 Y FREE	19:01.65	17:25.43
100 Y BACK	1:03.88	57.94
200 Y BACK	2:18.53	2:05.78
100 Y BREAST	1:10.71	1:05.23
200 Y BREAST	2:34.83	2:21.46
100 Y FLY	1:01.60	57.21
200 Y FLY	2:19.99	2:05.00
200 Y IM	2:16.03	2:07.18
400 Y IM	4:56.15	4:28.00

Event – MEN	MPS/ TOP 12	TOP 1
50 Y FREE	22.02	20.65
100 Y FREE	48.65	45.38
200 Y FREE	1:48.83	1:40.58
500 Y FREE	4:52.74	4:36.10
1000 Y FREE	10:00.00	N/A
1650 Y FREE	17:33.05	15:56.07
100 Y BACK	56.59	50.75
200 Y BACK	2:02.30	1:49.00
100 Y BREAST	1:00.95	56.70
200 Y BREAST	2:17.22	2:04.45
100 Y FLY	54.84	48.99
200 Y FLY	2:05.62	1:50.24
200 Y IM	2:03.75	1:53.43
400 Y IM	4:26.41	4:01.81