

Saint Thomas Academy

Swimming and Diving

Team Website and History

<https://www.cadets.com/athletics/teams/swimming>



Parents Meeting - November 2021

John Barnes

John Barnes

John started his coaching career in 1985 and has been at STA since November of 1998. John married his wife Ann in 1988 and they have two children, Tyler and Ryan. He also serves the STA community as the Director of Community Relations and Special Projects.

Coach Barnes is a ASCA Level 5 coach and has been honored as both the state and national coach of the year. He has coached junior, national and olympic qualifiers. He was also a high school and college swimming all-american.

My Purpose

Why: Swimming transforms athletes into competitors, individuals to teammates and challenges the human spirit.

How: We become one family committed to the same mission. As your guide, I will prepare you to overcome limitations others are unable or unwilling to match.

What: Championship mindset and grit paired with life lessons and lasting memories.

Swim & Dive Philosophy

Family - School - Swimming

Every swimmer has the opportunity to reach his full potential. Academy swim & dive culture develops “possible” to “certain.” Hard, smart work is the cornerstone, and doing more than seems necessary becomes habit. No matter pool or dry land, yardage, intensity and technique, with applied concentration our training program phases will help you achieve your lifetime best.

- All swimmers swim at least 2 events in each dual meet.
- Bottom up team building makes everyone better.
- Embrace failure, it is a great learning tool.
- Success requires sacrifice - look for work and find ways to say “Yes”!

John's Leadership Principles: Coaching Expectations

- Make it personal.
- Listen to my athletes.
- Be consistent.
- Be respectful and honest.
- Accept Responsibility - Buck stops with you!
- Love: Show, Say and Share!
- Enjoy the process and the team will follow.

Coaching for Commitment = Commitment to Team

Expectations of Athletes

- Be on time for school and class; if late, you may not practice.
- All athletes must ride the bus to meets. For anybody requesting to ride home with your parents, we will need a note.
- We travel in either school uniform or professional dress (tie).

Communication Protocol

jbarnes@cadets.com

651-238-2275

- Open Door Policy - 35 Years Strong.
- Call, text or email (text is best).
- Please ask if you have questions about practice, meet line-ups or coaching style.

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Swim & Dive Team Goals

Est. 1998

Championship Culture

3.0+ Team GPA

100% LTB at Target Meets

Attitude - Behavior - Legacy

Saint Thomas Academy Swimming and Diving **Alumni**

Congratulations to the swimmers who furthered their education and swimming careers:

- Tim Anderson - Gustavus Adolphus College
- Ben Bible - Bucknell
- Mike Bohnett - Gustavus Adolphus College
- Paul Brunkhorst - SLU
- Bryan Carlson - Minnesota
- Sam Cutter-Wilson - Xavier
- Jeremy Conners - St. Thomas
- Peter Curan - Coe College
- Colin Glass - UST
- Jeremy Harris - Texas
- Matt Hoyland - Texas
- Luke Johanns - Xavier

Saint Thomas Academy Swimming and Diving Alumni

- Sam Johanns - Xavier
- Matt Knodt - College of William and Mary
- Hunter Nielson - Saint Thomas
- Tom Malchow - Michigan
- Ben Marzolf - Fordham
- Kerry O'Neill - St John's
- Teddy Paterson - Saint Thomas
- Mike Quinn - SLU
- Brian Short - Notre Dame
- Luke Schneeman - Saint Thomas
- Warren Sexson - Minnesota
- Pat Vandam - USAF
- Nick Vandam - West Point
- Tommy Weiss - Kenyon
- Kip Winden - Saint John's

Saint Thomas Academy

SWIMMING & DIVING

15 State Titles

23 Section Titles

29 Conference Titles

12 True Team State Titles

Practice Time

- Season is scheduled to start Monday 11/29/2021
 - Tentative practice schedule depending on final numbers
 - Practice Schedule for 11/29/21 to 12/16/21
 - This could change if we have over 50 swimmers
 - M-W-F Lifting 6am-6:45am
 - M-W Swimming Varsity 3:30-5:30 JV 3:30-5
 - Tuesday and Thursday TRX and Swimming 6am-7:30am
 - Tuesday and Thursday swimming Varsity 3:30-5 JV 3:30-4:30
 - Friday Full Team 3:30-5
 - Saturday Varsity 7-10 JV 7-9

Christmas Practice

12/17 TBA Depending on school schedule

12/18 7-9

Dec 20-23 7-9am

Dec 24-27 OFF for Family Time

Dec 28th to Dec 31

Varsity 8-10 and 2-4 JV 10-11:30

Meet Schedule

- Swimming & Diving: Boys Varsity Winter 2021-22 Schedule (as of 11-02-21)
- Thursday, Dec 9, 2021 Conference Relays 6:00PM The Grove Pool
- Tuesday, Dec 14, 2021 Meet 6:00PM St. Thomas Academy Pool
- Thursday, Dec 16, 2021 Meet 6:00PM St. Thomas Academy Pool
- Thursday, Jan 6, 2022 Meet 6:00PM Away vs. SSP - Central Square

Thursday, Jan 13, 2022 6:00PM Simley St. Thomas Academy Pool

Saturday, Jan 15, 2022 True Team Meet 12:00PM True Team Sections at STA

Thursday, Jan 20, 2022 6:00PMAway vs. Two Rivers High School

Saturday, Jan 22, 2022 True Team State Meet 12:00PM U of M - Aquatic Center

Thursday, Feb 3, 2022 6:00PM Away vs. Tartan Skyview M.S.

Friday, Feb 4, 2022 5:30PM Away vs. Breck Breck School

Thursday, Feb 10, 2022 6:30PM JV Conference Skyview M.S.

Wednesday, Feb 23-25 , 2022 MSHSL Sections TBD

Thursday, Mar 3-5, 2022 MSHSL State Tournament 12:00PM

- Saint Thomas Academy Swim and Dive is now open! You will get a team tee shirt with your team fee.
- Check out the shop details below.
- The STA Swim team equipment store is open. This year I am asking that each swimmer have their own equipment bag this is not a rule but HIGHLY RECOMMENDED. A3 has the equipment set up to order.
- <https://www.a3performance.com/collections/saint-thomas-academy>
- *EQUIPMENT ORDER DEADLINE IS THURSDAY, NOVEMBER 19TH* Questions
- *CONTACT CHRISSY@A3PERFORMANCE.COM WITH ANY QUESTIONS.*
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