

Plano East Swimming

Website: www.peshswim.com

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Team Information

The Swimming Team practices at Oak Point Recreation Center. Swimmers that qualify for the Varsity Team will enroll in first period swimming and swimmers that qualify for the Junior Varsity Team will enroll in seventh period swimming. Swimming is a Winter sport and students are expected to be enrolled in swimming during both the Fall and Spring Semesters.

Varsity practices begin at 7:00 am and end at 8:30 am M-F. A shuttle bus will transport 1st period swimmers from Oak Point to Plano East, Williams, and McMillen at 9:00 am. Swimmers are responsible for their transportation TO the pool each morning.

JV practices are held during 7th period. Swimmers are transported from Plano East, Williams, and McMillen via athletic shuttle bus to Oak Point Center at the conclusion of 6th period M-F. JV practices end at 4:45 pm. Swimmers are responsible for their transportation HOME from Oak Point Center each afternoon.

Plano East Swimming is a COMPETITIVE ATHLETIC TEAM. Being a member of the PESH Swimming Team will require daily attendance and will include practice and competition times outside of the regular school day.

Tryouts

Tryouts are conducted during the **first** week of school. There is no swimming on the first day of school. Coaches will cover introductions, team expectations, and team policies. The actual swimming tryout will take place on Thursday and Friday (8/13-14/2020). Students are expected to participate in both days of the tryout.

Swimmers will be evaluated on speed (series of timed swims), aerobic endurance (test sets), and strength of stroke (stroke & turn technique) throughout the tryout. Each swimmer will be scored on their performances and efforts throughout the tryout and then Varsity and Junior Varsity Teams will be determined. Teams will be posted no later than 10:00 am on Saturday - August 15th. There will be approximately 30 roster openings for Varsity and 30 roster openings for Junior Varsity.

Students **MUST** complete all required PISD Athletic Department Pre-participation Forms found under "Forms" on the team website **PRIOR** to the first day of school. Forms can be found online here: <https://planoisd.rankonesport.com>. On the first day of school, students must bring:

- A hard copy of your current Physical AND Medical History.
- A hard copy of top swimming times for this calendar year (2020).

Coaching Philosophy

High School swimming provides an opportunity for student-athletes to develop as individuals and as contributing members of a TEAM. As coaches it is our mission to create an environment in which athletes are challenged both mentally and physically on a daily basis in practice and competition. We strive to facilitate balance between competitive swimming and a rigorous academic schedule. And, we pursue success through positive instruction and continuous learning.

Lena Harrington - *Head Swimming Coach*

Lena Harrington will be entering her seventh season as the Plano East Head Swimming Coach. Prior to joining the Panther staff, she spent two seasons from 2012-2014 as the Assistant Swimming Coach for the Plano West Wolves.

In her most recent season at Plano East, Coach Harrington led the team to achieve 9 1st Team All-District Selections, 7 2nd Team All-District Selections, and 4 Honorable Mention Selections. The JV team earned 3rd place overall finish at the JV Championship. At the Region 2-6A Championships, all Panther swimmers earned second swims, 5 school records were broken, three Plano East swimmers qualified for the UIL 6A State Championship Meet in Austin, TX, and Coach Harrington was honored as the Region 2-6A Boys Coach of the Year. Two Plano East swimmers achieved All-American Automatic Status and Plano East had the highest state finish out of all schools in District 7-6A.

Prior to re-starting her high school coaching career, Coach Harrington spent the previous four seasons as the Head Women's Swimming & Diving coach for the Tulane Green Wave in New Orleans, LA. Harrington, who was named head coach on June 19, 2008, began her second stint as a member of the Tulane coaching staff. Previously, she served as an assistant coach for the Green Wave from 2004-06.

Under Coach Harrington's coaching, Tulane school records were broken/re-broken in 14 events and her squads combined for over 200 lifetime best performances, one mid-major All-American, four NCAA Division I Provisional qualifiers, one Conference USA Freshman Diver of the Year and C-USA Newcomer of the Year. Out of the pool, her teams ranked as high as 2nd among NCAA Division I Swimming programs in academics.

Harrington was just the second head coach in the brief history of the TU women's swimming & diving program (2003-06). The former Lena Darnell was the top assistant coach for the Tulane swimming and diving program and helped TU to the Conference USA title during her rookie season of 2004-05. During her time at Tulane, her responsibilities included coordinating recruiting, on-deck swimming duties, dryland design and administrative support for the swimming and diving programs, as well as all home meet management.

The program was one of eight varsity sport programs suspended by the University in the aftermath of Hurricane Katrina in 2006. Following Katrina, Lena served as the head boy's and girl's swimming coach at Keller High School in Keller, Texas.

Harrington, who swam for former Green Wave head coach Daniella Irlle from 1997-2001 at Fresno State, was reunited with her coach when she came to Tulane in 2004 after spending two seasons as a graduate assistant at former Conference USA rival TCU, where she coached both the men's and women's teams on the pool deck as well as in the weight room. She helped the men's squad win its third consecutive C-USA Championship, was instrumental in leading the women's team to its first league title, and also assisted in the training of four NCAA provisional qualifiers.

Prior to her stint at TCU, Harrington was the head women's swimming and water polo coach during the 2001-02 academic year at Clovis East High School in Clovis, Calif. While at Clovis East, she helped the varsity swim team attain 91 percent lifetime best times at the Tri-River Athletic Conference and Valley Championship swim meets. In addition, every team record was broken several times throughout the season.

A standout student-athlete at Fresno State from 1997-2001, Harrington helped set a school record in the 400-yard freestyle relay in addition to the 800-yard freestyle relay, as well as breaking team weightlifting standards in the bench press and the squat. She was also named Western Athletic Conference Scholar Athlete and WAC All-Academic Team all four years, and twice received the Bulldogs' "Flex Award" for leadership in the weight room.

In addition to her background as a swim coach, Harrington is also a CrossFit Level-1 certified coach and serves as an assistant coach at CrossFit Allen in Allen, TX. Harrington completed her degree in Kinesiology with an emphasis in Exercise Science from Fresno State in 2001. Coach Harrington is married to Ryan Harrington and has three children - Izzy (12), Olivia (12), and James (4).