

Spring Woods High School Swim and Dive Team

Swimming, Diving and Water Polo

Our team is a group of individuals who share a common goal. WE are made up of YOU.

By the time you finish your years on this team, you will be different than you are today. You will grow, mature, become a stronger person inside and out, you will be faced with problems and struggles. You will confront adversity and begin to learn how to overcome. In essence, this team and sport will help you to become the person you were meant to be, hardworking, resilient, and willing to take on challenges in life.



Our team core values are:

- Remain positive no matter what**
- Be on time, work hard, and focus both in and out of the water.**
- Respect others - everyone**
- Swim and play with passion for ourselves and our school.**

General:

Work –out Schedule

Monday thru Friday 2:15 – 3:30

Practices may be called on Saturdays and those days surrounding holiday. The only acceptable reason for absence is personal illness. Any other conflict should be rescheduled if possible and prior notice given if unavoidable.

Competition Schedule

All families will be issued a schedule of our competitions. These are primary commitments and attendance is mandatory. The only acceptable reason for absence is, again, personal illness. Any other conflict should be rescheduled. Any conflict with another school sponsored activity should be given notice in advance, in which case the sponsors involved will come to an agreement.

Be Prompt

When a time is announced for the entire team to be present, you are expected to be early by five to fifteen minutes.

Equipment

Each swimmer should use a nylon speed-suit for practice. The school shall furnish all necessary equipment for the sole use of that swimmer in all competitions.

BEHAVIOR

You are subject to the rules as stated in the Student Handbook. Repeated violations (3) or one assignment to In-School Suspension (or suspension) will result
First violation – suspension from next competition...depending on violation
Second violation – indefinite suspension from competition...depending on violation

COMMITMENT

Repeated failures (3) to meet established commitments will be subject to dismissal from the team.

RESPECT

You are expected to show respect at all times toward your teachers, school administrators, coach and team. First offenders will be reinstated after submission of a satisfactory written apology. Serious offenses shall be grounds for suspension, and then dismissal.

DO RIGHT

You know the difference between *“right” and “wrong”*. You are expected to do what is *“right”* in any given situation.

ELIGIBILITY

You are expected to be an example to the school. You are scholar athletes. If you choose to become ineligible based on grades, you will not be able to participate in meets. If this occurs twice in the first semester you will be removed from the team.

TRAINING RULES:

You are involved in what we believe to be the most physically demanding discipline in athletics. We expect you to maintain habits that will enhance your physical conditioning. Our first four rules are specific, with no exceptions. Rules five (5) and six (6) are general. All six rules are impossible to enforce equilaterally, and yet are known by everyone in the community. To violate any of these rules is to make hypocrites of the members of your team, and a mockery of all we stand for.

- 1) **Do not use or possess tobacco products (including “vapes”)**
- 2) **Do not use or possess alcoholic beverages**
- 3) **Do not use or possess illegal drugs or narcotics**
- 4) **Do not engage in felonious criminal activity**
- 5) **Strive for at least eight (8) hours of sleep every night**
- 6) **Maintain a proper diet, seeking to accomplish the following things**
 - a. Reduce percentage of body fat
 - b. Provide a high protein intake, balanced with nutrients
 - c. Minimize the intake of sugars, carbonated drinks, white flours, and preservative laden snack foods
 - d. High water intake...and not just in the pool!

GRADING:

All athletes will receive a P.E. Grade of 100 while satisfactorily completing the Aquatic Season provided they are in their suits and swimming. If for any reason they do not suit out and are in the pool, they will receive a loss for that day depending on how many days of practice there are that week. We typically practice 5 days a week, therefore, each day is worth 20 points. ***Athletes who fail to complete their commitment will receive a failing grade.***

- 1) **We will not strut, or dance after scoring a goal, winning a race...** We seek to outperform our opponent, not taunt them. To paraphrase Bill Yeoman, ***“Don’t act like you’ve never scored before and don’t expect to ever again get back in the end zone.”***
- 2) **We do not fight...** Not one of our opponents intimidates us, frightens us, or is in any way capable of lowering the level of our behavior.
- 3) **We are in uniform...** Bud Grant defined the color of shoes. If we lose a piece of our uniform, hopefully we can buy it back from a teammate ***“for the price of a song.”***

- 4) **We do not wear tattoos, or body piercings...** Some of life's decisions should be deferred until we are mature enough to live with our choices (*drinking, riding motorcycles*). ***Check with your mother.***
- 5) **We choose our words carefully...** If it would offend your mother, *then don't say it.*
- 6) **We are on time...** Any announced time actually means **5 to 15 minutes earlier.** (*If you're five minutes early, you're already ten minutes late*)
- 7) **Do right...** We know the difference between right and wrong, and *we are expected to do what is right.*
- 8) **We never quit...** If we announce that we are going to swim a **100 yard Freestyle**, then we complete ***all four*** lengths. We would not expect *partial credit* for quitting after 75 yards.

ON CAMPUS

Behavior and appearance on campus are of great importance. Athletes should be the leaders, since fellow students respect and follow them. There are certain ideals that pertain to athletes as well as good leaders.

They are:

1. Maintain a respectful and courteous attitude to fellow students and teachers. Trips to ISS can be grounds for dismissal from the "Team."
 2. Maintain a positive attitude towards learning, and the changes that come with this process.
 3. Accept responsibility, realizing that such attitudes can influence many others around you.
 4. Work for the betterment of the school and what is right and good for their peers.
1. Plan your time, so sufficient energy can be given to both your studies and your sport.

DIVING PRACTICES

Diver's workout with Coach Pozdniakova until 5 each day. There are possible diving practices on Saturday as well, but all diving practices will be run by Coach Pozdniakova. If you are absent from diving please let both the diving and swim coach know.

CLUB PRACTICE

We encourage everyone to train with the high school swim / dive team since this helps build team support and your apart of the team. However, there are some SWH swimmers/divers who are involved

with USS (club) swimming that will supplement our practices for their clubs. Remember not everyone who ask will be given permission to swim with a club team. These are the expectations we have for them.

1. Attendance will be monitored by the coaches from Spring Woods and the different club coaches. You must be practicing at least the same amount of days a week (1-1.5 hours of water time) as Spring Woods HS practices. The idea is that you are swimming 5-6 times a week.
2. If there are conflicts with your attendance at practices or meets please contact the SWHS & club coaches in advance to discuss possible issues and solutions. **(24 hours advance notice please)**
3. We expect the club members to attend the high school swim practice to workout with the team, improve communication, build better relationships, and practice relay exchanges.
4. If you fail to maintain your practice commitment (at Spring Woods or club) then we will have a meeting with your parents, which could result in your removal from the team or lose of the privilege to practice with a USS team.
5. If concerns arise regarding your performance or times then coach has the right to request that you to practice with the high school team. A meeting with swimmer/parent and coach will occur as well.

The following are guidelines:

If you are swimming club, we request you swim with SW three times a week for the first 2 months. If coaches feel as if you have made good connections with your teammates, then we will sit down with your parents and discuss options. If there is a day you know you will not make your club practice, we ask that you swim with us on that day. We also asked that you set your days for when you will practice at SWHS and when you practice club.