SHHS and LBMS SWIMMING & DIVING

TRAVEL PROCEDURES

When participating in "away" meets, the following travel procedures will be in effect. Please familiarize yourself with them .

Any decisions as to itinerary will be made with the first priority being the overall performance of the team and athletes. In the case of unforeseen circumstances, the coach reserves the right to adjust times/locations/procedures as he sees fit.

Travel list and meet entries: Prior to the meet, a list of those athletes scheduled to travel to the meet and participate in it will be posted. All swimmers and divers scheduled to compete are expected to do so (see Team Contract). The coach is responsible for determining who will be participating in a meet and which event(s) he/she will participate in.

Itinerary: Prior to the day of the meet, an itinerary will be posted on the SHHS Swimming and Diving website. Be sure you know where to be and when to be there.

Eating: Athletes should understand that proper nutrition is important to good performances. Since we will usually be leaving after school, arrangements should be made to have a light meal prior to leaving. Foods high in complex carbohydrates and low in fats and proteins have been shown to digest quickly and elevate blood glucose, which is used for energy production. Soda, and other carbonated beverages should not be consumed, as these are usually high in refined sugar (which leads to an artificial rise in blood sugar, a subsequent drop, and a residual insulin spike) and the carbonation in the drink will reduce one's Max VO2 -- how efficiently the body can utilize oxygen for energy production. Snacks will be allowed as long as they conform to appropriate nutritional guidelines.

Remember, if you eat at Freedom Hall, keep the food in the appropriate areas. Be sure to clean up your trash!

In some instances, the team will stop on the way home from a meet to eat. Athletes should bring enough money to cover their meal expense in such an instance.

Travel to the Meet: In accordance with school regulations, unless otherwise arranged and approved by the coach in advance, all athletes are required to travel from the point of departure (usually the Freedom Hall Pool parking lot) to the meet site in a school-sponsored vehicle. Students are to remain seated while the bus is in motion. Disruptive behavior on the bus that poses a danger to the other passengers or a distraction to the driver will not be tolerated. In some instances, parent volunteers may be needed to help transport students to/from a meet. These cars will follow the team bus/coach's car. Proper respect and behavior is expected from those riding in these cars, also.

Travel home from the Meet: In accordance with school regulations, all athletes must return to the designated return site in a school-sponsored vehicle**. If a student wishes to return with his/her own parent, that parent must sign out his/her own child with a coach at the meet site after the meet has concluded.** School regulations do not allow a parent to transport a child which is not his/her own without confirmed authorization to the coach. All athletes are to remain at the meet site until dismissed by the coach. Special consideration for leaving the meet early must be discussed with the coach prior to the meet date.

All trash must be picked up and disposed of properly. Do your part.

Attire: During team travel, athletes are expected to dress appropriately in order to present a positive image of their team and school. Neatness is expected. At the meet, team t-shirts and warm-ups are to be worn. SHHS or LBMS team suits and caps are to be worn.

Behavior: As in any team activity, all team members must behave in a manner which brings honor to Science Hill High School/Liberty Bell Middle School, the Swimming & Diving Team, and the community. Proper respect for teammates, coaches, officials, and opponents is expected.