

Practice Schedule

M-F 3:15-5:45 SLP POOL

3:15 Dry Land – In the pool no later than 3:45

SAT 7:15-9:15 AM

Holiday Practice schedule:

12/23, 26-31 8-11:00AM

No practice on 12/24-25

NO practice 1/2

****Please make every effort to schedule family trips and vacations around this schedule. This is a very important time in our training for the season.**

Other days of school off

there will still be practice the days that kids do not have school

12/2 & % - regular practice 3:15-5:45pm

1/16- morning practice 8-10:30am

2/16,17, 20 - regular practice 3:15-5:45pm

Lettering policy:

To earn a varsity letter on the swimming and diving team you must accumulate 5 letter credits.

*90% of all practices = 1 credit (unexcused absence voids this credit)

*Attend all meets in their entirety = 1 credit (disciplinary removal voids this credit)

*Earn attendance credit and meet credit in three consecutive years = 5 credits

*Make section cutoff = 3 credits

*Time to qualify in the top 24 in the section meet = 2 credits

*1 credit per five individual points in varsity competition (3 credits maximum)

*Unexcused absence from practice or meet = loss of 1 credit

*Any swimmer or diver violating MSHSL drug, alcohol, or tobacco policies during the season will forfeit their letter.

*The athlete must demonstrate proper behavior, sportsmanship and citizenship during the season.

*Finish the season in good standing with the coach.

Other important team rules:

*If you are ever sick the day of a meet – call either Bethany or myself when you call in sick for school. I need to make adjustments to the line up!

*If you are not at practice the day before a meet, you will not swim in the meet the next day....even if you are feeling better.

*If you are in school the entire day and not feeling well, you still come to practice and we will determine weather you should go home.

*Every time you are outside after practice or meet – you will wear a winter coat and stocking cap.

*If you are tardy to practice 3 times – you will not participate in the next meet.

*Appointments that need to be scheduled – are best scheduled for after school on home meet days (this includes, DR, dental, help for school)

*Three unexcused absences from practice will result in being kicked off the team. This includes: not calling a coach when you are home sick the day of a meet, not coming to practice if you were in school that day.....etc.

*All athletes are encouraged to ride the team bus to and from all away meets

*All practices are considered closed to the public, and spectators will not be allowed on deck until 5:35.