

Turlock High School Swim Team Rules - 2024

Practice Times

Monday	Tuesday	Wednesday	Thursday	Friday
Girls 2:30-4:30p Boys 4:30-6:30p	Girls 2:30-4:30p Boys 4:30-6:30p	Girls 1:30-3:30p Boys 3:30-5:30p	Girls 2:30-4:30p Boys 4:30-6:30p	Girls 2:30-4:30p Boys 4:30-6:30p

*Practice times are subject to change.

Participation

1. Athletes will attend all practices, team meetings, and swim meets.

- An unexcused absence from a practice, team meeting, or swim meet may result in a suspension or dismissal from the team.
- Swimmers may practice with a club team in place of a high school practice at the discretion of their coach. Coaches may ask for documentation and will be in contact with club coaches.
- Missing the CCAL Championship Meet for circumstances other than serious illness, injury, or family emergency may result in removal from the team and a loss of athletic awards/patches. There are 6 league meets (5 dual & 1 championship meet). The championship meet is equivalent to 5 dual meets. It is not acceptable to miss this meet (50% of the season) for family trips, other sporting events, club events, etc...

**Excused absences may include, but are not limited to: serious illness, injury, or family emergency. Coaches may ask for documented verification through a parent note or doctor's note.*

2. Athletes will inform their coach through personal communication (in person, text, phone call, email, etc...) if they are to miss a practice, team meeting, or swim meet. This communication is expected to take place well in advance of the absence. A lot of time is put into maximizing the line up for a swim meet. If an athlete is sick the morning of a swim meet, the coach needs to be informed the minute the athlete decides not to attend school.

3. Athletes will remain on the pool deck during all events for the duration of the event unless given permission by a coach. During home meets, all athletes will participate in the set-up and take-down of equipment. All athletes will be excused after the final team meeting that follows the take-down of equipment.

4. Under league rules, all Freshmen, Sophomores, and Juniors can be moved up and down throughout the season to compete on either JV or Varsity. Athletes will receive a Varsity status and the patches that accompany a Varsity athlete at the end of the season under the discretion of their coach. A good rule of thumb is that an athlete must compete in more than 50% of the season's meets on Varsity to receive a Varsity status. This will be determined by the coaches on a case-by-case basis.

5. Individual stroke/swim event preferences will be taken into consideration for swim meets but the coaches will determine what event an athlete swims in.

6. No swimmer is guaranteed a swim event at any given swim meet. Swimmers can have up to 4 events at a single swim meet. (2 individual/2 relay or 1 individual/3 relay).

7. Travel squads may be utilized in some cases and coaches will post a list prior to the event.

Behavior

1. Students are expected to adhere to all TUSD policies regarding attendance, grading, discipline, etc... THS Handbooks can be found online and in the Activities Office.

2. Inappropriate behavior and/or violations of TUSD school and team policies may result in suspension or removal from the team.

3. An early dismissal from practice due to circumstances determined by a coach may result in suspension or removal from the team. What may lead an athlete to an early dismissal from practice:

- Disrespectful/inappropriate behavior towards a coach or another athlete.
- Exhibiting a lack of effort.

4. Any use of social media to degrade, discredit, or disrespect any school official, player, or coach may result in suspension or removal from the team.

5. There is a zero tolerance rule for alcohol and drug use. Athletes will be immediately removed from the program if in possession or use of alcohol or drugs at school or any school affiliated event.

Parent-Coach Meetings

Parents will discuss player and/or team concerns and problems directly with a Head Coach. These discussions will not take place directly before, during, or directly after a swim meet. Meetings may be scheduled for non-meet days.

Contact Info

Anne Cornell – Girl’s Head Coach – acornell@turlock.k12.ca.us

Zach Glidden – Boy’s Head Coach – zaglidden@turlock.k12.ca.us