

Lady Zizzer Swim Team Code of Conduct

West Plains Girls Swim season begins November 6th and concludes February 3rd for those not qualifying for MSHSAA State and February 16th for those qualifying for MSHSAA State.

Swimmers must have 14 practices before our first meet December 1st in Springfield and must maintain at least 75% practice attendance to be eligible for meets. It is important to attend every practice prior to that first meet! If you are unable to attend practice due to a school event or sickness, please notify Coach Smith or Coach Stockton via the Band App at least 2 hours before practice. If you are unable to attend a regular meet, Coach Smith needs 24-hour notice. If you are unable to attend an invitational or championship meet, Coach Smith needs at least 1-week notice (except in emergency situations). It is preferable to let Coach Smith know as close to the beginning of the season as possible as to which meets you will be unable to attend. He plans meet entries well in advance. Not notifying coaches of missed practices (No Call/No Show) or having excessive unexcused absences may result in suspension from the next meet(s) at the coaches' discretion.

Swim caps are provided by West Plains High School.

Physicals are required every year. This is the athlete's and parent's responsibility. Swimmers will not be allowed to practice until both have been completed and are on file with the Athletic Director's office. These will be counted as unexcused absences.

Team swimsuits are ordered and paid for by the team (if fundraising allows). Otherwise, a preset fee will need to be paid by the first practice for suit and other expenses. Please use a different swimsuit while practicing to avoid wearing out your meet suit. For those that have legitimate shots at qualifying for MSHSAA State (individually or relay) should consider purchasing a tech suit. These are more expensive but are beneficial for those performing at a high level. Through generous donations and some fundraising, we have some team tech suits available for use. Only wear a tech suit for a meet after consulting Coach Smith.

Team shirts are provided to the swimmers from fundraising.

Fins, kickboards, paddles, buoys, and equipment bags are provided by the high school. If swimmers prefer their own, that is fine. Swimmers are responsible for purchasing their own goggles. Please have an extra pair or two available in case of breakage or loss.

Swimmers must follow all West Plains High School Handbook and Lady Zizzer Swim Team Handbook policies and expectations at practices and meets. This includes good sportsmanship among teammates and competing swimmers. Swimmers that do not follow such policies and expectations will meet with coaches, parents, and the Athletic Director. All decisions made by the coaches and Athletic Director are final.

Parent Signature _____

Date _____

Student Signature _____

Date _____