

RRHS Girls Swim 24-25

Swim Team Overview-

- RRHS Swim and Dive team is a competitive swim program requiring the athletes to balance schoolwork and practices efficiently. You are a student athlete, student responsibilities come first
- We work hard to make their experience memorable but also improve their swimming ability, we want swimmers to succeed and have the desire to return.
- Swimmers will be placed on academic suspension if they are failing more than one class at the time our AD pulls grades, we follow the WIAA guidelines on this. Swimmers will be able to attend practices but will not be eligible for meets until grades are raised. We do our best to monitor grades and encourage kids to keep them eligible.
- If you are at practice, you are expected to be in the pool swimming. Attendance doesn't mean simply being in the building. If you are sick or injured notify one of the coaches and stay home, please rest, and get well.

Communication-

- We use the Remind App **Class Name: Hawks Girls Swim Code: 2823b6**
- Remind will be used for most communication. If there is a lot of info we will send a remind message asking that you check your email for a message from Final Forms
- Parents and students can easily contact me through Remind or by email at nviehweg@nthurston.k12.wa.us

Attendance-

- The WIAA requires swimmers to attend **10 practices** before they can compete.
- Please do your best to schedule appointments outside of practice hours, we do understand it happens and will work with students if communicated in advance.
- Students who miss the day before a meet without communicating with the coach will NOT be put onto the meet sheet for the following day. Too much goes into scheduling all the events, we can not add you if we don't know you are well and able to attend.
- Doors will be closed and locked 10 min after the start of practice, **DO NOT BE LATE!** Just like attendance during the school day, more than 10 min late is considered absent.

Injuries and Illness-

- We do not have an athletic trainer on staff. If a swimmer is complaining of pain that keeps them out of practice a parent will be contacted and can not return until cleared by a doctor.
- If a swimmer is cleared by the trainer or their doctor they are expected to complete the workout as usual. A modified workout can be supplied if instructed by the medical professional

Meets-

- We have both home and away meets, please ensure that you are on time. Bus departure times for away meets will vary depending on location. I will use Remind to let you know of times as well as remind you in person at practice.
- For away meets, we prefer students to ride the bus with the team to make sure we all arrive on time and together. We do understand that situations may make it necessary to self transport and would just need communication from the parent in advance.
- Local meets require self transport, this includes meets at NTHS and THS.
- Swimmers will be expected to encourage and support the team through the entirety of the meet. Cheer for your teammates, be excited, HAVE FUN! Cheering for your team is often the most fun part of the meet. Cheer for the other team too!
- Athletes are required to help set up for, and clean up after each home meet, no leaving early without previous permission.
- Meet sheet will be posted right before a meet, please be ready to swim anything. Due to a number of unforeseen circumstances, adjustments might need to be made. We will not put you into any event we don't think you are capable of. We believe in you and see your work in practice. We know you can do it, be willing to try new things.
- **Swimmers are REQUIRED to alert coaches if they are not attending a meet as soon as they know they are not able to attend. At least 24 hours (if possible).** We are required to submit meet information no later than the night before to the other coach. This also gives us time to make adjustments to relays if needed.

Varsity Lettering-

- Varsity Letters will be decided by the coaches based on the following criteria:
 - Attendance 80%
 - Attitude and effort in the water, both at practice and meets
 - Points earned during the season
 - Seniors will not automatically receive a letter unless earned.

Team Captains-

- Team captains will be voted on at the end of the season for next year.