

SWIMMING and DIVING TEAM GUIDELINES

I. Requirements for Varsity Letter (only one cloth letter awarded to athlete during the high school career).

- A. Participate in all swim meets and practices, unless excused by coach. (See Section VII. A.)
- B. Must stay out all season unless excused by coach for catastrophic reasons.
- C. Must display good citizenship, positive attitude and good sportsmanship.
- D. Competitive Requirements (swimmer must meet only one):
 - 1. Qualify for State Meet as an individual
 - 2. Place in the top two thirds at League (or in a scoring position ex. sixteen places scored) at any other Championship Meet as an individual.
- E. Any Senior who meets requirements A, B, and C, and scores points regularly in the meets, may be lettered at the discretion of the coach.
- F. A conditional letter may be awarded at the discretion of the coach if a swimmer meets requirements A, B, and C, and scores points regularly for the team. If the swimmer letters the following year the athlete may then wear a second bar to represent the year of the conditional letter.

II. Requirements for certificate.

- A. Same as B and C above.
- B. This is the minimum requirement in order to be able to list swimming or diving for future reference on scholarships, applications to organizations or publication of high school accomplishments.

III. Requirements for Manager's letter.

- 1. Same as A, B, and C above.

IV. A swimmer will not be allowed to practice without first presenting properly signed physical, emergency medical, and waiver forms to the Athletic Secretary. The team guidelines response sheet at the end of this packet must be returned to the coach.

V. Eligibility minimums will be the same as those accepted for USD 305. A swimmer must pass five courses for any semester. Seniors take note: college courses, independent study, internship, or serving as a teacher or office aide all require that you maintain eligibility minimums for the district.

- VI. Transportation to and from the SSHS Natatorium is the responsibility of the swimmer. Swimmers needing to call home for rides must do so **PRIOR** to showering.
- VII. All practices are required. The swimmer may be excused, **in advance only** by the coach. Cases such as school club meetings are not an excuse to miss practice, as information from meetings may be obtained before school etc., but the conditioning from practice cannot be made up. Only emergency situations will be excused. A swimmer meets the demands of the sport, the most physically demanding of any form of high school athletics, primarily by learning to organize his/ her time around practice. Parents must be aware that a missed practice is much different, and the results more drastic, than for any other type of athlete. The coach may refuse to let a swimmer participate in a meet, withhold a letter or remove a swimmer completely from team participation for any practice violations, including holiday practices.

Coach Smith has always tried to cooperate with swimmers involved in music, drama, debate, quiz bowl, Science Olympiad and other performance oriented school functions. A swimmer may miss a swim team practice for a competition, performance, or for a final dress rehearsal. A swimmer will be allowed to make a choice between a performance and a swim meet if a letter grade is involved for the activity other than swimming. In the event of a state performance (ex. Debate) or a one time only competition (ex. Science Olympiad) the swimmer will be allowed to make a choice on which competition to participate in. Please re-read Section I. A. above.

- VIII. Meet and practice suits, goggles and towels are the responsibility of the swimmer. A spare pair of goggles is recommended.
- IX. Do NOT bring valuable items to practices or meets. We do not have a reliable means of security for individual properties. It is recommended that all items be removed from SSHS on a daily basis. Theft of team equipment from SSHS lockers will require replacement funds from the athlete. Make sure you spin the dial adequately on your locks!
- X. Inappropriate behavior for any out of town meet will require the parents to drive to the location to provide transportation home.
- XI. Drug abuse, including alcohol and tobacco abuse, is unacceptable and may result in removal from team participation. Situations will be handled in accordance with district athletic handbook policy, involving both the Athletic Director and at least one administrator.

- XII. Swimmers will stay on the deck or within the identified team area during all meets. Swimmers and/or divers will not be in the stands talking to parents or other spectators until the meet is finished. This has become such a problem that the athlete may be withheld from further competition.
- XIII. At away meets a swimmer may be released to parents for transportation home, only with an advance written request to an administrator and a copy to the coach. If you wish your swimmer to ride home with you - please notify the attendance office before the meet and they will get the copy of the note, with an OK, to me. The parent must also physically tell the coach when they take the student after the meet (ex. I prefer eyeball-to-eyeball contact, with the parent saying "I am taking my son/daughter home with me now.")
- XIV. If a student misses more than one half day of school, that student will not be allowed to participate in competition on that day.
- XV. If an athlete is placed in ISS for any reason, he/she may not practice or compete for that day. This includes ISS for first hour tardies. Please don't let down your teammates because of the snooze button.
- XVI. Good sportsmanship is one of our program goals. We cover sportsmanship by the rulebook in team meetings. For example, any improper language, mocking, taunting or put downs of other athletes, angry gestures or immature displays of temper (like throwing goggles or slamming a hand into the water at the end of the race) will result in disqualification and expulsion from a meet. Swimmers should end their races, and divers each performance, with dignity.
- XVII. Intimidation of other athletes is unacceptable behavior. Bullying and harassment are destructive to our TEAM philosophy. What begins as horseplay may escalate into a situation destructive to our team goals. Examples of hazing or intimidation might include: swirlies, stuffing in lockers or trashcans, haircuts, or towel snapping. Verbal intimidation is still harassment. Administrative referral will result.
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