

# Lyons Township High School Boys' Swimming & Diving Team Handbook 2024-2025



It is our hope that as you strive for excellence as a swimmer or diver at LTHS, you will reach our school mission statement.

*Vita Plena*

“The quest for the fulfilling life.”

## **Team Philosophy:**

- Every swimmer/diver should strive to be the best they can be. The great thing about swimming and diving is that no matter how good you are, you can always improve. Your greatest competitor this season is yourself. Every time you race it is against yourself and the clock; every time you dive it is to better your overall score. In order for you to strive for personal perfection, you must attend practice everyday and give 100% effort. If you don't, you are only cheating yourself and your teammates.
- Each swimmer/diver will have a final meet. This is the meet that the swimmer/diver is focusing on throughout the year to reach their peak performance. Performances in practice, dual meets, and invitationals are important opportunities leading up to your final meet.
- With morning and afternoon practices for 3 months, the season can feel long. One way to survive and do your best everyday is to remember that you are part of a team. When you miss practice or give less than your best, not only are you letting yourself down but your teammates as well.

## **Team Goals:**

- All swimmers/divers will achieve lifetime best swims/dives at their goal meet.
- All team members will physically and mentally prepare to the best of their ability for every practice & meet.
- As a team, we will maintain a GPA of 3.0 or better throughout the course of the season.
- Each team member will demonstrate a positive attitude that will encourage others to excel to their highest level.
- Each team member will leave our program a better person than when they entered the program.

## **Communication:**

- All team communication will be done through the website, email, and Remind. We are hoping this will be an asset to parents and athletes both in and out of our season.
- If you have something you would like to send out to the team (i.e. pasta party information, spirit wear forms, volunteer sign up, etc.) please send the information to Coach Rod and she will send it out to the team.
- Please remember to follow the communication guidelines for missing practices/meets listed above under "Attendance".
- If you are having problems in school or elsewhere in life please talk to your teachers, parents, and coaches. We are all here to help you succeed academically, athletically, and socially.
- Do not hesitate to contact us if needed.

### **The coaches' emails are below.**

Head Swim & Dive Coach- Erin Rodriguez ([erodriguez@lths.net](mailto:erodriguez@lths.net))

Assistant Swim Coach- Frank Kuchta ([fkuchta@lths.net](mailto:fkuchta@lths.net))

Assistant Swim Coach- Nick Skorin ([nskorin@lths.net](mailto:nskorin@lths.net))

Dive Coach- Julie McDermott ([jmcdermott@lths.net](mailto:jmcdermott@lths.net))

## **Attendance:**

- Attendance and participation at practices are critical to your success as a swimmer/diver.
- All team members are required to attend all practices, meetings, and meets throughout the course of the season. We encourage you to participate in additional team functions such as social gatherings and pasta parties.
- It is each swimmer/diver's responsibility to **read and know** the information on the calendar and to schedule other activities around their swimming/diving responsibilities!
- It is important for each swimmer and diver to be conscientious enough to be on deck **15 minutes** before the start of any practice.
- All athletes **MUST EMAIL** the coaches, using your school email, if they have to miss a practice for **ANY REASON**. *Missing a work-out and failure to email will result in that swimmer or diver possibly not competing in the next meet.*
- If you are late to practice, you must email the coaches and bring a pass from the teacher or sponsor you are meeting with. If you take the activity bus and miss it, walk quickly to South Campus.
- If absences, whether excused or unexcused, become an issue or trend, the coaches will conference with the swimmer/diver and parents to help make a stronger commitment to the team. If this cannot be done, the swimmer/diver cannot continue in our season.
- Athletes well enough to attend school are well enough to attend practice or meets. On the other side of the spectrum, athletes that are well enough to attend practice or meets are well enough to attend school.
- Even if you are injured you are expected to come to practice to do alternate exercises to keep up your conditioning as well as activities designed to strengthen areas of weakness (as long as it works within your limitations, of course).
- *Participation in meets is based on your participation in practice.* By not attending or fully participating in practice, you make it difficult for the coaches to justify putting you in the meet lineup.

## **Meet Lineups:**

- The Athletic Department wants us to set up the most competitive line-up possible to compete at every meet. Because the team has so many strong athletes, it is important for all parents to understand that not every athlete will swim/dive at every meet. In addition, your son may not swim the events he has swum in the past.
- Athletes will be competing at all different levels: Frosh/Soph, JV, and Varsity. For example, a freshman athlete may compete Frosh/Soph at one meet, JV at another meet, and even Varsity at another meet depending on their ability and the opposing teams' talents. The coaching staff will be changing the line-up from meet to meet so that we can have the strongest lineup competing at each level. Every decision that is made is from the standpoint of **what is best for the team**.
- Please check the LT website for the meet schedule and directions to the different meets. The athletes love to see and hear the cheering crowd at both home and away meets.

## **Dress:**

- We always dress up for the days of our meets, whether it is wearing team warm-ups, our team shirt, or a shirt & tie, all team members are expected to participate. What we wear will be determined by the team captains prior to each meet. Remember that we want to be unified and look like a team at all times.

- Home meets = team t-shirt/warm-ups; Away meets = shirt & tie; Saturday meets = team t-shirt/warm-ups.

## **Buses:**

- For all away meets you are required to travel on our team bus to and from the meet site.

- Bus departure times will be verbally told to the team and posted/updated on the team calendar. If you are not on the bus when we are scheduled to leave, you will be left behind. *Please be responsible for yourself.*

- Parents: in the event of a special circumstance, if you must pick your son up from an away meet:
  - You must email the Athletic Director ([jgrundke@lths.net](mailto:jgrundke@lths.net)) 24 hours in advance. If an email is not sent a day in advance, the athlete is required to return to school on the bus per LTHS policy.
  - At this point the coaches will get a notice from the Athletic Director allowing your son to leave with you. If the coaches do not have notification from the Athletic Director, your son will be required to take the bus back to LT.
  - It is requested by the athletic department that athletes return to LT on the team bus unless special circumstances exist.

## **Behavior:**

- As a member of the Lyons Township High School Swim and Dive Team, you are responsible for your own behavior. Remember that your behavior reflects on the team, school, and community - act accordingly! Profanity, rude or obnoxious behavior, or unsportsmanlike conduct will not be tolerated. By being a member of this team you are agreeing to the LTHS Athletic/Activity Code of Conduct. No drugs, alcohol, or tobacco use of any kind (or being in the presence of) during your four years here at LTHS. The IHSA tests for performance enhancing drugs as well.

- In addition there will not be any type of hazing on this team. As a team, we will respect each other's individual decisions and treat others as we would like to be treated.

## **Hate Speech & Harassment:**

LTHS Athletics and the Boys' Swimming & Diving team will not tolerate any hate speech or harassment. The IHSA defines Hate Speech & Harassment as behavior aimed at a person's sex, gender identification, race, religion, creed, age, national origin, ancestry, pregnancy, marital or parental status, sexual orientation, or disability that substantially interferes with a student's school performance or creates an intimidating, hostile, or offensive school environment. If coaches are made aware of hate speech comments or harassment taking place at any point during our season, consequences will be determined based on the severity of the situation and will be decided upon by the coaches and the Athletic Director.

## **Time Management:**

- *Do not procrastinate! Plan ahead for all homework assignments, tests, and projects to avoid staying up late finishing work.*

- Time management is your personal responsibility. By staying up late you are missing out on sleep which will affect the amount of effort you are able to put into the following day's academics, practices, or meets. With careful planning, prioritizing, and some social sacrifices, most problems can be avoided.

## **Rest:**

- Rest is important for you to be successful as a member of this team. It is imperative that you get adequate amounts of sleep so that you can function at your very best for practices and meets.

- You should always strive to be in bed by 10pm, especially on nights before a meet. Being realists, we understand that 10pm is not always achievable, but try to manage your time well and get some extra sleep when time allows. It is important for you to establish a routine for going to sleep and waking up.

## **Staying healthy:**

- If you are not healthy, then you cannot practice. Time that is lost in the water will be critical to your overall success throughout the season and especially your final meet. Remember that you are the only one responsible for your own health. Be proactive in trying to prevent colds and other illnesses. Make sure that you dress properly during winter (i.e. jacket, hat, gloves, scarf, whatever) to keep you warm. Make sure to dry yourself off completely before going outside, paying special attention to your ears.

- Rest was discussed earlier but is obviously an important component to staying healthy. In addition to rest, the other way that you gain energy for practice and meets is through your diet. Remember to eat well throughout the season as it will help you to stay healthy and enhance your performance in the pool. In order to perform at your optimum level, your diet should consist of foods that are high in complex carbohydrates, moderate levels of protein, and low to moderate levels of fat, with an emphasis on the majority of fat taken into the body being monounsaturated or polyunsaturated fat.

- Swimmers often have shoulder discomfort and strains. Please seek the LTHS trainer's advice and assistance or seek your own professional advice regarding your injury. Icing needs to take place before or after our practices. We have limited water time and must take full advantage of this situation. Should you need to ice, you will be sent to the trainer. Also, if you are out of swimming as a result of a doctor's note, then you will need a doctor's note to resume participation. This is passed along to the LTHS Athletic trainer.

## **Miscellaneous:**

- Fundraising is an important part of the team. This helps to provide money for our equipment, banquet, etc. so please do your best during these activities.

- The coaching staff has taken great care to prevent injury and ensure your safety; however it must be understood there is an inherent risk in participating in swimming or diving. The athlete assumes risk of injury, even death, through participation in this sport.



# LTHS Boys' Swimming & Diving 2024-2025

**Sign and return THIS PAGE ONLY  
to the coaches.**

By signing and returning this page you are agreeing to the rules listed in our handbook and committing yourself to being the best student, athlete, and person that you can be.

We will not put you in a meet lineup until this sheet is returned.

Thanks for your cooperation and we look forward to a great season!

\_\_\_\_\_  
Swimmer / Diver name (print)

\_\_\_\_\_  
Swimmer / Diver signature

\_\_\_\_\_  
Parent / Guardian name (print)

\_\_\_\_\_  
Parent / Guardian signature