

Lakeland Swim Team Participation Requirements

Updated 5/14/26

1. The only rule for the Lakeland swim team is that **swimmers are expected to support their teammates**. In order to be a supportive teammate, coaches and teammates have the following expectations of each swimmer:
 1. Swimmers will attend a cumulative of 85% or more of Lakeland team practices for the season in order to compete at the district meet (state qualifying meet).
 2. “Bonus practices” will be given for: nonscheduled school days and homecoming parade participation (for any activity they are involved in). These days will not count against swimmers in the total count of practices, and an extra day will be provided for those that attend practice on these days.
 3. Swimmers are expected to maintain school expectations for participation, including academic standards.
 4. Students are required to be in school for a minimum of 2 class periods during the day in order to attend practice. Swimmers are expected to communicate, ahead of time when possible, with the coaching staff when absences occur.
 5. Swimmers are expected to arrive on time for practices, meets, and travel.
 6. Swimmers are expected to use positive language and behavior with teammates, coaches, Kroc staff, school staff, officials, competitors, and at all swimming and school functions.
 7. Swimmers are expected to meet all expectations and requirements for participation set forth by the school and Idaho Athletic Association in order to be eligible to compete.
 8. Swimmers are expected to be in the water for a **minimum** of 1 hour 10 minutes of practice time, **and are expected to attend Yoga/dryland for the full 30 minutes** after our pool time.
 9. Swimmers are expected to make positive, healthy choices that support a positive atmosphere for the entire team.
 10. Swimmers are expected to follow all directions from coaches, Kroc Staff, officials, and Lifeguards.

2. Consequences for not supporting your teammates:

- a. Swimmers that do not have 80% cumulative attendance prior to the district meet will not be entered to compete in the district meet, and if traveling, will not be allowed to travel to the meet. Swimmers will also not be able to be selected to attend the state meet as an alternate.
- b. Swimmers that have a failing grade at any time grade checks are completed, may be required to get a signature from their teacher in order to return to practices. Any practices missed due to academics will count against their attendance for the district meet participation, as swimming is an extracurricular activity, and academics come first, and swimmers are expected to make choices to help balance their time toward both. The only exception is a note may be provided by your teacher to miss one practice every 2 weeks in order to make up a test or lab after school.
- c. Swimmers that are caught skipping practices (including Yoga/dryland), without communicating properly with coaches, will be removed from the next competition, and will not be allowed to travel with the team. A second offense is grounds for removal from the team.
- d. Swimmers that sit out for more than 20 minutes of practice, will be asked to go home, and credit for attendance at practice will not be given. Swimmers out of the pool for more than 20 minutes, need to be at home to care for their illness/injury, and return to practices when they are able to swim. Exercises provided by a Physical Therapist will be allowed to replace team Yoga/Dryland routines as long as they are executed with teammates where Coaches can observe them.
- e. Any school violations will be subject to coaches discretion of competition participation, or continued participation on the team, including attendance of team functions. This includes violation of school rules that occur at the Kroc Center, or violation of Kroc Center rules.

Varsity and Junior Varsity Designations

1. Our team operates as 1 male team and 1 female team (no separate junior varsity team). Swimmers will be placed in swim meets based on team entry restrictions and at the discretion of the coach. Swimmers will be placed in 1-4 events (up to 2 individual events, and possible relays), if they are eligible to compete and events will be based on the needs of the team line-up. Coaches select all races for swimmers.

Lettering Requirements for Lakeland Swim Team

1. Attendance record of 85% or better for the full season. (Required)

2. Contributes at the district level as a potential scoring swimmer for Lakeland (top 4 swimmers from Lakeland in each event that are designated as scoring prior to entry into the meet). (Considered)
3. Senior Swimmer that has participated in at least 2 full seasons of High School Swimming. (Considered)
4. Coach's Discretion for exemplary support of the team. (Considered)
5. Coaches will make the final decisions based on these requirements and considerations and present swimmers that have earned a letter at the end of the season banquet.

By signing, we acknowledge the requirements for participation in practices and competitions as laid out in this document, and will support all teammates through the expectations listed, and by following Coach expectations and directions at practices and competitions.

Athlete Signature: _____

Date: _____

Parent Signature: _____

Date: _____

This form is required to be signed by both athlete and Parent in order to participate in Lakeland Swimming.