Tupelo High School Swim Team Handbook

1. Team Commitment and Sportsmanship
    a. Respect
        i. Treat teammates, coaches, officials, opponents, and facility staff with courtesy and respect at all times.
        ii. Avoid unsportsmanlike behavior, such as taunting, arguing with officials, or disrespecting pool facilities. Violations may result in disciplinary action.
    b. Team Spirit
        i. Foster a positive team environment by encouraging teammates during practices and meets.
        ii. Participate in team-building activities (e.g., team dinners, fundraisers) to strengthen camaraderie.
        iii. Celebrate team and individual achievements, regardless of personal performance.
    c. Role Acceptance
        i. Embrace your role on the team, whether competing in individual events, relays, or supporting from the sidelines.
        ii. Understand that event assignments are made to benefit both individual growth and team success.
        iii. Discuss any concerns about your role privately with coaches.
    d. Meet attendance and participation
        i. Attend all scheduled meets unless attending another school function or excused by a coach in advance. Notify coaches prior to entries being sent to the host team before any absence.
        ii. Team transportation will be provided to and from all meets and required by all athletes unless approved by the coach prior to departure.
        iii. Stay for the duration of meets to support teammates, unless otherwise approved by coaches.
    e. North Half & State Championship Participation
        i. If qualified for North Half and State Championships, the athlete is required to participate.
        ii. The dates for both events are known before the season begins so plan accordingly.
    f. Uniform & Equipment
        i. Swimsuits at Meets: Wear the designated team swimsuit for all meets. Practice suits may be used during training but not at competitions.
        ii. Swim Caps at Meets: Use the team-issued swim cap at all meets to ensure uniformity and team representation. Personal caps are permitted for practice only.
    g. Cell Phones during practice
        i. Students will follow school policy and not be on their cell phones during practice time unless directed by a coach.
    h. Practice start time

        i. Practices begin promptly at [1:50pm]. Late arrivals disrupt training and will count as tardiness.
    i. Practice % participation over the season
        i. Commit to attending at least [insert percentage, e.g., 90%] of practices over the season to ensure progress and team cohesion.
        ii. Consistent attendance is critical for skill development, conditioning, and meet eligibility.
    j. Being tardy (not in the water at 1:50pm) or not having swim gear will count as ½ absence.
        i. Repeated tardiness or lack of gear may impact meet participation or team standing.
    k. Bathroom during practice
        i. Use the restroom before practice to minimize disruptions. Bathroom breaks during practice are permitted only for urgent needs and should be brief.
        ii. Inform a coach before leaving the deck for a bathroom break.
    l. Non-medical absence/school event absence
        i. Any absence not related to a documented medical issue (e.g., illness, injury) counts as a full absence.
        ii. Notify coaches in advance for planned non-medical absences (e.g., family events, academic commitments). Unexcused absences may affect meet eligibility.
2. Communication
    a. Student to Coach communication
        i. Address questions or concerns directly with coaches in a respectful manner, preferably after practice or during designated times.
        ii. Schedule a private meeting for sensitive or detailed discussions. Avoid addressing complex issues during practice.
    b. With parent/guardians
        i. Parents/guardians should contact coaches via [insert preferred method, e.g., email, phone] for questions about team policies, swimmer progress, or concerns.
    c. Team updates (remind app)
        i. Check the team's Remind app daily for updates on practice schedules, meet details, or other announcements.
        ii. Ensure you and your parent/guardian are registered on the Remind app and have notifications enabled.
        iii. Report any issues accessing the app to coaches immediately.
3. Disciplinary Policy
    a. Violations of handbook policies (e.g., unexcused absences, unsportsmanlike conduct, disrespect, or failure to follow pool rules) may result in consequences, including:
        i. Verbal warning for first-time minor infractions.

ii. Reduced meet participation or temporary suspension from team activities for repeated or serious violations.
iii. Potential removal from the team for severe or persistent issues, at the coach's discretion.

4. I understand and agree to follow the policies and expectations outlined in this handbook. I commit to representing Tupelo Swim with dedication, respect, and teamwork throughout the season.

**Swimmer Signature**: _____ Date: _____

**Parent/Guardian Signature:**: _____Date: _____

**Coach Signature**: _____Date: _____