

RedHawks Swimming Athlete & Parent Handbook 2019-2020



Contact Information

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If we do not answer your phone call, please **LEAVE A VOICEMAIL**. We also text and communicate through email often and quickly. We will generally respond to messages and emails within 24 hours.

Practice smart. Swim smart. Race smart.

Welcome to the swimming season. Swimming is a sport that **anyone** can be successful at. After reading through this handbook, make sure that you understand the expectations and are willing to commit to achieving the goals of this program.

Coaching Philosophy

As a part of this team it is important to understand what our philosophy is. Swimming is one of the most rewarding sports you can participate in. It is not only incredibly challenging physically, this sport challenges the mind as well. Swimming is a lifelong sport that teaches an individual not only about competition, but about life. We think that swimming teaches many things about discipline, dedication, and teamwork. As much as swimming is an individual sport, it is also a team sport. It is important that swimmers not only participate as individuals, but that they become part of the team. Team policies and expectations are put into place to help you make good life decisions and put yourself in a better position to compete.

During practice, we believe that every yard counts. We will swim smart, with perfect technique every day during every set. It is very important that as swimmers we are mindful of our stroke technique and correct it when necessary to ensure we are getting the most out of every practice.

Mission

This program strives to shape and mold athletes into better citizens and students, as well as promoting the development of lifelong swimmers.

Goals

- Be successful in the pool and in the classroom.
- To further the technical, psychological, and physical development of each individual swimmer in order to achieve his/her full potential.
- Reach maximum swimming potential of each swimmer individually and as a team in competition.

Team Rules

In order to achieve the mission and goals of this program listed above the following team rules will be enforced:

Academic Eligibility

At South Albany, student-athletes must pass 5 of their 7 classes the previous semester to be able to compete. Student-athletes also must be enrolled in and passing a minimum of 5 classes (2.5 credits) the current semester of participation. We have grade checks every Monday at 9:00 a.m.

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Minimum Satisfactory Progress Requirements

Any athlete passing five credited classes with one failing grade may be required to attend study table.

1. Failure to attend study table will result in the athlete being INELIGIBLE to compete for the week.
2. Any athlete not passing five credited classes is ineligible to compete for one week.
 - a. The eligibility list will be created and monitored by the athletic dept.
 - b. Attendance is mandatory at study table if assigned by Mr. Platt (Wednesday Early Release).
3. You have until Tuesday afternoon before practice or a meet to resolve any deficiencies.

When a student is academically ineligible, they may practice, but not participate in meets. It is mandatory that any swimmer who is academically ineligible will show up and help out at the meets and help to cheer their teammates on.

Attendance Eligibility

Students are expected to attend school on a full time basis. Students should not be late to any classes if they desire to participate that day. Students that are excused from attending school because they were sick, cannot practice or participate in competition on that day without a doctor's note. SAHS Athletic Code

When there is a "U" on the attendance sheet, you will be informed as to which class period you missed. It will be up to you to go to that teacher and receive a signed and dated note that you were, indeed, in class. You will not be able to practice or compete that day until we have the signed note. A text is not sufficient, although an e-mail would be acceptable from the teacher's school email to RedHawksAquatics@gmail.com.

Students participating in SAHS athletic programs are expected to adhere to our athletic code. The code includes:

- Refraining from the use of drugs, alcohol, and tobacco.
- Maintaining proper respect for others and their property.
- Exhibiting appropriate behavior at all times.

Failure to comply with the code will result in disciplinary action which could involve temporary or permanent suspension from participation.

Swim Meet Expectations

It is expected that all SAHS swimmers will sit in the team area and cheer for their teammates throughout the entire duration of the meet. Swimmers are expected to wait until **all** SAHS swimmers have completed **all** races before going into the locker rooms to

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change. Also, **all** swimmers are expected to help with clean-up after each meet. Each swimmer will have an assigned responsibility for clean-up after home meets.

Consequence: Swimmers who leave the deck prior to the end of the meet will, at a minimum, forfeit the opportunity to choose events for the next meet.

Practice Expectations

Swimmers are expected to be at every practice on time. Our individual and team success depends upon each and every team member's ability to attend all practices. Excused practices are those in which the **PARENT OF THE SWIMMER** has notified the **HEAD COACH BEFORE** practice time, or when the athlete is marked absent on the attendance sheet for the day. An unexcused absence is one in which the swimmer is in school but does not attend practice or has an unexplained absence from school and misses practice. If a swimmer misses a practice (unexcused) the day before a meet, that swimmer may not swim in the meet the next day, and will be expected to attend the meet to cheer on teammates.

With the exception of an excused absence, attendance the day after a meet is **MANDATORY**. If a swimmer does not show up to practice the day after a meet, they will be ineligible to swim in the next meet.

With the exception of an excused absence, swimmers are expected to attend all practices between meets to be eligible to participate on relays. Swimmers must participate in the entire practice for the practice to count in their favor.

Multiple days out of practice due to a medical reason will require a note from a doctor clearing the swimmer to participate. Any icing that needs to be done must be done **BEFORE** practice begins. See Taylor in the Athletic Training room for this need. Appointments are appreciated.

Homework is expected to be done before or after practice. Students on the Study Table list will be permitted to leave practice 30 minutes early. No other time will be taken from practice to do school work. Swimmers may choose to have an unexcused absence and go home to do homework.

Swimmers will not be permitted to sit and just "watch" practice or do homework on the bleachers at the pool. Swimmers need to be in the water swimming or not at the pool. Swimmers sitting out and "stretching" while missing workout sets is distracting and discouraging for other swimmers.

"Perfect attendance for all practices is the expectation for all South Albany student-athletes. If it is necessary for a student-athlete to miss a practice, the coach of that team shall be notified prior to the absence. Unexcused absences are unacceptable and may lead to the student-athlete's dismissal from the team (forfeiture of awards and no participation in another sport that season)." -- South Albany High School Athletic Coaches Handbook

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Winter Break

Winter break practices are held early mornings, either 6:30am-8:30am (one week) or 8:30am to 10:30am (the other week). These practices are critical for the development of the student-athlete and the work toward meeting individual and team goals. "Parents/athletes wishing to [go on vacation during winter break] may wish to reassess their commitment to being an athlete [and] be willing to assume any consequences related to their status on the squad." -- South Albany High School Athletic Coaches Handbook

Athletes/parents must inform the Head Coach of any plans to go on vacation during the break or other parts of the season.

Athletes missing practices during the winter break may lose consideration for "A" relays at the District Championship or forfeit their position on State qualifying relays.

Disciplinary Policy

Students participating in SAHS athletic programs are expected to adhere to our athletic code. The code includes:

- Refraining from the use of drugs, alcohol, and tobacco.
- Maintaining proper respect for others and their property.
- Exhibiting appropriate behavior at all times.

Failure to comply with the code will result in disciplinary action which could involve temporary or permanent suspension from participation.

Minor offenses will result in dismissal from practice with no practice attendance credit. If you have 2 or more such dismissals, you will be expected to attend the next meet, however you will not swim.

Minor offenses include, but are not limited to:

- Profane language directed towards or about another individual
- Being disrespectful to another individual or the team
- Refusal to participate without a valid reason to be discussed with a coach BEFORE a practice or meet

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Major offenses will result in a 1 week suspension for the first offense and dismissal from the team for the second offense.

Major offenses include, but are not limited to:

- Harassment (verbal, physical or sexual)
- Drug, alcohol or tobacco use
- Any other illegal activity
- Failure to communicate directly with a coach when you will not be able to participate in a meet.

Transportation Policy

All swimmers will be expected to travel to and from meets on the team bus. All swimmers will behave in an appropriate manner on team bus rides in accordance with the school code. Coaches have the right to assign seats on the bus during team trips. Infractions of bus rules will result in the parent being called to come and pick up their swimmer from the meet. If a swimmer is found to be in violation of bus rules, they will not be allowed to travel to future meets.

In order for a swimmer to leave a meet with a parent/guardian, a written note from the parent/guardian is needed **THE DAY BEFORE A TRAVEL DAY** in order for a swimmer to leave a meet with a parent/guardian. If that note is not turned in, a swimmer will not be allowed to leave the meet unless it is with the team on the team bus. No swimmer will be allowed to leave a meet with someone other than a parent/guardian without prior approval from the athletic director. A parent/guardian **MUST** check in with a coach after the final event of the meet and prior to leaving with the swimmer.

Parent Volunteers

Parents are essential to the success of our program. We need parents to help on the swim meet computer and console; an announcer and a head timer at each home meet – just a little bit of training is needed for these positions. Also, at each meet we will need to have parent volunteers to help time the races. No prior experience is needed for any of these positions!

- Timing Console – this involves a few keystrokes per event...easy to learn!
- Results computer – this involves learning our Meet Manager program...easy to learn!
- Announcer – announces the start of each event and any important announcements during the meet....REALLY EASY to LEARN!
- Head Timer – this involves pushing buttons on 2 stop watches as backups for lane timers...REALLY EASY to LEARN!
- Lane Timers – this involves pushing buttons on a stop watch during races. It gives you a front row seat...this position is TRULY THE EASIEST TO LEARN!

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Team Apparel

Swimmers are expected to have a black swim suit (with no colored piping or design) for competitions. Swimmers are encouraged to wear a different suit to practice which may be any color.

Shirts and hoodies will be available for purchase at the beginning of the season through the No Dinx website. No Dinx will be giving the team a portion of the proceeds from all items purchased. Information will be available saredhawks.com when it is available. One cap will be provided at the beginning of the season at no charge. A replacement cap will be \$4.

Fitness & Nutrition

Sore shoulders are very common in swimming. Soreness should go away within a few days. Make sure stretching becomes part of your daily routine especially after a hard workout. If shoulder problems persist, please notify the coach and make an appointment with a doctor.

Swimmers burn calories and use up water stores at a very quick rate. Swimmers will be hungry and thirsty frequently. Water bottles are **MANDATORY** at practices and meets. It is important that swimmers eat healthy nutritious foods to re-fuel their bodies. Time is also important; swimmers should eat at least a snack within an hour after practice. Bananas and some kind of protein are good after practice snacks. Swimmers should **ALWAYS** eat a good breakfast and healthy lunch. It is important to fuel your body for practices and meets.

Communication with Coaches

If you have an issue of concern that you would like to discuss, then do the following:

- Speak to the head coach **after a practice session**, expressing your concerns.
- If the issue still exists after the conversation with the head coach, call the main office and make an appointment with the Athletic Director.

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Lettering

- Attend all practices with 3 or less unexcused absences.
- Participation in all league swim meets.
- Must legally swim three of the following events – 200 Free (under 3:30), 200 IM, 500 Free (under 9 minutes) and/or 100 Fly.
- **Must** participate in varsity events at the district meet.

Team Awards

The following awards will be given out at the end of the season: The coaching staff reserves the right to make additions/deletions to the awards given out.

- Most Valuable Swimmer (male & female)
- Most Improved Swimmer
- Most Inspirational (voted on by the swimmers)
- 110%

Captains Job Description / Expectations

Captains will be expected to fulfill the following roles and obligations. Failure to follow these expectations and obligations will result in replacement. Junior Captains will be elected by the team for a 2 year term. Replacement captains will be appointed by the Head Coach.

- Demonstrate effort at all times and in all practices.
- Assist with setting up the pool before all practices and home meets.
- Lead the team in cleaning up after meets.
- Lead the team in cheering before, during, and after all meets.
- Ensure the cleanliness of the bus after traveling.
- Maintain minimum of “C” average while passing all classes.

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State Championship Selection Process

Per OSAA, event winners at District Championships automatically qualify for the State Championship Swim Meet. The next eight fastest swimmers from around the state also qualify. In the event of a relay qualifying, the 4 swimmers who swim finals at Districts will be named on the State Relay Team. Up to four alternates for each relay will also be named in the following priority:

1. Swimmers who qualify in individual events or other relay events.
2. Freshmen with excellent attendance and effort in practice, as determined by the coaching staff.
3. Sophomores with excellent attendance and effort in practice, as determined by the coaching staff.
4. Juniors with excellent attendance and effort in practice, as determined by the coaching staff.
5. Seniors with excellent attendance and effort in practice, as determined by the coaching staff, may be considered.

Attending alternates must be visible as the cheering section for all events in which a South Albany Swimmer is competing to be considered the following year.

Note: NON PARTICIPATING alternates will have admission to the event and transportation costs covered. Food and lodging costs may be the responsibility of the athlete/family.

2019-2020 REDHAWKS SWIMMING HANDBOOK SIGNATURE PAGE

My signature below certifies that I have read and understand the contents of this handbook. Athletes will not be permitted to practice after the first Friday practice of the season without this page on file with the Head Coach.

(Athlete printed name)

(Athlete signature)

(date)

(Parent/Guardian printed name)

(Parent/Guardian signature)

(date)

I am allowing my athlete to check out a parka. I understand that I assume responsibility for my athlete's compliance with team rules pertaining to the parka. I agree to reimburse the school \$150.00 for replacement of the parka if it is lost, stolen, or damaged beyond repair. I also agree to pay repair costs (up to \$150.00) for any damages.

(Parent/Guardian signature)

(date)