

De Soto
**GIRLS' SWIM
TEAM**
2020

Melissa Knapp
Head Coach

mknapp@usd232.org

Swim Team Mission Statement

The mission of the De Soto High Swim Team is to provide a competitive swim team environment that teaches and trains high school swimmer athletes at all levels, emphasizes strength of character and team unity, and helps the individual swimmer reach their fullest potential in and out of the water.

Practice Information

- ◆ Practices will be held Monday – Thursday at Oregon Trail Middle School—1800 W Dennis Ave, Olathe, KS
And
- ◆ Friday –Saturday at SMSD Aquatic Center - 17251 W. 87th St. Parkway, Lenexa, KS
- ◆ Practices will be held weekdays from 4:00 P.M. until 6:00 P.M. Dismiss at 3:15 and load bus at 3:25. Plan to be back at DHS by 6:30 P.M. and on Saturday from 11:30 A.M -1:30 P.M. No transportation is provided for Saturday practices.
- ◆ Swimmers should attend practice with proper swim wear, goggles, cap, towel, and a water bottle.
- ◆ Swimmers should respect the property of Oregon Trail Middle School, always keeping in mind that they are representatives of the De Soto School District.
- ◆ Students with a completed transportation waiver may drive themselves or ride with another swimmer. Students who are bussed will be bussed back to De Soto High and should have a ride waiting.

Participation Requirements

- ◆ Athletes must be in good academic standing as outlined in the district policies.
- ◆ The following forms must be current and on file with the school office:
 - Physical with parent consent
 - Concussion form
 - Code of conduct
 - Acknowledgement of risk
 - Emergency medical authorization
- ◆ Swimmers must have mastered the fundamental skills of swimming prior to starting on the team. Swimmers should be comfortable in water

De Soto
**GIRLS' SWIM
TEAM**

Melissa Knapp
Head Coach

mknapp@usd232.org

Coach Contact Information

Head Coach—Melissa Knapp

Mknapp@usd232.org

Cell: 816.590.9838

I will respond to emails and voicemails in a timely manner. Texting is fine and encouraged.

I will send out emails thru Skyward after every meet and as a reminder for upcoming events.

Need More Information?

Check out our webpage

www.dhswildcatnation.com

Click on Spring Sports—Girls Swimming

Chain of Command

If you have a question, comment, or concern, please contact Coach Knapp first.

If your issue is not addressed in the manner in which you had hoped, or if questions are still present, then please email Ryan Johnson (DHS Athletic Director) at rjohnson@usd232.org.

De Soto
**GIRLS' SWIM
TEAM**

Melissa Knapp
Head Coach

mknapp@usd232.org

Swim Team Standards:

- ◆ Maintain above average grades for all classes. Any student with an F in any class will not be allowed to participate in competition until the grade is raised.
- ◆ Attend school. Excessive tardiness and absences will not be tolerated and may be grounds for dismissal from the team. Athletes must be in their first hour class on the day of competition unless excused for emergency or medical purposes. Athletes must attend school two hours of the day in order to practice or participate in competition unless excused for family emergency, medical or school-related functions. Failure to comply will result in loss of practice privileges and/or competition privileges.
- ◆ Be cognizant of the time. If you miss the bus to practice, it will not return to the school to get you. All athletes riding the bus should have a ride waiting on them at the end of practice back at DHS.
- ◆ It is recommended that swimmers change into their swim wear before leaving DHS for practices. Athletes must wear other clothes over their swimwear and footwear while in route to the practice or competition location.
- ◆ Communicate with the coach about illnesses or school functions that keep the student-athlete away from school and which could interfere with practice or competitions. Communication must be in the form of a written note (emails and/or text messages are fine, too).
- ◆ Participate in the sport within the rules of NFHS (National Federation of State High School Associations) and act according to the rules and guidelines of DHS and common decency. Misconduct at practice or during competitions will not be tolerated and may be grounds for dismissal. Incidents will be handled on an individual basis.
- ◆ Respect coaches, fellow teammates, opponents, officials, and spectators.
- ◆ Exhibit outstanding sportsmanship.
- ◆ Abstain from the use of drugs or alcohol. Use of these substances by a student-athlete will result in the implementation of the Zero Tolerance Policy if the head coach witnesses the act or the matter is brought to the attention of the head coach by a reliable source. Reliable sources include parents of swimmers and DHS faculty and administration.

De Soto
**GIRLS' SWIM
TEAM**

Melissa Knapp
Head Coach

mknapp@usd232.org

Varsity Letter Requirements:

Score **60** points from the following possibilities:

Freshman- 0 points; Sophomore- 3 points; Junior- 6 points; Senior-10 points

0-10 points

- ◆ Attend 90% of all team practices
- ◆ If excused in advance by coaches, absences will not count against you

0-10 points

- ◆ Attend 9 of the 10 scheduled swim meets, 5 points deducted for each additional miss

0-10 points

- ◆ Sportsmanship and conduct at practices/ meets, overall attitude throughout the season based on coaches' discretion

0-10 points

- ◆ 1 point for each meet you score points for our team

5 points

- ◆ for having end-of-season goal times for 3 events submitted and approved by the coaches by the deadline set by the coaches

2 points

- ◆ for each of your 3 goals that are met by the end of the season

10 points

- ◆ for each State qualifying time made (individual or relay)
- ◆ for finishing in the Top 3 at Independent League (individual or relay)

5 points

- ◆ for each state consideration time made (individual or relay)
- ◆ for finishing in the Top 10 at Independent League (individual or relay)

8 points for a GPA of 4.0 or higher

6 points for a GPA of 3.5-3.99

4 points for a GPA of 3.0-3.49

1 point for each "best time" achieved at a meet

Coaches may award or deduct points at their discretion.

De Soto
**GIRLS' SWIM
TEAM**

Melissa Knapp
Head Coach

mknapp@usd232.org

Uniform & Spirit Wear Information

- ◆ Swimmers are not required to purchase a team suit, however it is recommended.
- ◆ All swimmers can purchase a team cap. During competitions, swim caps must represent the athlete's high school or else they need to be without writing. Caps from other teams cannot be worn during competitions.
- ◆ Any warm-up attire given to the athlete is on loan. Athletes are responsible for returning the warm-up attire to the coach at the end of the swim season in the same condition it was at the beginning of the season. The replacement cost is \$60.
- ◆ Spirit wear will be offered.