

Team Rules for Boys Swim/Dive Team 2019

First day of Practice- Monday, November 12th in the pool area—You MUST have the following items completed and turned in before you can practice:

1. A current athletic physical card/alternate year card
2. Emergency card
3. Athletic fees paid (check made out to Franklin High School)
4. Extra-curricular Code of Conduct signed by both you and your parents
5. Concussion testing through school

Cuts:

We have a no cut policy, meaning everyone who comes out for swimming/diving will have the privilege of participating on team regardless of ability level for the duration of their season. Swimmers/divers may be cut or suspended from the team for attendance, effort and/or behavior (PARENT BEHAVIOR IS INCLUDED). Cuts and suspensions are determined solely by the head coach, who will take into consideration the input of other coaches and the at Athletic Director. Swimming & Diving is a very demanding, challenging and rewarding sport that requires a lot of hard work and dedication. If you decide swimming and/or diving is not for you, then it will be your choice.

Practice:

You must be prepared to swim/dive a hard work out every day. Please come to practice prepared and willing to give 100% everyday. You will need to bring dry land clothes, running shoes, a suit, cap, goggles, a snack, and a water bottle. Always remember when coaches choose meet entries, we take into account practice, participation, times and effort.

Attendance:

A record of attendance will be kept each day. Practice will begin promptly at the scheduled time. This means you must be on deck and getting in the pool ready to go at that time (suit, cap, and goggles on), NOT in the locker room, on the bleachers, or in the hallway.

You are required as a member of the team to be at all practices. It is your responsibility to schedule other events around swimming & diving. No excuse, except illness, injury, or a family crisis/emergency will be accepted for missing practice. If you will miss practice for any reason you must notify the Coaches in writing prior to the start of the practice. If the coaching staff is not notified prior to the start of practice you will be considered unexcused for that day. You will be allowed three unexcused absences. After three unexcused or five excused absences we will consider you to have voluntary quit the team.

If you will be late to practice you must provide a pass or note from where you are coming from. If you are injured and need to see the trainer you must do so prior to 2:55pm. Being in the trainers' office after 2:55 will not be considered an excused absence unless you have notified the Coaches in advance. If you are late to practice 5 times without a pass/excuse we will also consider that you are voluntarily quitting the team.

If you miss practice due to illness, injury or emergency, the coaching staff will decide whether or not to allow you to compete at the next scheduled meet. This includes all meets: dual meets, invites, conferences, sectionals, state etc.

As the season progresses, we will split the girls into lanes based on skill level. An approximate description of the lanes is as follows:

Lane 1: Exhibition Swimmers

- Practice 75 – 90 Minutes 3-4 days a week
- Season ends at Last Dual Meet

Lanes 2: JV Swimmers

- Practice 75 – 105 Minutes 3-4 days a week
- Season ends at JV Conference

Lane 3: High JV/Lower Varsity

- Practice 90 – 120 Minutes Monday – Friday
- Optional Morning Practices Thursday, Friday and/or Saturday (90 Minutes)
- Optional Lifting 3 days a week (30 – 60 minutes)
- With the option of coming to lifting or morning practices, there must be consistency in attendance or you will be asked to no longer come
- Season ends at JV Conference or Varsity Conference

Lanes 4-6: Varsity Swimmers

- Practice 90 – 150 Minutes Monday – Friday
- Mandatory Morning Practices Thursday, Friday and/or Saturday (90 Minutes)
- Mandatory Lifting 3 days a week (30 – 60 minutes)
- Season ends at Varsity Conference, sectionals or State

Please remember this is just a basic outline for the lanes. Swimmers have the ability to move up and down lanes throughout the season. Swimmers may remain in specified lanes, but swim in higher or lower competitions. There are always unique cases.

Meet Attendance: “We practice as a team, we compete as a team”

ALL swimmers/divers should be available for ALL dual meets. ALL varsity swimmers/divers should be available for ALL Invites, no excuses. If a swimmer/diver misses a meet for anything other than a Medical Issue or Family Emergency, that swimmer/diver will not be allowed to apply to be a captain or will have his/her title as captain taken away. Medical Issues should be passed by coach before the start of the meet and swimmer/diver may be required to still come and support team. A Family Emergency should be communicated to the head coach ASAP by a parent.

When entered in a meet, you are expected to stay throughout the duration of the meet to support fellow teammates (this includes swimmers and divers). After any meet, if you would like to leave with your parents, you must have your parents sign the meet check out form and hand it to a Coach before you get off the bus for an away meet. You may only ride home with your parents, not friends or other family members.

Meet Entries and Information:

It is your responsibility to know what events you are entered in, when the bus leaves, when warm ups start, and when competition starts. Dual meets are typically held on Tuesday evenings (occasionally a Thursday), with the start time for a dual meet being 4:30pm. Each dual meet will last approximately 2 to 2.5 hours. For home dual meets, you need to be on the pool deck ready to go by 3:00pm with warm ups starting by 3:30. For away dual meets, buses will be provided to and from the meet. The bus will always leave at the scheduled time 3:00 PM — we will not wait for anyone who is late. Warm ups will start on arrival of our destination and the bus will return after the competition. Meet information for invitationals will be emailed out the week that invitational takes place. Information will usually come out the Sunday before the meet, but may be later in the week depending on specific scenarios.

Awards and Letter Requirements:

JV Swimmers/Dividers who participate in the JV conference meet will be eligible for a JV letter.

Varsity Swimmers/Dividers who participate in the varsity conference meet will be eligible for a varsity letter.

If a swimmer participates in both JV and Varsity conference, they will be given a Varsity letter for their participation in the higher level meet.

The coaching staff will vote on awards for Most Valuable, Most Improved, and Sportsmanship award. The head coach will make final decisions on awards with the vote tally in mind. Any recommendations from teammates, parents and/or others will be taken into consideration by the head coach as well.

All awards will be given out at the banquet which is held after the end of the season.

Meet Participation:

Dual Meets:

It will be the coaches' goal to allow everyone to participate in as many dual meets as possible. In past years, the team has been extremely large. We have split the team into who we think will make Varsity, Junior Varsity, and Exhibition team(s). Varsity and Junior Varsity compete in every dual meet. Exhibition swimmers/divers may not participate in every dual meet during the season depending on team size. Exhibitions swimmers/divers usually do not participate in the last one or two dual meets of the year.

Invitational Meets:

Invitational meets are large meets with multiple schools attending (usually between 10 and 16 different schools). Each school will be given a certain amount of entries that is determined by the host of the meet. The meet line up will be provided during the week prior to the invitational (usually the Sunday before, but at least 3 days ahead of time). Entries are based on who should score the most points for the team in the Invitational. Entries are determined by the head coach who will take several different factors into account (such as times, attendance, work ethic, knowledge of coach on specific swimmers and/or events).

Conference Meet:

The conference meet is usually defined by 27 entries. These entries will be given to swimmers and divers *who are believed to be able to score the most points at the meet*. This usually means whichever swimmers have the fastest times and/or divers with the highest scores. Yet, there are instances where swimmers have times that are very close to one another or may both have good times, but in different events. In these cases, effort and attendance will be taken in to consideration to determine who will have a better taper. Again, entries are determined by the head coach who will take several different factors into account (such as times, attendance, work ethic, knowledge of coach on specific swimmers and/or events).

Sectional Meet:

The Sectional meet is the final meet of the season that determines if swimmers and/or divers will attend state individually or on relays. This meet consists of 18 entries. There will be a determined group of swimmers based on scoring throughout the year, as well as possible state qualification, that will be tapering directly for the sectional meet. Past that group, remaining entries will be given to the highest placing swimming/diving entries. The only time this will not happen is if there is a reason for a poor performance (like illness or swimming an off event) or a coaches gut feeling that has a solid and understandable reasoning behind it. If times and/or diving scores are extremely close, effort and attendance will once again be considered, as well as how the swimmer looked in regard to their taper.

Relays:

Relays consist of the four fastest swimmers for that relay event. Relay spots are determined by the coach prior to the start of the meet but may change up until the event prior to that relay. Relay spots are given to the swimmer who is the **ON THAT DAY**. The only things considered for relay spots consist of times and coach's intuitions on relay starts and each swimmer's taper. Seniority is not a factor in the decision-making process.

State:

State is determined by placement at sectionals. The winner of each of the six sectionals around the state automatically qualifies to swim/dive in that event at state, regardless of their time/score. The next 18 fastest times/highest scores for each event will then qualify to make state.

Typically, state qualifiers are dismissed from school at the end of the second period (10:19). They are asked to use their gold block to contact teachers to get information and assignments for classes being missed, then head to the locker room to change for practice (10:24-11:02). After a small practice (approximately 30 mins), swimmers/divers change, pack up the van(s) and head to Madison. Coaches and swimmers/divers will grab lunch on the way with an intended arrival of 1:30. Coaches and swimmers/divers will unpack, settle in and meet back in the lobby at 2:30. The swimmers/divers will have the change to experience state street in Madison from 3:00 – 4:30 (with supervision). After state street we will grab dinner and head back to the hotel. Swimmers/divers are to be in their own rooms by 9 with lights out by 9:30. Divers will meet for breakfast with tier coach and head to the meet at a time designated by the Dive Coach. Swimmers will meet for breakfast at 8:00 AM, shave down in their rooms, and meet in the lobby by 11:30 to head to the competition.

If only one swimmer/diver qualifies for state, one swimmer/diver will be allowed to accompany them as an alternate. This allows the swimmer/diver companionship past just the coaches, which usually leads to more excitement for their competition. The "alternate" will be chosen by the head coach. Seniority is not a factor in this decision-making process. In most cases a senior will NOT be picked as an alternate.

Captains:

In order to become a captain you must meet the following requirements:

1. Be a Junior or Senior that has participated with the team for a minimum of one full year
2. Submit an attachment (in WORD) of a typed paper to the head coach explaining why you want to be a captain and what you can offer to the team as a captain. (Due date: 11-19)
3. Be willing to put swimming and diving above ALL other activities outside of school hours.

Remember, being a captain is a privilege and a service to the rest of your team, not a title that makes you more important than other team members. A swimmer/diver may be stripped from their title as captain at any point in the season if the coaches concur that they are not representing the position in a suitable manner.

Captain Expectations

There are several reasons why you want to be captain and why your teammates have made you captain. As coaches, we believe a captain should be held accountable if you wish to maintain that role. Here are the expectations:

During Practice

1. You will be at practice ahead of time. Not walking in at the last moment.
WHY? To be a captain you must lead by example.
2. Be ready to start practice
WHY? If the coach is tied up for the moment, you should start stretching. You know what time practice starts and what to do for stretching.
3. Lead Stretches
WHY? While the coach is taking care of preparing the practice, answering questions and getting paperwork in order, you need to be aware of who is stretching and who is not. This is your team. If one swimmer/diver is not stretching, that could put that swimmer in danger. It can possibly lead to injury and the swimmer not being able to swim in a meet.
4. Take charge during drills.
WHY? While the coach is helping other swimmers, you will be asked to lead the drills. Know the drills so if swimmers have questions you can answer them. You are the team leader.
5. Be the assistant.
WHY? There may be some swimmers/divers that don't feel comfortable talking to the coach. You need to be the eyes and the ears. Make sure you make yourself available to your fellow teammates.

Before a Meet

1. Because the coach is not a teacher, he/she may not have access to attendance during the day. This means before a meet, you are responsible for knowing who is here and who is not so the coach can make arrangements when he/she gets to the school.
2. Be sure the team is acting appropriately at meets. The coach needs to prepare for the meet so his/her eyes cannot be on the team at all times. You, as a captain, need to make sure your team is where they are supposed to be, acting the way they should be, and doing what they need to be.

During the Meet

1. Help out younger swimmers. Make sure they know their events, when the events are and getting others to cheer for the swimmers.
2. Help clean up after the meet.

Cheering for your teammates is one of the fastest ways to inspire motivation. Unless you are racing/diving soon, you should be cheering for your TEAMmates: Help them, they help you.