

Shawano / Bonduel High School Girls Swim

Welcome to the new swimmers and welcome back to our returning swimmers. Shawano-Bonduel High School Girls Swim has earned many years of success. Our success has come from a team that has been dedicated to working hard to get to the next level of accomplishment. Whether you are an experienced swimmer or a new swimmer, our athletes have always helped each other become a better swimmer. We celebrate all of our small individual accomplishments as well as our team accomplishments. Our coaches are committed to providing a positive atmosphere where each athlete has the opportunity to thrive in high school swimming. Our coaches give every effort to make swimming a fun and enjoyable experience for everyone. Working together, we can make this a great season.

Equipment:

- Team swim cap is provided by the school
- Team suit : Ordered the first week of swim in order to have them for our first meet.
- Cost: about \$50, we try to do the best price we can.
- Practice cap, Goggles and one piece practice suit: You may purchase in stores.

Try Out Policy: We keep everyone who tries.

- Our team has 3 positions for each individual event and relays for Varsity and the same for Junior Varsity swimmers.
- Each swimmer may swim 2 events and 2 relays.
- 18 Varsity swimmers create a solid varsity team. Then we fill our JV positions.
- JV will swim the event first, followed by Varsity in the next heat.
- JV and Varsity attend meets together and are separated only by heats.
- Each event scores to the 5th place.

Order of Events

200 Yard Medley Relay
200 Yard Freestyle
200 Yard Individual Medley
50 Yard Freestyle
100 Yard Butterfly
100 Yard Freestyle
500 Yard Freestyle
200 Yard Freestyle Relay
100 Yard Backstroke
100 Yard Breaststroke
400 Yard Freestyle Relay

Team Rules:

- Be flexible.
- Be open-minded.
- Commit to getting along with and working with your teammates in a positive manner. Work to utilize each other's strengths and improve each other's weaknesses in a positive manner.
- Be committed to the TEAM, by putting the interests and the well-being of the TEAM before any personal interests.
- Instill a sense of pride in the team.
- Show cooperation when asked to do something by the coach.
- Bring problems to the coach's attention immediately, before they become serious.
- Meet with the coach before each practice if you are concerned about plans, goals and concerns for that day.
- Communicate with the coach outside of practice time about any developing problems.
- Be supportive of your coach even when you do not agree with decisions made (count to 10 if you are upset; no disrespectful replies like under the breath comments, hair flipping, eye rolling, heavy sighs, etc.).
- Understand that the coach has the final say. Respect the hierarchy. The captain or co-captains are not the coach but may be asked to lead drills or other parts of practice.
- Trust that the coach and officials have many years of combined experience in leading and teaching and that they have the expertise to solve any problem that may arise.
- Fully support and follow the Code of Conduct.

Athletes must not:

- Change any drill, lane assignment, rule, uniform, etc. If changes are requested, please discuss the matter privately with the coach at a time **other than at practice**.
- Engage in any behavior that will hurt the unity of the TEAM. This includes undermining coach's or captains' leadership of the team.
- **Miss your race!**

Practice:

- Practice times after school are 3:45-5:30 and are required. The last 15 minutes of practice will be used for finishing workouts and for extra coaching time and pool clean up.

- **Morning and afternoon practice the second week of swim is mandatory.** These practices must be made up. No exceptions. Other weeks, morning practice will be optional.
- Mandatory and required practices must be excused. 3 unexcused absences may result in the athlete being released from the team. Excused absences include academic, medical, funeral, family emergency, etc.
- Be on time. If you will be late for practice or must leave early, you must bring a note to be excused.
- A good practice will be rewarded with the ability to be excused early or some fun pool time. Competitive swimming, as with any other sport, requires the hard work is completed before the fun can begin.
- Keep communication open with the coach about what events you, the swimmer, wish to swim at a meet and what reservations you have about certain events at least one week before the next meet. Please remember there are 3 positions in each event that must get filled and at times all swimmers will have to fill events for the team.
- Must attend the scheduled practice the day prior to the meet and attend school the day after meet, if not it will affect participation in the next meet.
- Remember: Fun does not come first in the pool. The safety of all athletes, followed by respect for coaches and athletes finishing work outs all come before fun playtime in the pool.

Swim Meets:

- Follow meet day dress code.
- Be on time for meet set up and the bus.
- Coach decides who competes in what events. Accept the decision made.
- Know what you are swimming and be prepared to compete, **DO NOT MISS YOUR SWIM.**
- Athletes must stay in team area during meets. If you need to leave the area you must tell your coach. Athletes are not allowed to sit in the stands at any point during the meet. The team stays together.
- At the end of a race, wait until other swimmers are done and shake hands.
- See your coach **immediately** following your event.
- Support your teammates and participate in team cheers.
- Have and show respect for your coaches, parents, teammates, opponents, and officials.
- Swimmers must stay to the end of the swim meet. Only in extreme circumstances will it be approved to leave the meet before it ends even when not riding the bus home.
- Transportation to and from the meet will be on the team bus. Riding home with a parent will have to be excused thru the proper forms from the high school office with all signatures and turned into the coach prior to the bus leaving our high school.
- Make healthy food choices day and evening of meet.
- Clean up after yourselves.
- Show enthusiasm, effort, encouragement, and sportsmanship.

Do not be late for the bus.

Consequences for not following the Rules:

* Unacceptable behavior will be redirected if possible, but may result in being removed from the pool and a parent being notified.

***These consequences are subject to change depending on the severity of the infraction:

First Offense: Warning – Parent will be notified.

Second Offense: Suspension from next meet/dual.

Third Offense: Dismissal from Team.

Lettering policy:

Lettering will be based on the swimmers performance and attendance. A varsity letter will be awarded to swimmers who have a true commitment to the team. This is how the individual and the team will find success.

Performance

- Earn varsity points from meets.
- Show marked improvement or determination.
- Be flexible at meets, willing to change what you are swimming at a moment's notice for the team. Unless you are physically unable to swim a specific event, swimmers must swim the event chosen by the coach. Scratching the event may jeopardize receiving your letter.

Attendance

- Attend 90% of pool practices. (Even if they are excused by the coach.)
- All mandatory practices missed week 2 must be made up.
- Meet attendance: any missed meets must be excused by coach.
- Attend all team meetings.
- If you miss more than 15 minutes of a practice you will have to make up that practice with a morning swim.
- Attendance shows your commitment to your team, if you are not able to make up practice during optional swim times, you must ask the coach for another alternative.

Awards other than varsity letter

- MVP – Is the coach's decisions. I will use as part of my decision for MVP total points earned for the season.
- Most Improved – Coaches Decision.
- Team Spirit - voted on by the team.
- Most Dedicated- voted on by the team.
- The team will determine any changes to this.

Parents and/or Spectators:

- Watch your child(ren), but don't interfere during the meet.
- Swimmers are not allowed to sit in the stands. Encourage your swimmer to stay with her team.
- Let coaches coach.
- Stay positive with your swimmer(s) after they race (no matter what their swim was like).
- Respect the head coach's decisions regarding the events your swimmer is swimming.
- At home meets help with timing, admissions, etc.
- Help swimmers make good nutritional choices.
- If you have a concern please make sure your daughter talks to me first. If you still want to meet, please set up an appointment with me after practice so we do not interfere with practice time.
- Be a positive role model for your daughter. Act appropriately at events, cheer for all members of the team, etc.