

# GHHS Swim & Dive Handbook 2020-2021

## Purpose of the Team (Philosophy)

**The GHHS Swim & Dive Team** is intended to be part of the educational experience. The lessons that occur as a part of being a member of this team can have a life-long impact. This is the guiding principle for this program.

**Coaching philosophy:** to create an environment that encourages & challenges athletes to learn and develop in and out of the pool! Creating a positive learning environment during the ups & downs of training & competition.

I believe creating an environment that is supportive and conducive to learning is key. In addition, each swimmer needs to be aware of the expectations as a Bobcat team member and will model behavior to help create the optional learning/training environment. Learning that both you and your teammates will fail at times. How you deal with the failure will determine your level of success.

## The Reality of Swimming & Diving Sports

It is important that students and parents understand that **this is a Varsity/Junior Varsity Sport and not a recreational program.** Swimming is a tough and demanding sport. Participating in sports **will** take time away from other activities.

It is often assumed that there are no injuries in swimming. The truth is, as with all athletics, injuries do occur in swimming. And while the most common are repetitive stress injuries, swimming, like all sports, have some risk of serious injury.

## Team Communication

Athletes & parents should communicate with Coach Ferguson by "Remind" text or email only. All swimmers & Divers should have preferred email of choice on parent's team unify account so they are receiving emails weekly. It is the athlete's responsibility to know the

when practices/ meets/events are scheduled. Same responsibility & accountability as a GHHS student knowing when school assignments are due or testing dates.

### **Student Responsibilities**

Students are expected to...

- Conduct themselves in a legal, moral, and ethical manner at all times.
- Treat team-members, officials, coaches, opposing team members, and themselves with respect at all times.
- **Read and adhere to the Grandview Heights High School Student – Parent Handbook 2020-2021**
  - Section IV: Students Rights, Responsibilities, & Expectations, “Code of Conduct” as it applies to students.
- Arrive On-time and Prepared for all team activities.
- Behave in a positive manner at all times.
- Keep negative thoughts and comments to themselves.
- Active participate in all official team activities, practices, and meets.
- Maintain or improve grades throughout the season.
- Perform to the best of their ability during practice & competition “every time”.
- Help setup before and clean up after practices, meets and other team activities as needed.
- Keep issued equipment clean and in good condition.
- At Swim & Dive meets stay with the team and cheer for teammates.
- Make a sincere attempt to learn the skills that are taught by coaches.

### **GHHS Swimming & Diving “Varsity Lettering” Policy 2020-2021:**

### **Swimmers & Divers are required to maintain:**

- Regular attendance at all scheduled practices
- Thanksgiving Practice attendance!
- Winter break practice attendance! Winter break practice is peak training season in HS Swim & Dive.
- Knowing HS band, HS choir, illness, family emergency, or HS Academic reason will conflict with a practice at some point during the season.
  - Maintain 80% practice attendance during swim & dive season with above excused reasons
  - ANY School conflict with swim practice must be discussed with Coach Ferguson at the beginning of the season prior to the absence.
- GHHS swimmers or divers – “swimming out” or “diving out” with prospective USA club teams must maintain
  - 1- swim practice a week with HS team
  - 2- S & C conditioning with USA team, private trainer, or attend sessions at HS Wellness Center with Coach Salbeka
  - Must provide documentation from Club Coach demonstrating practice attendance during season
  - Exception to above practice commitment during the week of prep prior to the Tim Meyers Memorial Short Course Senior Championship & Time Trials in November. Junior National qualifier in December.
- Competes in all regular season meets
- Competes in all qualifying post season meet/s
- Remains in good standing with the team during 2020-2021 winter swim & dive season

**Swimmer achieves 1 or more of the following criteria:**

- Achieves 1 or more NISCA times at 65<sup>th</sup> level at (NISCA Power Points)
- Qualifies in an individual event or as a member of a relay event - OHSAA District Meet
- Qualifies in an individual event or as a member of a relay event - OHSAA State Meet
- New School record in an individual event or relay

\*Any senior member of the team who has competed with the team & remained in good standing during winter season.

\*Special circumstances: will be reviewed by the GHHS Coaching staff on a case- by- case basis. Coaches always reserve the right to award a letter or withhold a letter in special situations.

\*Swimmers who provide documentation regarding illness/injury (and the dates for which they cannot participate) will not have those dates count against their attendance %.

**Time Standards:**

Based on the 65th power point from (NISCA) National Interscholastic Swimming Coaches Association Power Rankings

| Event      | Women   | Men     |
|------------|---------|---------|
| 50 free    | 28.24   | 25.58   |
| 100 free   | 1:01.48 | 55.71   |
| 200 free   | 2:10.90 | 2:00.86 |
| 500 free   | 5:52.18 | 5:27.79 |
| 200 IM     | 2:26.90 | 2:14.60 |
| 100 fly    | 1:08.47 | 1:01.68 |
| 100 back   | 1:07.69 | 1:04.14 |
| 100 breast | 1:17.85 | 1:10.42 |

## **Swim Meet Etiquette:**

- All swimmers and divers must ride the team bus to and from the away meet location (if bus provided both ways)
- Swimmers are not permitted to ride home with their parents or friends from away meets.
  - Special circumstances can be approved ahead of time to ride with parents through the AD's office.
- Wear team warm-ups to all meets & on the deck when you are not in the pool.
- Bring 2-3 pairs of socks to meets to wear with tennis shoes in between events to stay warm

### **Team attire** (day before or day of meet)-

#### Swim & Dive Meets

- May consist of team tee shirt and/or team warm up jacket
  - Team Captains will notify team prior to meet day reminding all what to wear to school
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- **Stay on the deck at all times.**
  - You are not permitted to go into the bleachers or leave the pool area at any time without the coach's permission.
  - Team suits, warm-ups and parkas are all part of the team uniform. They should be worn on deck at meets only. This rule includes watches and hair bands worn on the wrist. If you're not sure, don't wear it.
  - Swim Cap- must only have a Grandview logo on cap. Caps with other team logos cannot be worn at a competition. Officials will disqualify any swimmer wearing a cap with another team logo.
  - The team warms up together on the deck and in the pool.
  - The team warms down after races and at the end of the meet.
  - All swimmers should see a coach after their races.
  - Be ready to discuss the pros and cons of the race and your game plan to improve for the next time.
  - Display good sportsmanship with opponents and their coaches and officials.
  - You can be disqualified during a meet for inappropriate behavior, which could also result in a one meet suspension.

- For all away meets you will travel with the team to and from the meet. Be sure to be at the bus loading site at least 5-10 minutes before the bus is scheduled to leave. If there are special circumstances that you would need to travel to or from with a parent, you must first have the form filled out, signed by parent.
- Please notify Coach Ferguson and AD- Brad Bertani for approval ~ 72 hours prior to event.

### **Practice information & attendance:**

#### **What to bring to practice:**

- Swim suit & 2<sup>nd</sup> suit for girls, drag suit for boys (post season practices)
- Tee shirt, shorts, & tennis shoes for dry-land/active stretching on deck
- Team equipment bag, swim suit, cap, goggles
- Towel extra warm clothes to go home in (coat, hat, gloves)
- Winter break practice attendance (double practices) is an expectation of all team members. This year we will have 2-3 doubles with yoga & swim practice.
- Swimmers should arrive at practice ready to get in the water.
- If you need be taped see the trainer after school before evening practice
- Any changes to originally published practice schedule, will be emailed in a weekly team email.
- In the event of a fire alarm grab your shirt & towel and exit the building - check in with the coach at far side of the parking lot.
- Everyone is responsible for the care and use of equipment.
- We are not the only people who use the locker rooms, so be sure to bring all valuables/coats/bags out of the locker room. Leave in stands during practice.

### **Excused absences-**

Any absence- to be considered "EXCUSED" must be completed prior to the scheduled practice or team event.

- All swimmers are required to submit a written or email notice (with parent/guardian cc'd or signature) 7 days prior to the conflicting event: examples- school, band, choir, or ACT/SAT testing.
- If a student has a doctor's appointment during practice time- please bring a note the next practice day. **(Reminder, Athletes must notify coach prior to practice to be missed)**
- If a student/athlete is ill during the school day- they are excused from the scheduled practice or meet
  - Students are not permitted to practice or compete if absence from school, unless they are excused from school for a college visit.
- If student misses more than 1 school day in a row, an email from parent/guardian is required to update Coach on illness. An MD's note may be required to return to practice.
- **Winter break training-** this is the Meat & Potatoes of our winter season training. It is extremely important to make all practices for the teams success at end of season at MSL Champs & Post Season Championship meets.
- If you miss practice for any other reason the absence will be unexcused. (If you have a special circumstance- see the Coach!)
- **To be eligible to swim in a meet you must not have had an unexcused absence within the last calendar week.** NOTE: This means that it is possible for you to miss more than one meet because of missing only one practice.
- Student/athletes should send a REMIND text to Coach Ferguson if running late to practice.

**\*Athletes will be permitted 3 excused practices for family events or travel (not to count against attendance) over Winter Break. Athletes must notify Head Coach- 7 days in advance!**

- Example:
  - 1 day of doubles = 2 practices missed

**\*If swimmer is training with another USA team while out of town, proof of attendance by Head Coach will be accepted and not counted against attendance.**

## **Swimmer/Diver Attendance Issues- PLEASE READ!!**

- IN addition to maintain attendance, if any athlete has not been to 50% of practices prior to first meet of the season, they will receive
  - **1<sup>st</sup> warning**
    - Verbal &/or Written/Email warning from Head Coach.
- IF athlete continues to miss 50% or more practices the week of scheduled competition, they will receive
  - **2<sup>nd</sup> warning**
    - The athlete will be removed from upcoming Swim or Dive Meet in the next 7 calendar days. The athlete will be expected to attend meet with team.
    - The lack of attendance at practice leading up to 1<sup>st</sup> competition may result in the athlete being dismissed from the GHHS Swim & Dive team.

## **Social Networking Rules**

Adhere to GHHS student “Code of Conduct” & Grandview Heights Student Acceptable Use and Internet Safety Policy EDE on the district’s website.

- Texting, Facebook, Twitter and others are a great way to stay in touch with friends and family.
- Please keep these tips in mind:
  - Don't post anything (on your site or a friends' site) that you wouldn't mind that coaches, parents, principals, etc. seeing. (Assume that the person you'd least like to see your post will see it.)
  - Don't think that what you post is actually private because you have a "private" profile. Many people know how to get around these barriers.

- Maintain good etiquette about Facebook. Don't use inappropriate language, comments, Etc. because it reflects poorly on you as an individual and on the team.
- You may face discipline including removal from the team based on what's posted, texted, Etc. so be careful.

### **General Information**

- Please be sure to eat healthy and try to get as much rest as possible especially during the intensive training phase.
- Be prepared for the weather!!
- When it starts getting colder, you need to dress in dry clothing, parka, hat, gloves, and shoes to leave the pool.
- Be sure to dry your ears after swimming or diving, try not to get sick.

### **GHHS Issued Equipment**

Students are financially responsible for the equipment that is issued to them. This means that if a student's equipment is not returned in good shape, that student will pay to replace the equipment. The athlete will not be allowed to participate in the next sport season if equipment is not returned or paid for.