

**FISHERS HIGH SCHOOL
SWIMMING AND DIVING
2022-2023**



The Fishers Swimming and Diving team is a program designed to fulfill the academic and athletic needs of swimmers and divers at this level of competition based on the concept that a sound competitive program is a significant and integral part of a high school student's education. The Fishers Swimming and Diving program is dedicated to the maximum development of each team member's academic pursuit, athletic potential, social and spiritual growth, and believes that these character traits are relative carry-over traits to success later in life. It is the coach's belief that the successful development of a Fishers High School swimmer/diver in the classroom and pool is contingent upon his/her dedication to hard work, perseverance, desire to succeed, and development of close, positive relationship, with his/her teammates and coaches. Our whole program can be summed up in the following statement:

If you believe in yourself and have dedication and pride - and never quit- you'll be a winner. The price of victory is high, but so are the rewards.

I. Policies and Guidelines

Team Rules

1. The coaching staff has final authority in all team matters!
2. You are encouraged to respect teammates, all leadership roles and competition at all times.
3. Athletes are encouraged to seek out teammates for help with minor problems, but always feel free to talk with the coaching staff.
4. Open criticism of the program, athletes, or coaches is discouraged. Team problems should be handled within the team and coaches.
5. Inappropriate language is not appreciated at any time during training, travel, or competition.
6. Team activities are to be supported and attended by all team members.
7. Locker rooms and team equipment are for the exclusive use of the team members and are for team activity use only. Treat these as you would your own. Locks will be distributed and expected to be returned in same condition!
8. Team members will travel to and from all meets in school provided transportation unless Coach is presented with a Driving Liability Form to travel with a parent! This will need to be completed prior to the first travel meet of the season and submitted to Coach 1 day prior to the meet. Beyond the first meet then a text or e-mail from the parent 1-day prior will suffice. BTW, respectful behavior during travel will be expected.
9. During competitions, ALL FHS team members are to stay in the team area and in team attire until the end of the meet. At the conclusion of each meet, the team will congratulate the opposing team's athletes, do a team loosen and conclude with a team meeting. Home meets will require equipment and pool clean-up.
10. Well-dressed attire will be required for some meets while team/theme attire is to be worn during school for other meets unless notified otherwise by the Coach. Well-dressed means NO denim or tennis shoes.
11. Cell phones, from the arrival/meeting time until the conclusion of the meet, should not detract from the Team Event. In addition, a NO cell phone usage in locker rooms policy is in place.
12. Injuries or academic problems should be attended to immediately. If there is a problem, let Coach know immediately.
13. Rest and proper diet are vital parts of training. Be responsible!
14. During certain rest periods, each individual swimmer will prepare for their season-ending competition meet by completing a shave down. Specific details regarding this process will be discussed in detail prior to the meet!
15. School Cancellations – Whenever school is cancelled, practice is postponed and will potentially be cancelled. If, in the opinion of the FHS Administration, conditions are sufficient to practice in the early afternoon then athletes will be notified by noon via Group Me, Final Forms and the group page. *In the case of school delay, the morning practice will start in the same manner with a two hour delay. *So, a 5:30am practice will be at 7:30am. Notification will be via Group Me, Final Forms and posted on the Group Page. If school is delayed or cancelled and the athletes are already practicing then practice will be completed unless weather conditions worsen. If so, parents will be notified to pick-up athletes. In all cases, parents should use best judgment!

Training Rules

1. Unexcused absences are not permitted. Detentions are unexcused!
2. Excused absences may be granted only by Coach for:
 - A. Medical/Injury-Illness reasons
 - B. Academic/School-Related Activity reasons – Study Tables/Tutoring!
 - C. Personal Emergencies
3. Unexcused absences are prohibited throughout the season for dryland, dynamics, swimming/diving and travel. Penalties will be as follows:
 - National/Elite Group/Divers
 - 1st / 2nd time – Warning
 - 3rd/4th time – Dismissal from meet or Loss of awards or Move training group, if applicable.
 - 5th time - Dismissal from the team
 - High School Swim/Excel Group
 - 1st time – Warning
 - 2nd time – Dismissal from next meet or Loss of awards.
 - 3rd time – Dismissal from the team
4. Advanced notice must be given to be excused from training. For morning or non-school day training, swimmers text/call **Coach Keller at 574-370-1464**, divers contact **Coach Russ at 616-260-0715** prior to 30 minutes from the start of the training session. If at school and going home, nurse must make contact prior to athlete leaving. If present for AM classes, then training must be attended in the AM or it will not be excused. **Also, remember that to be able to train or compete you must be at school 50% of the day! Finally, 3 consecutive days of missed training due to illness/injury will require a Doctor's Note to be able to train/compete upon returning!**
5. Tardy Rule – Being late to the listed start time of any team activity, including training, is unacceptable. It is highly recommended to plan to be 5-10 minutes early to be prepared to begin on-time. Two of these up to 15 minutes late will be afforded during the season. More than two and/or any tardy beyond 15 minutes will result in being counted as an unexcused absence.
6. Everyone must put away their equipment. Equipment needed for training may be purchased from Elsmore Swim Shop at www.elsmoreswim.com. Also, swimmers may need to put in and take out the lane lines or move the bulkhead either prior to or after training sessions. Notification will occur if this is to happen.
7. Team suits will only be worn at meets, not during training. Team Suits must be purchased from Elsmore Swim Shop at link above.
8. You are expected to give 110% effort as it has the greatest impact on performance. Anything less is unacceptable.
9. Remember, you also have responsibilities to abide by the policies that Fishers High School and athletics has bestowed upon you. Academic and Athletic policies can be found in the Fishers High School Handbook located on the FHS Athletic website under the More and Athlete Info tab. Please be familiar with all policies and procedures!

II. Requirements for Lettering

This letter is not a participation award. Thus, you have to make investments and earn it. To letter, you must meet requirements 1, 2 and 3 plus one of those in 4.

1. Attendance- May not have more than allowed number of unexcused absences.
2. Demonstrate improvement.
3. Demonstrate growth in the areas of leadership, sportsmanship, effort, and a positive mental attitude.
4. Competition requirements
 - A. Place individually in the Top 8 at conference or Top 8 at sectional or Top 12 at both meets.
 - B. Meet the Top 8 conference or sectional qualification time for any event during the season.
 - C. Meet the Top 8 conference or sectional qualification score during an 11-dive meet during the season.

* The coach reserves the right to subjectively decide whether or not a varsity letter should be given even though the above requirements were not met.

III. End Of Season Senior Reception

1. This event is to recognize and honor our seniors apart from the Winter Awards program. We encourage everyone to attend. More details to come.
2. The Reception will be on Monday, March 27th.
3. *Senior Meet Day Recognition will be Friday, January 20.

IV. End Of Season Awards

1. The Winter Awards program will be on Tuesday, March 28th. All athletes MUST be in attendance to receive any awards that were earned during the season.
2. Awards distributed will be as follows: Varsity Letters, Certificates and Plaques.



Training Schedule

- All training sessions are MANDATORY unless the coaching staff tells you otherwise!
- The schedule is a guide but may be altered due to uncontrollable circumstances. However, you will be notified of any changes that may occur and you will be expected to be at training. Calendar can be located at www.fasttigers.com under the FAST swim team tab by clicking on training groups and then the National, Elite, Excel training groups. In addition, it will be sent out via the Group ME, Final Forms and Boosters e-mail communication!
- Team Photos will be on Tuesday, November 15th.
- Our Intrasquad will be on Saturday, November 19th.
- Finally, we will have training during breaks. If an individual is going to miss training/team sessions during Thanksgiving or Christmas break, then that individual will need to have prior training arrangements approved in advance by Coach to be considered excused. Any missed training/team sessions without prior training arrangements will be considered unexcused!

Training/Practice Schedule						
<u>Group</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
National Tigers	6:30-8:00a 3:15-5:45p	5:45-8:00a 3:30-5:00p	3:15-5:45p	5:45-8:00a 3:30-5:00p	5:30-7:45a	6:30-9:45a
Elite Tigers	6:30-8:00a 3:15-5:45p	5:45-8:00a 3:30-5:00p	3:15-5:45p	5:45-8:00a 3:30-5:00p	5:30-7:45a	6:30-9:45a
Excel Tigers	3:15-5:45p	3:15-5:30p	6:30-8:00a 3:15-5:45p	3:15-5:30p	3:15-5:30p	6:30-9:30a
Divers	3:00-5:00p	3:00-5:00p	3:00-5:00p	3:00-5:00p	3:00-5:00p	