

THS SWIMMING & DIVING
2013-2014



To Participate as a Swimmer:

1. Physicals must be filled out and on file with Trainer Mike.
 - a. If you already have one this year, you are fine
2. Pay-to-Play due
 - a. You will also need
 - i. Team suit
 - ii. Water bottle
 - iii. Goggles
 - iv. Team Cap: latex will be provided. Custom silicone will be an extra order
3. Attend the Parent/Athlete Meeting from 6:00pm-7:00pm in the HS Cafeteria
4. Attend at least 75% of Practices

To Participate as a Varsity Swimmer

1. Do the first three steps above
2. Attend at least 88% of practices
3. Complete Video Analysis Project
4. Complete Debate Project
5. Gain 100 Varsity Points
 - a. Earned and lost both individually and as a group

Practices

1. Afternoons will be held M-F from 2:40-5pm
2. Mornings will be held M W F from 5:45am-6:45am
 - a. If the gate is closed, you are too late. Try again next practice.
 - b. Mornings will begin Nov. 11th and run through the first week of January
 - c. **Please see the team calendar for specific times for holidays and exact dates**
3. Winter Training: 7-9am and 2:40-5pm

Swim Meet Times

1. Home swim meets will start at 6:00pm
 - a. Athletes need to be there by 4:30pm
 - b. Warm-up for swimmers will be from 4:50-5:20pm
 - c. Away swimmers will warm-up from 5:20-5:50pm
 - d. Diving warm-up will run from 5:00-5:50pm
2. Parents and athletes will be notified of bus departures before away meets.

Practice Cancellations and Limitations

1. Practices will be cancelled for a level 2 snow emergency
2. Short notice cancellations will be sent through the phone tree
3. Practice will be limited the week of finals

Practice Cancellations After Swim Meets

1. The day after a meet there will be no morning practice.
2. If one team wins a swim meet, the team will have time to play a game the last 20min of practice the next day.
3. If both teams win a swim meet, the team will have an hour long practice the next day, with the last 20min of practice being a game.

Teams

To promote team leadership and accountability, the team will be split into four teams. The teams' objective will be to accumulate the most varsity points. We will fund-raise this season for something for the team that wins the challenge.

1. Swimmers will have different responsibilities within each team
2. Teams will be rewarded for positive behavior, completion of responsibilities, and achieving attendance milestones as a group.
3. Teams will be punished for disruptive behavior, injury inconsistency, and neglecting team duties.

Role	Responsibility
Statistician (1)	<ul style="list-style-type: none">• Calculate Varsity Points for the team.• Calculate overall attendance percentages.• Calculate time drop on a bi-weekly basis.
Attendance Taker (1)	<ul style="list-style-type: none">• Takes attendance for the group before getting in the water• Applies gain/loss of points due to behavior according to code
Spirit Leaders (1)	<ul style="list-style-type: none">• Create team cheers for before meets• Create team shirts• Get people to pasta/after parties• Get team cheering at meets
Equipment Manager (2)	<ul style="list-style-type: none">• Put in lane lines/take them out• Gather kick boards/pull bouies for team<ul style="list-style-type: none">○ Return the equipment correctly• Have cords put away properly

Varsity Point Breakdown

As a small team from the above	
Earned	Lost
<ul style="list-style-type: none"> • Maintain 100% practice attendance each week • Fulfilling all team duties each week • Exhibiting positive behavior each week • Attaining Goals 	<ul style="list-style-type: none"> • Being Disrespectful • Neglecting team Duties • Going Against Injury Prescription
Individually	
Earned	Lost
<ul style="list-style-type: none"> • Being at practice and meets (77) <ul style="list-style-type: none"> ○ Starting practice on time ○ Staying at practice ○ Staying positive ○ Taking water breaks/resting during appropriate times • Completing Swimming Video Evaluation (7) • Completing Debate Project (8) • Fundraising • Scoring points at meets (1 for every 5) • Participating at NOC Championships (3/event) • Participating at Sectional/District/State (3/6/9/event) • Breaking a team record (15/event) 	<ul style="list-style-type: none"> • Getting in water late • Leaving early • Being Negative • Not participating in practice

Below are some examples of how swimmers will achieve varsity status:

- Minimum practice attendance (88%) with the projects and swims maximum events at NOC and Sectional (2 relay and 2 individual)
 - Attendance: $77 * .88 = 68$
 - NOC and Sectional: $3 * 8 \text{ events} = 24$
 - Projects: 15

Total: 107
- Maximum practice attendance with no early dismissal or late arrival, swimming no relays at NOC and Sectional with the projects will look like:
 - Attendance: 77
 - NOC and Sectional: $3 * 4 = 12$
 - Projects: 15

Total: 104

Why varsity points and not times standards?

Swimmers that come into the program with the times will have no motivation to come to practice. Those that work to achieve the standard will feel like their work is done, when in reality they could still do better. Swimmers that are more inexperienced will feel like they can never be good enough no matter how hard they try in practice.

We need to focus as a team on what can make us better and how to become better. As coaches we can reflect upon each year and modify the point system to influence change of the group in a more positive way.

Changes from last year:

1. No varsity points for improvement
 - a. Some swimmers plateau over the course of the season and the improvement points had a negative effect on those swimmers. The points also caused too much anxiety for the end of season meets which was detrimental to some of the swimmers.
2. Video evaluations
 - a. Swimmers will record a race and write what they want to improve upon. Coaches will help those who need it to find what they did well and what they want to change over the course of the season. This will allow for more focus on technical swimming at practices.
3. Debate projects
 - a. Swimmers will choose a topic as a small team. Individually they will research what it is and do a small activity over the course of the season. Toward the end of the season, the teams will debate over which topic is most important for improvement.
 - b. This will get the swimmers thinking about different variables that can have a positive impact on their performance and forces them to be conscious of those variables.
4. Small Teams
 - a. Duties will be assigned to a few members of each team. This will allow everyone to see who is stepping up as a leader within the team and who can handle the added duties of leadership as we elect captains.
5. Exceptions
 - a. The description is on the next page. This will allow for the coaching staff to know and understand what is going on with each swimmer's schedule we know what is going on with each individual on a daily basis if there is a conflict. There is also an injury form, so we can create a plan with Trainer Mike and the swimmers to better rehabilitate them.

Exceptions:

There are exceptions to some rules each year with regards to rewards and punishment. I have created three forms addressing two exceptions.

1. Injuries: Swimmers are to see Trainer Mike right after school, before/after practice, or during school.
 - a. T-Mike will provide his solution to the injury
 - b. If in the case of a chronic injury, the swimmer will state their limitations and be held accountable for what they stated.
 - c. Not a pass to come in late
2. Conflicts to Swimming Schedule: Those involved in some other club or group during the season.
 - a. Consistent conflicts to be addressed
 - i. What is the conflict? What days? What do you think should happen?
 - ii. We will discuss the plan of action to be taken
 - b. One-time commitments are covered
 - i. You can miss a day of practice, so schedule accordingly
 - ii. There will be flexibility for school functions with regards to early dismissal and late arrival, but I need to know in advanced.
 1. Any more than an hour late or hour early will not count toward attendance percentages
3. Disorderly Conduct: Those who are still learning how to conduct themselves in public, make poor excuses, and fail to meet expectations.
 - a. Swimmers will be given this if they are disrupt practice
 - i. Disrespect, Negligence of Duty, and Injury Inconsistency are the main categories.
 - b. The swimmer will be removed from practice to write a rough draft of a paper stating what happened, why it happened, and why it was disruptive.
 - c. Before the start of the next practice, swimmers will have to email the typed copy to Coach Kirtis (kirtis.usc@gmail.com).
 - i. Failure to do so will result in removal from participation and after 2 practices, parents will be notified.