

Anderson High School

Men's and Women's

Varsity Swimming & Diving

Handbook

2009-2010



In Pursuit of Excellence

There is a very high standard of excellence associated with being a member of Trojan Swimming. This standard has been set in years past, and as a member of this team, you are expected to continue in the tradition.

In deciding to become a member of the Anderson High School Swimming and Diving Team, you are becoming part of a team with a history of distinction. This success was gained through hard work and dedication and as a member of this team you are expected to give your best at all times.

Being a member of high school athletics is a privilege, not a right. Being a member of this team is an honor, and it is to be treated as such. If a team member fails to maintain the standards of this team, team membership can be revoked at any time.

Attendance

Practice times are as follows: A Days- 7:00-9:30; B Days- 7:00-8:15, Balcones City Pool

Practice is MANDATORY. Swimmers are allowed to miss TWO practices per six weeks for tutoring without punishment. Use these wisely. The third missed practice will result in a make-up set to be completed after practice. If four or more practices in a six week period are missed the swimmer will be suspended from the next meet. Multiple meet suspensions will result in dismissal from the team. Arriving tardy to practice or leaving early counts as an absence. A doctor's note will count as an excused absence that will not go towards the two missed practices per six weeks.

If a swimmer is able to attend school then they are required to attend practice as well. This includes mild sickness, ear infections, sinus infections, etc. If the illness does not require a doctor's note, the swimmer will be expected to attend practice, and modifications to training will be made at the pool.

Winter Holiday Training is MANDATORY and it is imperative that swimmers continue training with the team during this break due to the proximity of the championship meets. If it is unavoidable, family trips during this time will be excused as long as the absence has been communicated in writing to the head coach at least three weeks in advance. Please keep in mind that taking a break from training during this time of the season can have a negative effect on a swimmer's end of season performances.

Rewards:

We will be giving out awards based on attendance. A swimmer who has perfect attendance (misses 0 practices) during a six week period will be rewarded with one day of an excused practice not counting towards any limit for practice attendance. The lane with the best attendance for a six week period will be excused from a set of their choice on any day. This still requires attendance to practice on that day.

After a swimmer participates in his/her last meet of the season, they will be excused from practice. We will begin an offseason dryland training program in March. Every swimmer enrolled in first period must participate in offseason training at this time.

If a swimmer must miss practice due to an unexpected illness, family emergency, or other circumstance, this must be communicated to the coach in writing/ email as soon as possible. Failure to communicate an absence before practice will result in an unexcused absence. Frequent unexcused absences or tardies will result in dismissal from the team.

Equipment

Swimmers must have the following equipment with them daily:

Goggles: Be prepared with at least two pairs of goggles at all times. It is suggested that you have one pair of goggles for training, and one pair for racing. It is always important to have a backup pair.

Swim Suit: Be prepared to purchase multiple suits for practice due to deterioration and the length of our season. **DO NOT WEAR YOUR TEAM SUIT TO TRAIN!** All team members must wear the team suit to all meets. Do not wear your team suit to any other meet.

Swim Caps: Be prepared with at least two caps at all times. All swim caps eventually tear. Save the current team cap for meets; wearing team caps to practice is highly encouraged. Boys are not required to wear caps during practice.

Swim Ear Drops: These can be purchased at most drug stores and should be used daily to dry the ear canal. These will help prevent swimmers ear.

Fins/ Paddles/ Pull Buoy: All swimmers must purchase their own fins and paddles. Fins should be short or cut about 6 inches past the toe. Do not purchase the larger sizes of paddles. Pull buoys are provided through AISD, but they are a dated style. Swimmers may opt to purchase their own pull buoy. **LABEL ALL EQUIPMENT WITH YOUR NAME.** It is also a good idea to purchase an equipment bag in order to prevent lost equipment.

Meets

Meet Schedule: Our meet schedule will be distributed during the first couple of weeks of school. The schedule is subject to change, and all changes will be communicated as early as possible. Meets are scheduled when other teams that host meets send out the information, therefore, the schedule is not always set as early as we would like. Please be patient with changes and check the website for updates.

Meet Entries: Many swim meets have a limit on the number of swimmers that can enter each event from each school. Due to the large number of swimmers on our team, not every swimmer will swim in every meet. It is the coach's discretion as to which swimmers will compete at meets, though most of the time, the fastest team will be chosen to represent Anderson.

Out of Town/ Travel Meets: Most travel meets are qualifying meets in which there are "time cuts" that a swimmer must achieve in order to compete. These meets will be outlined on the schedule. Only swimmers who have met the qualifying standard will be allowed to attend. A relay alternate, or team captain may also be chosen to attend as per coach's discretion.

Championship Meet Season: Championship meets are the end of season meets in which a swimmer will focus their training to accomplish personal best times in order to achieve the team goal. Districts, Regionals, and State are the three championship meets, and as discussed in the goal meetings with the coach, different swimmers will have different championship meets. End of season tapering and shaving will be done for these meets.

-District Championship Meet: Only 4 swimmers per event, and one relay are allowed per team.

Unfortunately, not all swimmers will get the opportunity to compete at Districts, and in order to guarantee a spot on the District Team, a swimmer must be one of the fastest 4 in their event.

Anderson will swim the FASTEST possible team at this meet.

-Regional Championship Meet: The top 6 finishers at the District Championship will advance to the Regional Championship Meet.

-State Championship Meet: The top qualifier from each of the 8 Regions, and the next 8 fastest times from across the state will advance to the State Championship Meet. All team members are expected to attend the meet to support the team.

Traveling to and from meets: All team members are expected to travel with the team to and from meets. The team will depart from and return to the parking lot in front of the tennis courts. If a team member must leave a meet early with a parent, this must be communicated in writing in advance.

Missing Meets: If for some reason a swimmer will be unable to compete in a particular meet, this must be communicated to the head coach in writing at least three weeks prior to the meet date due to meet entry deadlines.

High School Swimming Order of events:

Event 1 Girls 200 Medley Relay Event 2 Boys 200 Medley Relay Event 3 Girls 200 Free Event 4 Boys 200 Free Event 5 Girls 200 IM Event 6 Boys 200 IM Event 7 Girls 50 Free Event 8 Boys 50 Free Event 9 Girls 1 Meter Diving Event 10 Boys 1 Meter Diving 15 minute Break Event 11 Girls 100 Fly Event 12 Boys 100 Fly Event 13 Girls 100 Free Event 14 Boys 100 Free Event 15 Girls 500 Free Event 16 Boys 500 Free Event 17 Girls 200 Free Relay Event 18 Boys 200 Free Relay Event 19 Girls 100 Back Event 20 Boys 100 Back Event 21 Girls 100 Breast Event 22 Boys 100 Breast Event 23 Girls 400 Free Relay Event 24 Boys 400 Free Relay

Academics

As a member of the Trojan Swim Team you are not only entering into a strong tradition of excellence in the pool, but in the classroom as well. Being a student/athlete is difficult, and swimmers must be mentally prepared to handle the challenging and grueling schedule. Student/Athletes are students first, and academics are a **PRIORITY**. However, as a member of the swim team, you are expected to be able handle the tasks associated with academics and athletics and strive for success in both areas.

Swimmers are encouraged to attend tutoring and study sessions in order to help reach their academic potential. However, scheduling these study sessions during practice time is **NOT ACCEPTABLE**. If a swimmer has excessive absences or is constantly leaving practice early due to tutoring, then that swimmer should consider dropping swimming to concentrate on academics.

If a swimmer is to miss school due to a meet, it is that swimmer's responsibility to collect schoolwork from your teachers **BEFOREHAND**. It is not acceptable to ask your teachers to make up work after you return from an excused absence. Take initiative, and stay on track with all of your classes.

If a swimmer becomes ineligible two times during the season (i.e. two classes in one six weeks, or two different six weeks) that swimmer may be dismissed from the team.

Goal setting

Setting and resetting goals is an excellent way to maintain focus during the season. Every swimmer will schedule a goal meeting with the head coach at the beginning, middle, and end of season. Examples of individual goals are: making a specific time, qualifying for a specific meet, or mastering an aspect of your stroke or race. The head coach will discuss these goals with you and help you figure out how to reach them. Remember, goals are meant to be set, and reset so that you are always striving for a higher level of performance.

The team also has goals to strive for as a unit. Your coach will communicate these goals to the team throughout the season, and it is the responsibility of every team member to strive to reach these goals. Though not all team members will have the opportunity to compete at every meet, it is the responsibility of every team member to offer support throughout the season.

Code of Conduct

Being a part of this team is a privilege. Participants will conduct themselves in a positive manner at all times. As a member of this team, and a representation of this high school, high expectations are already laid out for you. All team members earned a spot on this team, but it is your responsibility to maintain the work ethic and good sportsmanship that got you here.

- Be respectful and supportive of every member of the team.
- Be able to manage your time and handle the demanding and sometimes grueling schedule of being a studentathlete.
- Demonstrate good sportsmanship at all times.
- Represent this team with pride.
- Commit to the Anderson Swim Team as a whole. We will share common goals, failures, and successes as a unit.
- Be respectful of other teams, coaches, officials, and adults. Also be respectful of the areas in which we practice and sit at meets.
- Be responsible for your actions at all times.
- Follow all AISD rules and school policies, as well as the Anderson Athletic Handbook. ALC Removal will result in a 12 month team suspension.
- COMMUNICATION is KEY. Missing practice, missing a meet, or any other concerns must be brought to the attention of the head coach as soon as possible.
- Adhere to all attendance policies and all other policies outlined in this handbook.

Uniform/ Meet attire

The day of or before a meet team members must wear the following to school:

Dual Meets: Any Anderson swimming or diving t-shirt.

Invitational Meets: Anderson Swimming Polo and jeans or khakis.

TISCA/ Championship Meets: Anderson Swimming Polo and khakis are required.

Travel Uniform: Team members must represent Trojan Swimming when boarding the bus to a meet. The team Tshirt, polo, warmup jacket, or parka are all acceptable. Anderson sweatshirts are also acceptable. Do not wear clothing items that represent a different team.

Race Attire: All Anderson swimmers (including boys) must wear the current Anderson team cap while at meets. Wearing a different team's cap is never acceptable. All Anderson Swimmers and Divers must wear the Anderson team suit during all races except at championship meets in which faster suits are acceptable.

Do not wear your team suit or cap to any other meet. (i.e. club meets)

Varsity Letter Requirements

In order to be considered for a Varsity Letter a swimmer must achieve one of the following:

- A swimmer/diver has scored points for the team at the District Championship Meet (make it into Finals).
- A swimmer has qualified for the Regional Championship meet as a member of a relay.
- A swimmer has completed 3 full seasons with the Anderson Swim Team in good standing. The swimmer must have demonstrated superior dedication to the team including: practice attendance, meet participation, and team involvement.