

Anderson High School
Trojan Swimming and Diving
Team Guidelines
2010-2011

In Pursuit of Excellence

There is a very high standard of excellence associated with being a member of the Anderson Swimming and Diving Team. This standard, set both in the classroom and the pool, has been set in years past and team members are expected to follow in the tradition.

Attendance:

Practice is MANDATORY. Swimmers are allowed to miss THREE practices per 6 weeks for school reasons. A doctor's note of illness or injury is an excused absence. Always text a coach and manager before missing practice. Multiple unexcused absences will result in meet suspension; multiple meet suspensions will result in dismissal from the team.

Swimmers are to attend practice with mild injury or illness. Modifications will be made; contact coach with specific questions.

Winter training is mandatory; please plan vacations accordingly.

After a swimmer participates in his/her last meet of the season, they are excused from practice for the remainder of the season, but are still encouraged to attend. Off-season training will begin after Spring Break.

Attire and Equipment:

PRACTICE: Fins and paddles are required at practice. Please cut your fins 6 inches above the toe; paddles should not be the larger sizes. Do not practice in your team suit. Do not wear club or summer league caps to practice, only Anderson and college caps.

MEETS: Do not wear your Anderson team suit or cap to club meets. Team members must wear Anderson attire to all meets. Any meet with Finals will require the team jacket and polo. Always wear team jacket or parka on a medal stand, or behind the blocks in finals at meets. All relay members will wear matching caps.

SCHOOL DAYS and MEETS: A uniform will be worn to school the day of or before every meet. All Dual/ Tri Meets and Invitationals will require the team t-shirt. Any meet involving Finals will require the team polo and either khaki or white bottoms.

Meets:

The meet schedule will be posted on the website. All meets are subject to change; please be patient with changes and everything will be communicated via the Yahoo group and website.

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 with the coach 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 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.

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 student athlete.
- 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 these guidelines.