

Anderson High School
Trojan Swimming and Diving
Team Guidelines
2016- 2017
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, both in the classroom and the pool, has been set in years past and all team members are expected to strive to follow in this tradition.

Practice:

ATTENDANCE: Unless otherwise communicated, all swimmers will be double blocked in swimming: 1st period on A-Days and 9th or zero-hour on B-Days. Divers may choose to be signed up for either 1st period or zero-hour. Divers must utilize good communication skills to bridge training on a club program with being a member of the high school team. Divers must commit to working toward learning new dives, and improving their high school lineups.

Practice is MANDATORY for all team members. Athletes are allowed to miss two practices per 6-weeks for academic reasons, though they should only take study days if absolutely necessary. If using a study day, athletes must still attend practice, and can utilize the front foyer of the pool to study; if the athlete must attend school for one of their study days, a teacher must sign a note documenting the time you spent in their classroom. A doctor's note documenting illness or injury is an excused absence and does not count toward your two days. Always text a coach and manager before missing practice (even if it is an academic day). Multiple unexcused absences will result in meet suspension; multiple meet suspensions will result in dismissal from the team. Attendance will be taken in TEAMS for being at practice, on both A and B days. We must be diligent in our practice attendance in order to reach the team goals. Please manage your time accordingly so that we have as much time as possible to work toward team goals.

Mild injury or illness must be communicated with the coach prior to practice, and modifications will be directed at that time. You will most likely be asked to attend practice.

Winter training is mandatory; please plan vacations accordingly.

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

TRANSPORTATION: All athletes need their own transportation to practice each day. A district school bus is provided for transportation from practice at the pool to school each day for all non-drivers. If an athlete would like to ride to school with an upperclassman that offers them a ride, they may ride with them as long as their parent has submitted the Private Transportation form, which can be found on the team website.

Attire and Equipment:

PRACTICE: Fins and paddles are required at practice, and though there is a team stock, swimmers are encouraged to buy their own and keep a swim bag at Waterloo. Do not practice in

your current team suit. Always keep extra caps and goggles, and an extra suit in your bag. Do not wear club or summer league caps to practice, only Anderson caps, college caps, or fun caps.

MEETS: Do not wear your Anderson team suit, cap, or parka to club meets, as this violates UIL rules. Team members must wear **all** Anderson attire or team colors to all high school meets. Do not wear club attire to high school meets, or colors that represent other teams. Any meet with Finals will require the team jacket to be worn on deck, behind the blocks, and especially on the medal stand. Represent your team with pride, and make sure to behave accordingly when wearing Anderson Swimming attire in public.

All relay members will wear matching caps for relays.

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 a team shirt and a matching bottom (to be communicated by the team captains). On the day before a championship meet, we will dress up to school; this includes a dress/ skirt/ nice slacks and a blouse for girls; a button down shirt, slacks, a belt, and nice shoes for boys. Have pride in your team uniform at school and be sure to carry yourself with respect and pride at all times when in team gear.

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, FB 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. TISCA, District, 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 always 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, and only these swimmers and relay swimmers will attend.

State Championship Meet: The top two qualifiers 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 when riding on a bus. Carpools will be arranged for meets where we don't take the bus. If a team member must leave a meet early with a parent, this must be communicated in writing with the coach in advance, not on the meet day, as we are responsible for all team members while at a meet.

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 and entry restrictions. Don't take an entry spot from someone else if you're not going to be there!

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 Swimming and Diving 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 at times, grueling schedule. Many Anderson team members before you have laid a high bar of expectation with the teachers of Anderson, and you are expected to maintain our good reputation in the classroom.

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 is excessively absent in the water, or is constantly leaving practice early due to tutoring, 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 teachers BEFOREHAND. It is not acceptable to ask your teachers to make up work after you return from an excused absence.

Take initiative, stay on track with all of your classes, and communicate with the coaches if you are struggling. 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. Communication is key, and your coaches and teammates want to help you succeed.

Time Management and Self-Care:

Time Management: It takes good time management to: be a member of this team, keep good grades, possibly be a member of a club team, as well as other extra-curricular activities. Use your time wisely! First period is meant to serve as a study hall. Time spent in Coach Z's room is expected to be used wisely, and primarily for completing homework, studying for assessments, or collaborating with teammates. It is important to prioritize assignments and assessments. It is recommended that you reference the *Team Course List* to find teammates in the same courses as you as well as upperclassmen that are available for tutoring.

Self-Care: Love yourself and care for your body. You will be very tired and hungry, especially at the start of the season. Stick with it and reference the following recommendations:

- 1) **Hydrate!** Drink lots of water! Get a good water bottle and have it with you at all times: at practice, in your classes, at meets and by your bedside. Water should be your most consumed liquid. As a team we will give up pop (soda!) when we near the championship season, but be mindful and choose water from the start of the season. Chocolate milk is recommended for after-practice muscle recovery, and energy drinks are not recommended.
- 2) **Nutrition!** Eat real food. As a team we will give up sweets when we near the championship season, but it is recommended that you be mindful of the food that you are consuming to fuel your body on a daily basis. Your body will thank you for fueling it with meats, grains, cheese, fruits and veggies!
- 3) **Sleep!** It is recommended that teenagers get over 9 hours of sleep a night. While 9 hours may not be realistic all the time, decide what is realistic and set a bed time and stick to it.

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 may 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.

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2016-2017 Anderson Swimming and Diving Guidelines

I hereby confirm that I have read and accept the team guidelines for the 2016-2017 season.

Athlete Name (printed): _____ Signature: _____

Parent/Guardian Name: _____ Signature: _____

Date: _____