

Hendrickson High School Swimming



Team Handbook
2016 - 2017

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INTRODUCTION

This Handbook is not intended to be all-inclusive. It is possible that situations may arise that are not covered by policies in the Handbook that require immediate action. The coach will address those situations as they occur.

PHILOSOPHY & OBJECTIVES

Swimming is a sport that requires strength, endurance, desire, dedication, and determination. Swimming requires this not only from swimmers but also from coaches and parents. Everyone involved in the sport of swimming sacrifices time, energy, and sleep. The rewards however, are everlasting. Swimming gives athletes a competitive edge in life and will also give them a sense of self-discipline.

The Hendrickson Swim Team is a **Team** sport with individual events. We will remain a **Team** in all circumstances. We must support and act in the best interest of our team at all times. Being part of the HHS swim team is a privilege, not a right, and any behavior or attitude unbecoming of the **Team** will be dealt with accordingly.

HHS swimming is dedicated to giving all swimmers every opportunity to excel. Training, discipline, and good attitude will make all the difference in the world.

Objectives:

- Each athlete will concentrate on improving technique in strokes, turns, starts, and finishes.
- Each athlete will strive to improve their performance in competition by improving their physical and mental approach to swimming.
- Each athlete will maintain a good attitude towards themselves, their teammates, and their coach in practice and competition.

REQUIREMENTS

Being a part of the HHS Swim team is an earned privilege that can be taken away at any time for failure to maintain the requirements and standards of the team. Being a part of the team requires, but is not limited to the following:

- Swimmers must be enrolled in the Swimming course to participate on the Swim Team.
- Swimmers must maintain a passing average in all of their classes.
- Swimmers who fail the second nine weeks will be removed/released from swimming because eligibility will not be gained by the District swim meet entry deadline.
- Swimmers must follow all of the rules set forth by the school, district and the state regarding high school students and student athletes.
- Swimmers must be able to complete workouts.
- Swimmers must display appropriate behavior at all times.
- Swimmers must abide by the rules and expectations set forth in this manual and any that may be communicated at a later date.

ACADEMICS

Hendrickson High School is an academic institution and as such academics should be the main priority of all swim team members. Swimming is an extracurricular activity and not a requirement. If a swimmer is having ongoing problems maintaining good grades while being a member of the swim team, consideration should be given to dropping swimming in order to concentrate on academics.

Most teachers at Hendrickson High School offer tutorial sessions. If they are having difficulty in a particular subject they should take advantage of them! They should not wait until the last minute to go in for help. If they find themselves behind in a subject, they should ask for help immediately.

In accordance with the UIL, "If a swimmer fails any class during a six-week (nine-week) period, he/she will be ineligible to compete for the next three weeks. He/she will regain eligibility if they are passing **all** classes on the next three-week progress report."

In addition to the above UIL rule, the following team rule will apply:

Any swimmer who fails more than one class in a six-week (nine-week) grading period or receives a failing grade on two consecutive report cards will be subject to suspension from the team.

Academics and swimming go hand in hand. A swimmer cannot swim without maintaining good grades. Being on the swim team requires that they manage their time wisely. They should not put off homework and studying until the last minute. Once again, they are at Hendrickson High School primarily for academics - swimming is secondary. They should study hard and concentrate on maintaining good grades.

PRACTICE STANDARDS

Practice is mandatory! If you don't practice, you are not a member of the team.

- A practice schedule has been set, but is always subject to change. The coach will communicate any changes to the practice schedule as they occur.

There are no rain out days. If the conditions make it impossible to swim, there will be an alternate activity. Swimmers should bring swim suits, goggles, caps, dryland attire and gym shoes to every practice. A swimmer must **never** assume there is no practice.

If the weather is so bad as to cancel or late-start school, then practice will be cancelled as well.

Failure to attend practice will be considered an absence in the coach's records. Failure to be prepared for practice will result in an absence in the coach's records. Failure to attend practice will result in consequences. (See Attendance Standards)

ATTENDANCE STANDARDS

Attendance to swim practice is mandatory.

Since practice begins at 6:30am every morning, swimmers will be expected to be in the pool at that time. Swimmers should arrive to the pool early enough in order to change and be ready to start practice at 6:30am exactly.

The official time is the clock at the pool. The swimmer is late if they are not in the water swimming with their school equipment on deck ready for use.

- Two tardies in one practice week will be equal to one unexcused absence.
- Two unexcused absences in one practice week will result in suspension from the next meet.
- Swimmers that are withheld from two meets due to attendance issues will be suspended from the team for a time to be determined by the Coach.
- Barring emergencies or sickness, there should be no reason to miss practice or to get out early. Doctor, dentist and any other appointments should not be made during practice time.
- If a swimmer is going to miss practice, the Coach must be notified **by phone, text or e-mail before 6:40am for attendance purposes**. A swimmer that misses practice will either be counted absent or their grade will be impacted negatively.
- Attendance at all meets is also mandatory unless discussed beforehand with the Coach.

GRADING POLICY

Behavior and conduct will be taken into consideration when grades are given. If a swimmer is rude, disrespectful, etc. or cheats in practice, it will be taken into consideration. Repeated tardiness or leaving early and unexcused absences will also be taken into consideration.

HOLIDAY PRACTICE

Practices offered over holiday breaks are **mandatory!** It is very important to continue practicing consistently with our team during the break due to the proximity of the District, Regional, and State meets. Failure to attend any of the scheduled practices may result in suspension from competing in future meets, including Districts.

Note: Missing practice during this time will adversely affect conditioning for the end of the season.

****Any Holiday travel plans that require a swimmer to miss practices must be communicated well in advance to Coach Tamayo. These plans should be communicated in writing, via e-mail or in a written note, and should include specific dates.**

MEETS

Our meets should be an extra-curricular priority. **All meets are mandatory for members of the HHS team.** If for any reason a swimmer will not be able to attend a scheduled meet, they must notify the Coach in writing as soon as possible. Reasons for missing meets must be approved by the Coach. Failure to attend meets without notification or for unapproved reasons could result in suspension from future meets and/or removal from team.

HHS swimmers are expected to display the highest level of sportsmanship at all times. That includes, but is not limited to, cheering for their teammates and respecting their opponents. Poor sportsmanship may result in suspension from future meets.

MEET ELIGIBILITY/ENTRIES

Most meets have limits on the number of entries per team and some meets have qualifying time standards, thus every swimmer may not participate at every meet. Hendrickson will swim the fastest qualified swimmers. Swimmers and parents will be notified of meets with qualifying times or meets with entry limits.

- Swimmers must meet all qualifications and requirements stated in this handbook.
- Swimmers must not have missed the day prior to the swim meet.
- Relay teams can and may change from meet to meet. Selection of swimmers for relays will depend on eligibility, sportsmanship and individual times.

VARSITY LETTERMAN REQUIREMENTS

Varsity athletes must achieve **one** of the following:

- Qualify for the regional meet in an *individual* event
- Participate in a relay at the regional swim meet
- Have an attendance rate of *over 90%* for *all* required practices.

TRAVEL

All members of the team must travel to and from meets with the team on the bus except for special circumstances or emergencies.

Departure times will be communicated to the team in advance. If a swimmer misses the bus they cannot compete in the meet. They may not drive themselves or be driven by a parent.

Appropriate behavior is expected at all times during travel. All parts of the body are to be kept inside of the bus at all times. In addition, polite and respectful behavior will be shown to all other motorists.

Meals during travel – Money for meals is not provided by the district for any out of town meets before the regional competition. Any money used for meals for out-of-town meets will come out of our Swimming Activity Account – this account is limited to the amount of money the team raises in fundraising! If there is no money in the activity account, the swimmer will cover the cost for their own meals.

OVERNIGHT TRAVEL

The Hendrickson Swim Team may participate in meets that require a stay overnight. Itineraries and information will be distributed to swimmers and their families in a timely manner. Travel requirements to these meets will be the same as our other meets.

Swimmers should be on their best behavior at ALL meets – especially out of town meets. If misbehavior should occur, potential suspension can occur, in addition to disciplinary action taken by school administrators.

There will be no coed rooms while on overnight trips. Room assignments will be made by the coach and may not be changed unless approved by the coach.

DRESS CODE

Swimmers should **wear swimsuits** to the pool for morning practice. They also should wear exercise attire. This includes shorts, T-Shirts, sweats, socks, and **running shoes**.

It is **strongly** encouraged that swimmers wear warm clothing (i.e. sweat pants, hoodies, parkas, etc.) to and from practice on colder weather mornings, as well as head coverings and closed-toed shoes.

CONDUCT & DISCIPLINE

All swimmers are expected to follow HHS rules at all times. In addition, each swimmer is expected to maintain the highest level of **sportsmanship** towards teammates and competitors alike.

The HHS swim team has a zero tolerance policy for the use of alcohol, drugs, and hazing. Any athlete involved in using alcohol, drugs, or tobacco at any swimming event or trip in which he/she represents PISD will be immediately suspended from that team and any other athletic team for one year.

There will be no hazing of any team members. Swimming is a sport where underclassmen are a vital part of the team. Hazing may be grounds for suspension from meets or the team.

DISCIPLINARY ACTION

Any behavior that requires disciplinary action will be handled on situation to situation basis by the coach. Below is the general outline of action (may vary depending on situation).

1st Offense- the coach will meet with student and discuss the matter and possible consequences. Parent contact is possible.

2nd Offense- the coach will meet with student and parent(s) will be notified to discuss matter and possible consequences.

3rd Offense- the coach will meet with student and parent(s) and, in addition to other possible consequences; student will be suspended from team until the coach feels behavior will not be a problem again.

Depending on severity of offense, suspension/dismissal from the team is a possible consequence at any step.

EQUIPMENT

Swimmers are responsible for all equipment issued to them. All equipment is property of Pflugerville ISD. Any abuse or misuse of the equipment will result in the loss of use.

No one outside the swim team may use or wear any piece of team equipment or clothing.

Swimmers are financially responsible for replacing any damaged or lost equipment.

Note: Wearing school-issued equipment and competition equipment outside of high school meets is considered a UIL violation.

INJURY/ILLNESS POLICIES

If injured and unable to swim, swimmers must still attend practice at the scheduled time (unless other arrangements have been made with the coach). While injured or ill, swimmers are still part of the team and are expected to follow all team standards.

All injuries that prohibit a swimmer from practicing, regardless of where or when they occur, must be reported to the Hendrickson Athletic Trainers.

Swimmers will not be cleared for practice until they have a letter from a doctor clearing them for our activities or have been cleared the Hendrickson Athletic Trainers.

Eligibility for practices and competition after injuries and extended time away from practice is based on the discretion of the coach.

TRANSPORTATION GUIDELINES

All team members shall ride the bus *to and from every meet*. In the case of an emergency, swimmers may leave with a legal guardian after a waiver has been signed. Swimmers will only be released to a legal guardian. This includes any overnight meets that may occur.

Swimmers must be dropped off at the Gilleland Creek Pool and ride the bus back to school after practice. Students may drive themselves to and from practice if they have a valid HHS parking permit. Parents who allow swimmers to carpool with other swimmers must sign a waiver and only those swimmers may carpool. **NO EXCEPTIONS!!!** All swimmers must have a transportation arrangement form completed prior to the first practice. Should any changes need to be made, another form must be filled out and signed by a parent.

****To prevent any problems, the team may have seat assignments on the bus.**

SPORTSMANSHIP

Hendrickson High School Swimmers will demonstrate the highest level of sportsmanship at all times. Poor behavior or poor sportsmanship may result in suspension from future meets and the team.

LOCKER ROOMS

- Swimmers should keep locker rooms clean and orderly-clothing, suits, etc. should not be left lying around the locker room.
- HHS Swim Team shares the locker rooms with other teams on campus. They are expected to respect them, their belongings and their space.
- Swimmers **MUST NOT** leave wet towels, swimsuits, or other clothing hanging in the locker room.
- If a swimmer suspects or witnesses any behavior that is not appropriate, it should be reported to the coach.
- If a swimmer sees any unauthorized students in the locker room, it should be reported to the coach.

FUNDRAISING EXPECTATIONS

It is the expectation that all members of the Hendrickson High School Swim Team help support the team by raising the designated amount either through family contribution or business sponsorship. This can be achieved through several team-sponsored fundraising events.

The money raised from these expectations will help pay for the following:

- Team Building
- Away Meet Expenses
 1. meals
 2. hotel
 3. bus
- Team Banquet at the end of the year

PISD COLD WEATHER POLICY

Swimming and Diving

FINA (the International Swimming Federation) was established in 1908 and currently represents 202 separate national federations. FINA represents the International Olympic Committee and is the work governing body for aquatic sports. It determines the rules and regulations for swimming, diving, water polo, synchronized swimming and open water swimming.

FINA Rules for Water Temperature

For swimming in both standard competition and the Olympics, FINA mandates a water temperature of between 25 and 28 degrees C, or between 77 and 82 degrees F.

Cold Policy— Swimming and Diving

- Wind Chill Factor will be added to the Water Temperature; this number must equal to or be greater than 100 degrees F.
- Wind Chill Factor will be above 25 degrees F.
- Water temperature will not be below 70 degrees F.

GENERAL WARNING OF RISK INVOLVED IN ATHLETICS PARTICIPATION

Involvement in athletics requires a high level of physical activity which comes with risk of injury and bodily harm. That added to the inherently dangerous environment of a swimming facility adds a higher degree of risk to those participating in Varsity swimming.

NUTRITION/HYDRATION

Nutrition – a good general rule for nutrition is everything in moderation. Try to eat as balanced of a diet as possible and avoid junk food as much as possible. Include as many fruits and vegetables as you can. Athletes will burn more calories than the average person, but this is not an excuse to eat and drink poorly all of the time. Take care of your body and watch what you put into it and you will feel better mentally and physically.

Hydration – water before, during and after exercise is crucial to keeping your body in top condition. A good judge of how well you are hydrated is your urine. It should be very faint yellow in color. If it's not, drink more water. Avoid caffeine as it will dehydrate you. Juices and sports drinks are also loaded with sugar, so it is a good idea to dilute these with water before drinking them.

PARENT/COACH COMMUNICATION PLAN

Parents are asked to email the Coach so that a mailing list can be established to help the Coach communicate general program information to the parent. Parents are also asked to subscribe to the Remind101 application in order to receive email/text messages from the Coach.

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to children. As parents, when your children become involved in our programs, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

If you have concerns or questions about any of the following, please don't hesitate to contact the Coach via e-mail:

1. The treatment of your child
2. Ways to help your child improve
3. Concerns about your child's behavior

Sometimes there are questions or concerns about what events or relays your child is or is not swimming. Coaches are professionals and make decisions based on what they believe to be the best for the Team and/or the student. These issues must be left to the discretion of the Coach.

Order of Events in High School Swimming

- 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
- 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

* A 15 minute break is often used if there is no diving

Hawk Swimming Records

Time	Women	Date	Event	Date	Men	Time
2:02.28	Hannah Rowley Gabby Greeninger Vivianne Schaffer Samantha McCarty	1/30/16	200 Medley Relay	1/30/16	Noah Moncada Connor Shellaby Jacob Overheim Cameron Doty	1:45.38
1:55.78	Hannah Rowley	1/30/16	200 Freestyle	2/8/13	Aaron Overheim	1:44.79
2:15.99	Hannah Rowley	11/16/13	200 Individual Medley	1/24/15	Jacob Overheim	1:57.75
25.91	Hannah Rowley	12/6/14	50 Freestyle	12/5/15 1/30/16	Tie: Noah Moncada Connor Shellaby	23.06
1:04.94	Hannah Rowley	1/11/14	100 Butterfly	11/13/15	Jacob Overheim	53.87
53.49	Hannah Rowley	2/6/15	100 Freestyle	1/30/16	Noah Moncada	49.95
5:04.81	Hannah Rowley	2/6/16	500 Freestyle	2/8/13	Aaron Overheim	4:39.37
1:49.56	Micaela Moncada Sarah Overheim Rachel McMahon Emily Etnyre	2/11/10	200 Freestyle Relay	1/30/16	Noah Moncada Connor Shellaby Cameron Doty Jacob Overheim	1:31.62
58.36	Hannah Rowley	1/25/14	100 Backstroke	1/25/14	David Thai	56.78
1:10.14	Micaela Moncada	1/30/09	100 Breaststroke	12/5/15	Noah Moncada	1:04.74
4:10.80	Tie: Meghan Overheim Rachel McMahon Micaela Moncada Sarah Overheim Sarah Overheim Micaela Moncada Meghan Overheim Emily Etnyre	11/7/08 10/9/09	400 Freestyle Relay	12/5/15	Noah Moncada Cameron Doty Connor Shellaby Jacob Overheim	3:28.78

Team Policies and Standards Acknowledgement

I have received and read the 2016-2017 Hendrickson High School Swim Team handbook.

I understand and agree to every rule, policy and standard in the handbook.

Name of Swimmer/Diver

Signature of Swimmer/Diver

Date

Parent or Guardian

Signature of Parent or Guardian

Date

Parents please email the coach to help build the parent contact address book. Her email address is . . .

kristin.tamayo@pfisd.net