



## 2021 Swim Team Outline of Expectations

Head Coach  
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### VARSIITY SQUAD

- Shows effort and commitment throughout the season.
- Shows improvement in technique and scores.
- Participates in team activities and is a team player.
- Based on intra-squad results and previous year's performances, the top two swimmers in each event will be selected for the varsity team.
- Swimmers will make the varsity squad in not more than 2 events.
- The Varsity roster will not exceed 18 swimmers.
- Swimmers must be able to complete 10 x 50 on 1:10 to be considered for Varsity.
- Competes in all Dual Meets and Invitational Competitions as determined by coach.
- Varsity athletes will be moved to the JV on their 11<sup>th</sup> demerit.

### JUNIOR VARSITY SQUAD

- Shows effort and commitment throughout the season.
- Shows improvement in technique and scores.
- Participates in team activities and is a team player.
- Competes in home meets only as determined by the coach.
- Advancement to Varsity based on coaching staff agreement.
- JV athletes will be removed from the team on their 11<sup>th</sup> demerit.

### VARSIITY LETTER REQUIREMENTS

- State Team qualifier or
- Holds one of the team's top 6 season best times at the end of the year

## ATTENDANCE POLICY

- Absence from practice or meet = 1 demerit
- 2x tardy/incomplete = 1 demerit
  - Tardy = not in the water by 3:00 pm
  - Incomplete = leaving practice early 10 minutes or more
- Meets and practices are considered the same for attendance purposes
- No “excused” absence. Every absence is considered a demerit. Drastic circumstances will be considered and voted on by the entire coaching staff (i.e. hospitalization, death in the family, etc.).

## OTHER DEMERITS

- Drinking or drug use – automatic suspension for the rest of the season
- Academic probation = 1 demerit
- Disciplinary action at school, practice, or competition = 2 demerits
- Unsportsmanlike conduct = 1 demerit (circumstances will be considered and voted on by the entire coaching staff)

## PRACTICE SCHEDULE

- First Day of Practice: **Monday, August 9th, 2021**
- Tryout Schedule: August 9-14
  - Monday-Friday 3:00-5:00 pm
    - Time Trials – Thursday (8/12)
    - Team Hike – Saturday (8/14) – Announcement of Varsity/JV Squads
- Varsity (starting 8/16)
  - M-F 3:00-5:00 pm dryland then swim
  - SAT 6:30-9:00 am
- Junior Varsity (starting 8/16)
  - M-F 3:00-4:30 pm swim then dryland
- Route 41. Bus transportation provided after school. From the school to the pool only. No bus on early release days.
- Early release days JV and Varsity practices remain normal starting at 3:00 pm.
  - All practices are MANDATORY.

## REQUIRED EQUIPMENT (speak to Coach if you have a hardship)

- Personal apparel
  - Practice suit: Speedo type recommended. No 2 piece suits.
  - Team suit for competition (optional for JV) available at East Valley Sports. Suit fitting at practice.
  - Goggles
  - Team cap, (\$10) required for meets (other team caps not permitted). These are available any day from the coaches.
  - State Cap (\$15) for State qualifiers only
  - Dryland exercise clothing and shoes
- Team Shirt (\$20)
- Water Jug

## TRAINING EQUIPMENT (fins, pull buoy, paddles, etc.)

- Athletes will be issued equipment. Lockers will be provided for storage. Athletes are expected to care for equipment and return at the end of the season.
- Athletes are allowed to use their own equipment.

## Sweat and Parka Policy:

We are happy to provide team sweats and parkas for our Varsity and State athletes when the weather gets cooler. Please be aware of the following:

- Athletes issued team/captain sweats and or parkas are responsible for their return. Athletes need to return the same numbered garment issued to them.
- An athlete who does not return the issued garment is responsible to pay for a replacement as follows:
  - Hoodie - \$25.00
  - Sweat pant - \$20.00
  - Captain jacket - \$25.00
  - Captain pant - \$25.00
  - Parka - \$100.00
- Issued garments are to be returned, washed and in good repair on the following dates:
- Those not going to state: October 23rd at practice. This will be their last team meeting.
- State Team including individual qualifiers, relays and alternates: at the banquet.
- ***Coaches and meet staff are not responsible for items stolen at a meet. Athletes should NOT leave sweats or parkas lying out in the team area OR unattended while they warm up or race. Athletes should place items in a concealed bag or have a friend hold it while they swim.***
- ***Be aware that parkas are hot items at meets and should be guarded.***