

## Centaurus Girls' Swimming & Diving 2008-2009 Team Rules

### Team Rules and Guidelines

- Membership on the Centaurus Swim Team is voluntary. Each athlete on the team has made a choice to be on the team. Making this choice binds each athlete to team guidelines and expectations. The High School season is not an extension of the USA Swimming season. Separate rules and expectations govern team participation from November 11<sup>th</sup>, 2008, through February 13<sup>th</sup>, 2009.
- Membership on the Centaurus Swim Team is a privilege and a choice. Student-athletes on our team are held to a high standard. Team members on our team are expected to act in a manner that reflects positively on the team and the school at all times. During the season, team members may be dismissed for engaging in behavior that is detrimental to the team. You are accountable for your actions and the choices that you make.
- Practice begins on the 11<sup>th</sup> November, 2008, and ends after the athlete's last competition of the season. For some team members that may be the end of the dual meet season. For others it may be after the league or the Colorado State Meet.
- Student-athletes are expected to attend all practices, meets, and functions for the duration of the season unless excused from attendance in advance by the coaching staff. Different practice requirements apply to different levels of the program. Make sure you know when you are to attend practice so that you remain eligible for swim meets.
- Unexcused absences from practice will result in the loss of meet participation. Swimmers are expected to attend practice sessions even if they are unable to get in the water and to notify the coaches in advance if they can not swim on a particular day. If you leave school early, you must contact one member of the coaching staff and let them know if you will not be at practice. Do not assume that we know your schedule and do not tell a teammate to tell the coach. It is **your** responsibility to see that you remain eligible for competition. While we are always happy to talk with your Mom and Dad, we encourage YOU to contact us to talk about any issues that arise.
- The coaching staff will have the final decision on meet events and meet lineups. Swimmers are reminded that the team goals outweigh individual goals.
- Regarding the makeup of team relays, swimmers are reminded that the "team" owns a relay time. For example, being a member of a relay that makes State does not guarantee that you will be on the relay at State. Also, being on a state qualifying relay team at League does not guarantee inclusion on a state relay in preliminaries or finals.
- Team members are expected to travel to and from away meets with the team. This includes dual, relay, invitational, district, and state level meets.
- Hazing and intimidation (verbal, mental, or physical) **will not be tolerated** in any form or manor. Team members are expected to look out for each other and take care of one another. That is what being on a team is all about. Swimmers are encouraged to bring any issue of concern to the coaching staff immediately so it can be dealt with swiftly and appropriately.
- ALL team members are expected to take part in facility set up and tear down for practices and meets. Captains will coordinate and assist the coaching staff in overseeing the implementation of set up and tear down for practices and meets.
- The following violations may/will result in dismissal from the team with no refunds:
  - Possession of: Drugs and/or Alcohol
  - Consumption of: Chewing Tobacco, cigarettes, or any other tobacco product

### Attendance

- It is important that each team member strive for 100% attendance at all practices and meets. A coach will address frequent absences, and they will follow these procedures to remedy the situation:
  1. First warning will result in suspension from the next swim meet.
  2. Second warning will result in suspension from the next two swim meets.
  3. A third warning may/will result in suspension from further swim meets or dismissal from the team.
- **Any swimmer that falls below 85% attendance will be dismissed from the team.**

- **Excused practices are as follows:**
  1. Excused practices are counted as 1 practice missed.
  2. Being sick and not attending school.
  3. Teacher signed note regarding academic work, but all academic help should be in the morning.
- When practice must be missed for medical reasons, be prepared to do a dry land exercise or altered (kicking) program during that time, if allowable.
- **Unexcused practices are as follows: unexcused practices are counted as 2 missed.**
- The swimmer is missing a practice due to serving detention time in school for discipline reasons.
- If a swimmer misses practice and the school, parents, or coach did not excuse the swimmer.
- If a swimmer misses a swim meet due to another activity and was not excused.
- If a swimmer misses his/her event at a swim meet, unless excused by the coach. (Can makeup with a 2,500 I.M. within a week after the offense.)
- If a swimmer forgets his/her swimming equipment during a practice session and can't participate.
- First time = Call parents      Second time = Call parents      Third time = dismissed from the team.
- A swimmer can make up any single offence with a 1,500 Butterfly within one week of an offense.
- A swimmer misses a practice due to another activity.
- **Family Related emergencies (i.e. Death in the family) will not count against attendance percentage.**
- **Allowable college visits, SAT, ACT, PSAT testing will not count against attendance percentage.**

## Competition

- Missing practice or not participating in the swimming/pool session the practice prior to a meet, excused or unexcused, will result in the athlete not being eligible for participation in the meet.
- All athletes must remain on deck throughout the entire meet, unless you need to use the bathroom. This is a team sport and your teammates deserve the same support they gave you when you were doing your event. Athletes leaving early will be face disciplinary action.
- All athletes are expected to be on deck to participate in the meet. There will be NO homework on deck during the meet. If you are behind on your studies request to not be included in the current meet so you can get your studies current.
- All athletes are responsible for knowing which events they are participating in and when their event is. Missing your event can jeopardize your team's chance for success and the results of the meet. Missing your event disqualifies you from your remaining scheduled events and impacts your teammates.
- Be aware of all the rules regarding swimming and diving competition. In a close meet a disqualification can change the winner of the meet.
- Cheer for your teammates. Congratulate them after their events, regardless of the result and what they may feel about their performance.
- Show good sportsmanship. Congratulate your competition following your event. Sportsmanship is key to success.
- Prior to and at the conclusion of your swim check in with the coaches for any comments or observations they may have on your performance. Immediate feedback or comments regarding what may be expected of you in the next event can have a major impact on your performance and how the team may fare in the meet.
- If you are to leave with your parents following an away meet your parents must sign a check-out form before your departure from the meet. Check-out forms are available with the coach at all away swim functions. The coaches are responsible for you and your safety. Don't put yourself in a compromising position.
- All swimmers and divers should be dressed to meet the dress code determined for that day's meet, usually either in team apparel or neatly in street clothes (no jeans or tennis shoes - shirts must be tucked in). Individuals who don't follow this recommendation may be dropped from an event in the next meet.
- Rowdy, disruptive behavior on the bus is not allowed. Concentrate on the meet or use your time wisely.
- All swimmers are expected to wear team suits and team caps at all meets.

## Practice

- If you are a member of the first group to practice on a particular day get all the necessary equipment out and set-up. Put away all equipment that was brought out for your practice or warm-up when your time is up, unless informed otherwise by a coach. If you don't feel it is important to fulfill your set-up or teardown duties you will disciplinary action.
- Swim in the lane assigned to you and leave at the appropriate rest intervals. Make sure you leave properly spaced 10 or more seconds apart, depending upon your circumstances.
- Practice habits are meet habits. Practicing doing things wrong will cost you in the end. **FINISH EVERYTHING YOU START.**
- Complete all practices that you start. If you must leave early from practice a note from your parents/guardians must be given to the coach to grant such a release. Incomplete, unexcused, practices will be dealt with on a case-by-case basis. Unexcused early exit from practice equals an unexcused absence.
- During practice there are expectations that are mandatory:
  1. No getting out of the water during sets and without permission from a coaching member.
  2. No touching the bottom of the pool during an assigned set unless it's during a break in the set, resting or completion of the set has been met.
  3. Every set is completed after touching the wall. Remember that your events don't end until you touch the wall!
  4. When a set is assigned; it is required that you work in and out of every turn and with the appropriate stroke, flip turns are mandatory.
  5. Pulling, sitting or playing on the lane lines or kick boards is strictly prohibited unless otherwise notified.

## Equipment

- Team members will be issued a team uniform as part of membership on the team and are expected to keep the uniform in good condition and return it at the completion of the season. Team members are expected to wear team suits, caps, shirts, warm-ups, and jackets **ONLY** when representing Centaurus High School Swimming & Diving. Failure to do so will result in the loss of meet participation. Do not allow non-team members to wear your team gear. Take pride in your association with our team.
- All swimmers will be issued a parka. This equipment is not for daily use, only for swim meets. Practice and competitive suits, practice caps, goggles, and any other team paraphernalia are to be purchased by the swimmer. Each athlete will be required to purchase their team cap. If the athlete loses their cap or it breaks, the athlete will be responsible for the purchase of a new cap.

## Varsity Letter Requirements

- In order to earn a Varsity letter in the sport of swimming or diving, athletes must score a total of 25 points throughout the season and be a member in good standing with the team (meet and practice attendance requirements).
- Dual Meet points are awarded as follows:  
 Individual Events: 1<sup>st</sup> – 6pts    2<sup>nd</sup> – 4pts    3<sup>rd</sup> – 3pts    4<sup>th</sup> – 2pts    5<sup>th</sup> – 1pt  
 Relay Events:    1<sup>st</sup> – 8pts    2<sup>nd</sup> – 4pts    3<sup>rd</sup> – 2pts    \*Points are divided evenly among relay members
- A different break down of points is used for triangular and invitational meets.
- A swimmer must attend and compete in all scheduled swimming meets and events unless excused by the coach.
- When a swimmer is ineligible to swim due to grades or discipline the team member is automatically not eligible for lettering.
- A swimmer must maintain a practice/meet attendance record of 90%. Any percentage below 90% the swimmer will not receive a varsity letter award.
- A swimmer must be a member of the Centaurus varsity swimming team from November 19<sup>th</sup>, 2007, until the end of the CHSAA competitive season.
- **Unexcused absences will result in a loss of 1 letter point per unexcused absence.** Three tardies for practice equals one unexcused absence.

## **Competitions for Spectators, Team Members & Staff**

**Coaches-** Follow the rules of the contest at all times.  
Accept the decisions of contest officials.  
Avoid offensive gestures or language.  
Display modesty in victory and graciousness in defeat.  
Avoid public criticism of game officials and/or parents.

**Participants-** Show respect for opponents at all times.  
Accept the decisions of contest officials at coaches.  
Avoid offensive gestures or language.  
Display modesty in victory and graciousness in defeat.  
Show respect for public property and equipment.

**Spectators-** Take part in cheers with the teams.  
Work cooperatively with the meet officials and supervisors in keeping order.  
Refrain from making negative comments about officials, coaches, or participants.  
Stay out of the swim area at all times.  
Show respect for public property and equipment.

## **Fundraising**

- All swimmers and families will be responsible for participating in fundraising for the season. For the 2008-2009 season we will be conducting at least one fundraiser:
  1. A Swim-4-Funds will be conducted one Thursday during the season. Each member is asked to complete 200 lengths of the pool and strive for a minimum of \$100 in pledges that they will in turn be responsible for collecting.

## **From Your Coaches**

No set of rules can ever be complete. The coaching staff will determine a solution for any other situation. A coach's job is to coach not be a police officer. Your self-discipline and motivation will eliminate the need for enforcement of these rules. Your attitude and your actions will determine whether you spend more time in the water or on the deck. All of the coaches are expecting a GREAT season and are looking forward to seeing everyone improve.

## Centaurus High Swimming 2008-2009 Athlete's Season Contract

This is an agreement made on the \_\_\_\_\_ of \_\_\_\_\_ 200\_\_ between \_\_\_\_\_ (athlete) and Boulder Valley School District, Centaurus High School, and the coaching staff of the Centaurus Girls' Swim Team. By signing this contract, the athlete named above agrees to abide to all team rules, regulations and policies set forth by the Boulder Valley School District, JeffCo League, Centaurus High School, and Coaching Staff.

The athlete agrees to the following requirements:

- Athletes will be ready on deck with all equipment, when practice starts.
- Every practice is mandatory unless otherwise notified.
- Remain academically eligible for the duration of the season.
- Participation at meets is contingent on a minimum of seven (7) practices before the first competition and dependent on attendance, performance, attitude and eligibility for each competition there after.
- Participate in every meet that the coaching staff has planned/asked the athlete to participate in.
- Athletes are expected to participate in team building activities.
- Every athlete will conduct themselves at/during practice, competitions, travel periods, and school in a professional, polite and mature manor at all times.
- Athletes will follow all instructions given to them from any coach regarding but not limited to athletic practice, attitude, performance, etc.

I understand that by signing this contract, I will follow all team rules, abide by all listed requirements and adhere to any changes in those lists. I also acknowledge that I am making a commitment not only to myself, but to my teammates, my coaches and my school.

\_\_\_\_\_  
Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent of Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent of Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Coach Dan Taylor

\_\_\_\_\_  
Coach Molly McGannon

***Team requirements and rules may be modified during the season if deemed necessary by any coaching personnel at any time without notice.***

