

CHS SWIM TEAM GUIDELINES 2009 – 2010

- 1. GRADES:** Academics take priority over swimming! As a school sanctioned sport, the swim team will comply with the CHS academic eligibility requirements. Swimmers will need to bring a copy of their report cards to one of the Coaches the day after they are received. A printout of the swimmer's grades from the internet dated at the end of the 9 weeks will also be allowed. If a swimmer is not passing 5 classes, he or she will not be able to participate until 5 classes are being passed. This is a TSSAA Rule.
- 2. PRACTICE:** Practice begins Thursday, October 1st at the Compton Aquatic Center at St. George's High School. Practice will be Monday through Friday afternoons. Practice on week days is from 2:30-4 pm. You are expected to come to practice directly from school and be on deck stretching at 2:30 pm and entering the water at 2:45 pm sharp. You are expected to be at practice the week of a swim meet in order to participate in the swim meet that week. At the conclusion of the county high school season, the normal practice schedule will continue only for those swimmers qualifying for the County Championship Meet. Following the County Championship Meet, practice will only be for those swimmers who have qualified for the HS State Meet. We anticipate practices will be held over the Fall, Thanksgiving and Christmas Breaks (not ON the holidays). If you are in town, you are expected to attend.
- 3. ATTENDANCE:** Attendance at practice is necessary to ensure a successful season. Although practice is available Monday through Friday, daily practice is not mandatory for all 5 days. However, please understand the results you obtain this season will be a direct result of the effort you put forth in practice. If you are not practicing consistently, you will not reach your potential. You also may not progress sufficiently to compete at the county and state meets. **You are expected to practice with the team at least 3 days a week. Attendance will be kept and this is a varsity letter requirement. This is also a requirement to be eligible to swim as a relay only team member at the State Swim Meet.** If possible, schedule other activities such as tutoring, doctor/dentist appointments and work around practice time. USS swimmers are not required to attend all CHS practices, but are expected to attend their USS practice for as many days as the USS practice is offered during the week. **If your USS team does NOT meet 5 – 6 days a week for practice, then you are expected to come to the HS practice at least once a week. A reduced Lane Fee will be collected for these swimmers. Attendance will be kept. If your USS team DOES meet 5 – 6 days a week for practice, then you are expected to practice with them 100% of the time and are not required to attend any of the HS practices. Lane Fees will not be collected for these swimmers. These are varsity letter requirements. We will be checking with the ALL USS Coaches to insure that you are indeed practicing with them the maximum number of times per week. If you are absent from school on the day of a meet/practice, you cannot swim in the meet/practice, per Shelby County Policy.**
- 4. TARDINESS:** **Please be on deck, dressed, and ready to practice on time!** Arriving late interrupts the Coaches and other swimmers. **Swimmers arriving late to practice with no excuse will be subject to additional dry land. Should repeated late arrivals occur, the swimmer will be asked to leave, and a parent will have to call the Coaches prior to resuming practice.** If there is a scheduling problem making the practice on time, parents are requested to inform the Coaches. Alternatives (such as car pools) should be explored as a long-term solution. Should a parent run late **occasionally**, the tardiness will be overlooked if the parent comes in to speak with the Coaches. In addition, leaving practice early must be cleared with the Coaches prior to the day of practice. This means swimmers must stay in the pool and participate in the workout until practice has been dismissed.
- 5. TRY OUTS:** A 2-week "Trial Period" will begin on Thursday September 17th for new swimmers to the team ONLY. The cost is \$25.00 for your lane fee for using St. George's pool. **The Trial Lane Fee must be turned into the Coaches by the swimmer or the parent on or before the 1st day of the "Trial Period" or they will not be allowed to swim.** On Thursday October 1st, if the swimmer chooses to join the team, and the Coaches feel the swimmer has reached the minimum skill level to remain on the team, all forms and signed releases plus Lane Fees and Team fees are due. Please see the additional page for an explanation of the fees.

6. **FALL SPORTS:** Those participating in a fall sport/activity, such as Football, Marching Band or Cross Country will be expected to start practice as soon as your fall sport/activity is over. If you are a new swimmer in this situation, you will need to schedule a tryout time with the Coaches. The cost of Lane Fees does not change because a swimmer is delayed starting swim practice because of a fall sport. We still have to pay Full Lane Fees for the use of the STGHS pool for everyone on the team from October 1st through January 29.
7. **MEETS:** The first meet will be at the end of October. They will be held at Bartlett Recreation Center or St. George's Pools on Thursdays at 5 or 7 pm or Saturdays at 9 am or 11 am. The Head Coach will decide what events each swimmer will swim at each meet. Each school has a limited number of entries in each event; each swimmer may only swim in a limited number of events. **A swimmer may only have 1 unexcused absence from the "Dual" meets in order to earn a Varsity Letter. Illness, death in family, college trips, ACT testing are all excused. Homework and family vacation is not excused. This is a varsity letter requirement.** Each swimmer is expected to arrive 45 minutes prior to each "Dual" meet. The team relies on each and every swimmer attending and participating in all of the swim meets. If everyone is not at each swim meet, the team cannot perform to its maximum potential. However, we understand when there are extenuating circumstances. All that is required is a simple phone call to notify the coaches so that the lineup can be adjusted accordingly and in time for the swim meet. **We expect a parent or a swimmer to contact one of the Coaches if you will NOT be able to swim in a swim meet or if a swimmer will be late to a swim meet. Coaches cell phone numbers have been provided for you if and when a problem arises.** The team usually has Pasta Dinners the night before the Saturday SCS meets. **We appreciate any family willing to HOST Pasta Team Dinner.** Please speak to a board member if you can help out. The Shelby County Championships are at the end of January at the University of Memphis. The Tennessee High School State Championships are mid February in Nashville.
8. **FORMS and INSURANCE:** All forms and signed releases must be turned into the Coaches by the swimmer or the parent on or before October 1st or they will not be allowed to swim. These forms include: Swim Team Registration Form, Participation Form, CHS Release Form, St. George's Waiver Form, Website Release Form, Swim Team Guidelines Form, Accident Insurance Form and payment, if applicable. **A Doctor's Physical is required for this year's participation on the team as well.** If your child participated in a Fall Sport at CHS and a Physical was required, they do not need to get another physical. Please obtain a copy of that form from that coach and turn it into the swim team coaches. If your child has seen your Doctor in the last 12 months, that Doctor's Nurse should be willing to fill out the Physical Forms for you and return them in a day or so. If your child has not seen your Doctor in the last 12 months, then they are due for a Physical by your Doctor. **Accident Insurance is optional for this year's participation on the team.** This is added protection for the students because everything we do is offsite from CHS.
9. **TEAM FEES:** The **Team Fees are due on or before October 1st**, after the tryout period is over. Team fee check need to be made payable to "**CHS Swim Team.**" **Please see the additional page for an explanation of the fees.** Separate checks would be greatly appreciated! All Team Fees must be paid in full in order to be eligible to be entered into the County or State Swim Meets. Some of our expenses this year are estimated; therefore our Team Fees are estimated. If we feel we have grossly overestimated the Team Fees and Expenses, we will use excess funds to pay for part of the swimmers meals at the year end banquet.
10. **LANE FEES:** These fees are separate from the team fees and pay for our use of the St. George's Pool but will also be paid to the "**CHS Swim Team.**" The fee for practice at St. George's will be no more than \$225 for the remainder of the season, which will include October, November, December, January and ½ of February. If we are able to raise the money through fundraisers, this fee will be reduced accordingly. Please see the additional page for an explanation of the fees. **Separate checks would be greatly appreciated! THERE ARE NO REFUNDS.** All Lane Fees must be paid in full in order to be eligible to be entered into the County or State Swim Meets. We will begin collecting Lane Fees on October 1st.
11. **EQUIPMENT:** Swimmers and families are expected to pay for their own practice suits, practice caps, goggles and fins. Kick Boards and Pull Buoys are provided by the team. **Fins are required for practice. Please buy your own fins and LABEL THEM BOLDLY!!! They do disappear!** All of these items can be purchased at

All American at Houston Levee and Poplar with a 10% Team discount. Team Wind Suits and Team Bags can be purchased as well. They are optional and cost additional. **See attached sheet for an explanation of Uniform items. YOU MUST HAVE SHORTS AND SNEAKERS TO PARTICIPATE IN DRY LAND!!!**

- 12. FUNDRAISING:** The swim team has always done some kind of Fundraising to help cut the cost of the Team and Lane fees. For two years now we have been able to keep the Team Fees to as low as \$50 per swimmer! **We are always looking for more Corporate Sponsorships. If you can assist in this area, please see Sara Hale.**
- 13. PARENT INVOLVEMENT:** This swim team could not survive without parent volunteers. We rely on all of you to help us make this happen. Don't wait to be asked; please let us know you are available to help out, and if you are asked, please say YES!
- 14. ETIQUETTE:** The pool deck is to be picked up (equipment), and litter-free after each practice. Please wear shirt and shoes when entering and leaving. Do NOT leave clothing or other items on the locker room floor or on the pool deck. Please be considerate and timely in your use of the locker rooms. Use of the pool and locker rooms IS A PRIVILEGE for us. Drugs or alcohol use or unacceptable behavior will NOT be tolerated. If a situation arises, the swimmer could forfeit their ability to swim for CHS and the parents will be notified. The same rules and consequences that apply to students during the day at CHS, apply to them in and around the pool deck. Let's work together to project only the most positive image of Collierville High School students.
- 15. SAFETY:** Do not leave **ANYTHING** in the locker room while you are at practice. Bring **EVERYTHING** onto the pool deck with you. Items left unlocked have been stolen from the locker rooms. Students driving their cars to practice should make sure they lock their cars and put all valuables out of sight. **DRIVE SLOWLY THRU THE STGHS CAMPUS!**
- 16. TIME TRIALS:** Time trials will be held periodically during the season. These time trials are not mandatory, however, a swimmer must have times to swim in any meets.
- 17. VARSITY LETTERS: Letters are earned by achieving the following:**
 - For non USS Swimmers, attendance at a minimum of 3 practices a week. Attendance will be kept.
 - For USS Swimmers, if your USS team does NOT meet 5 – 6 days a week for practice, then you are expected to come to the HS practice at least once a week. Attendance will be kept. We will be checking with the USS Coaches to insure that you are indeed practicing with them the maximum number of times per week.
 - For USS Swimmers, if your USS team DOES meet 5 – 6 days a week for practice, then you are expected to practice with them 100% of the time and are not required to attend any of the HS practices. We will be checking with the USS Coaches to insure that you are indeed practicing with them the maximum number of times per week.
 - A swimmer may only have 1 unexcused absence from the “Dual” meets in order to earn a Varsity Letter. Illness, death in family, college trips, and ACT testing are all excused. Homework and family vacation are not excused.
 - **Qualifying, participating and scoring points for the team in the County Swim Meet in at least one event. If you qualify but do not swim for your team in the County Meet, you will not receive a letter.**

Coach: Justin Ingram

CHS Faculty Sponsor: Josh Metcalf

CHS Swim Team Booster Board: Nancy Overheim (Pres.), Sara Hale (VP), Lynne Roberts (Treasurer)

CHS Swim Team Guidelines

I have read and understand my responsibilities to follow the above CHS Swim Team Guidelines in order to participate in swimming for Collierville High School.

PRINT Student Name _____

Student Signature

Date

Parent's Signature

Date