

DeWitt High School Boys

Swimming and Diving Handbook

2022-23 School Year

Purpose of the Team (Philosophy)

As declared in the Mission Statement for Athletics, the swim/dive team is intended to be part of the educational experience. The lessons that occur as a part of being a member of this team can have a life-long impact. This is the guiding principle used by the staff when interacting with students.

The Reality of Swimming & Diving Sports

It is important that students and parents understand that this is a Varsity Sport and not a recreational program. Swimming and Diving are tough and demanding sports. Participating in sports will take time away from other activities. Please plan accordingly.

It is often assumed that there are no injuries in swimming. The truth is, as with all athletics, injuries do occur in swimming and diving. And while the most common are repetitive stress injuries, swimming and diving, like all sports, have some risk of serious injury or death.

Student Responsibilities Students are expected to...

- Conduct themselves in a legal, moral, and ethical manner at all times.
- Treat team-members, officials, coaches, opposing team members, and themselves with respect at all times.
- Read and adhere to the Dewitt Public Schools Code of Conduct as it applies to students.
- Read and adhere to the Dewitt Public Schools Athletic Handbook as it applies to students.
- Arrive on-time and prepared for all team activities.
- Behave in a positive manner at all times.
- Keep negative thoughts and comments to themselves.
- Participate in all official team activities, practices, and meets.
- Maintain or improve grades throughout the season.
- Perform to the best of their ability, at that time, every time they compete.
- Help setup before and clean-up after practices, meets and other team activities.
- Keep issued equipment clean and in good condition.
- At meets stay with the team and cheer for teammates.
- Make a sincere attempt to learn the skills that are taught.

Practices

- Drag suits are suggested by swim coaches. Any older suit can be used as a drag suit on top of your current swim suit.

- If you need ice or be taped see the trainer before practice starts in order to be ready on time.
- If you miss a practice that a skill you wish to learn was taught, the next practice will not be changed. Each skill will be presented more than once.
- If the group is performing a skill that you missed, watch the others, and imitate them.
- Unless otherwise designated, practices are closed. That means that spectators are not allowed at practice. Do not bring a friend, relative or acquaintance to practice; they will be asked to wait outside. Parents are always welcome to come in to speak with the coach. Please remember practice time spent with parents is practice time not spent with students.
- Practice times are tentative throughout the season but refer to the season calendar. You will be made aware of any changes as quickly as possible.
- Attendance will be taken at the beginning of practice with swimmers lined up in a numerical order established alphabetically by last name.
- Everyone is responsible for the care and use of equipment.
- We are not the only people who use the locker rooms, so be sure your valuables are locked at all times.
- No Jewelry (just like at meets.)

General Information

Please be sure to eat healthy and try to get as much rest as possible especially during the intensive training phase. Be prepared for the weather!! Winters are unpredictable but we swim and dive during the coldest months of the year, you need to dress in dry clothes and shoes to leave the pool and wear a hat if it is cold. Be sure to dry your ears after swimming or diving, try not to get sick.

Varsity Awards

Varsity letters will be awarded based primarily on your performance - the number of points you score. Your attitude and non-scoring contributions (including attendance – see attendance section) to the team are also factors. Those who do not receive a varsity award may receive a JV award. All students will be extended the opportunity to compete in varsity events. This does not mean that all students will receive Varsity Awards. To earn a Varsity Award you need to score 20 points during the season or score points in the League or State Championship meet. Additionally, seniors completing 4 years of team commitments but may not score 20 points or place at leagues can letter. Students involved in disciplinary actions might not receive awards regardless of points scored.

Practice Schedule

A practice schedule will be handed out at the beginning of the season. The schedule is also on the website maintained by Coach Gregg Brace. You can find the schedule and other information at <http://www.swimbuz.com> and click on the boys link!

Practice Times

The locker room will be opened about 2:40PM. Be on deck and ready to swim at 2:45. Please change as quickly as possible and get out and help with lane lines. Practice starts promptly at 2:50PM (roll call attendance). Practice concludes at 5:00PM. **Swimmers and Divers must be done and out of the locker room 15 minutes after the conclusion of**

practice. During morning practices you will have until 7:15AM to leave the locker room. This rule will be strictly enforced as it cuts down on locker room issues and gets you home to be with your family and coaches home with their families much quicker!

Attendance

Continuing as in years past...attendance factors into receiving a Varsity Letter. You must attend 90% of all practices to receive your Varsity Letter on top of the point stipulation. This is for any reason including excused absences. Further, you must attend 90% of all morning practices with a tardy being counted as half an absence.

- You are expected to attend all team functions: practices, meets, and meetings.
- If you miss school and then miss practice the absence is excused.
- If you have a doctor's appointment you need to bring a note **from the doctor's office.**
- If you miss practice for any other reason the absence will be unexcused. (If you have a special circumstance, see the coach!)
- If you do miss a practice, a parent should phone the message either to me at DeWitt Middle School (668-3275 – direct extension) or on my personal cell phone **the day a missed practice occurs!**

To swim in a meet you must not have had an unexcused absence within the last calendar week. NOTE: This means that it is possible for you to miss more than one meet because of missing only one practice.

Issued Equipment

Students are financially responsible for the equipment that is issued to them. This means that if a student's equipment is not returned in good shape, that student will pay to replace the equipment. The athlete will not be allowed to participate in the next sport season if equipment is not returned or paid for.

Meet and Training Equipment

Lane markers, timer, touch-pads and other equipment are expensive - Treat them with care.

Meets:

Home Meet

Setup:

Arrive on time and be prepared to do your assigned tasks.

For all away meets you will travel with the team to and from the meet. Be sure to be at the bus loading site at least 5 minutes before the bus is scheduled to leave.

Transportation: If there are special circumstances that you would need to travel to or from with a parent, you must have a parent or guardian sign the sign out sheet that is located right on the table as you enter the pool BEFORE leaving for that scheduled meet. All forms will be there for the whole season so you can essentially sign out for any/all meets you need by having a parent/guardian come in just one time.

Warm-up:

Be on deck, in your suit, ready to swim when warm up starts. Enter the

water feet first.

Line-up: Check line-up, you can swim a maximum of 4 events and no more than 2 individual events. Tell us at once if you are not in the line-up or swimming too many events, etc. **The coaches will decide what events you will swim at meets.** You will be notified what you will be swimming the day of or the day before the meet. In general, you should expect to swim each of the events at least once during the year. In most meets everyone will compete. There are some meets where entries are limited. When it is not possible to enter everyone, the coaches will determine who will compete. Students are expected to attend meets even when they will not be competing.

Team Uniform / General: Team suits, warm-ups and parkas are all part of the team uniform. They should be worn on deck at meets only. If you are not in the water swimming, on the board diving, you should be in the team area not wandering or showering in the locker room.

No Jewelry: This rule includes watches and hair bands worn on the wrist. If you're not sure, don't wear it.

Cell Phones: *No cell phones during dual meets except to listen to your music. Period.* Cell phones allowed only at Invites, leagues and states and should be used *sparingly*. Watch and cheer for your teammates. TALK to your parents in the stands in between swimming and diving and at the end of the meet!

Times and Splits: Relay swimmers must exit pool immediately or it will interfere with the timing system and you won't get your splits. Check your times and splits when they are posted on the wall.

End of the meet: Stay on deck in suit and warm up through the duration of the meet. Get together for the team cheer, shake hands with other team. Clean up team area; do not leave towels, drink bottles, trash etc. and help us clean up after guests. Same for the locker room; throw away shampoo bottles, **DO NOT LEAVE FOOD OR WRAPPERS OF ANY KIND** or we will have ants. Be polite, whenever possible; let our guests through the food line first.

Smile! Have fun, and take pride in your team and yourself. Everyone has the potential to make a positive contribution.

Coach Delaney
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Handbooks for the girls and boys team are quite similar. Much of the information is used with permission from coach Gregg Brace.