Boys Swimming Rules & Guidelines 2013-2014

**Plan your calendar around Swimming:**

A requirement to be on the team is to be dedicated to it. This means you put swimming first and schedule your other activities around the swim schedule. There are two Saturday meets that everyone has to come too; they are January 18th and 25th. These two meets are not optional and if you do not come to one of them you will not get a Varsity or Junior Varsity letter.

**Meet requirements:**

Meet times and locations will be announced and posted, on board, for all swimmers to see. All swimmers are expected to be at **every** meet unless:

* They are out sick from school
* They have a wake or funeral to attend
* They have a mandatory school event, this does not mean the play or ski club
* They have a religious obligation

A swimmer that has been suspended from a meet is still required to come and support his team. While at the meet, that swimmer will help keep score or times for his teammates.

A swimmer with an injury that requires him to sit out is still expected to show up at the meets to support his teammates. While at the meet that swimmer will help keep score or times for his teammates.

An unexcused absence from a meet will result in the swimmer being suspended from the next meet, and the loss of a letter, from varsity to junior varsity or from junior varsity to participation.

After a second unexcused absence a swimmer will be suspended from the next meet and dropped down to participation status no matter what letter he was going to earn.

**Varsity requirements:**

 A varsity letter will be awarded to a swimmer who can achieve one or more of the following:

* A total of 40 points earned for the team score during all regular season meets
* Getting recognizedas first or second division in the Skyland all-conference
* Obtaining one qualifying time for the Individual State Championship

A junior varsity letter will be awarded to a swimmer that does not achieve a varsity letter if they are underclassmen. Seniors can not earn junior varsity letters. If they fail to obtain a varsity letter, they will earn a participation certificate for the season.

This criterion does not guarantee a varsity or junior varsity letter. It only shows ways to earn one. Letters will **not** be given out to swimmers who violate the practice and meet policies.

**Practice requirements:**

Practice times and locations will be announced and posted on my website and on the bulletin board for all swimmers to see. State rules specify that an athlete is required to have 6 practices with their coach before they are eligible to participate in swim meets. All swimmers are expected to be at every practice unless:

* They are out sick from school
* They have a doctor’s appointment
* They have swim practice on a Y team that **same** evening (excluding 6 required practices)
* They have a wake or funeral to attend
* They have a mandatory school event
* They have a religious obligation

Not being cleared medically is an unexcused absent, swimmers had plenty of time to get paperwork in.

If a swimmer has an injury that requires him to sit out, he must still attend practice.

After two unexcused absence, a swimmer will be suspended from the next meet. With every single unexcused absence after the second, a suspension of the following meet will occur. With 5 unexcused absences comes the loss of a letter, from varsity to junior varsity or from junior varsity to participation.

**During Practice:**

 Since the team use RVCC’s pool for practice the team has very limited time to actually swim. The team needs to make the most out of practice by being ready to get into the pool when it is time to be in. This means that every swimmer needs to change and be on the pool deck within 5 minutes from when they first get there. Swimmers that are late to the pool deck will be docked 1 point for every minute late. When told to get into the pool, each swimmer is expected to get in within 1 minute and will be docked 1 point for every minute late.

**Captains:**

 Captains do **not** have to be seniors. Captains will be selected on work ethic, leadership skills, behavior, and attitude, at the sole discretion of the coach.

**Transportation:**

All swimmers must ride the bus to and from all practices and meets. Students that do not take the bus will not be allowed to swim.

**Behavior:**

 As high school athletes, we represent our school when we go out for any event. We need to show good character. Poor behavior will not be tolerated on the bus, at practice, or at a swim meet. Content of behavior is judged by the coach and dealt with accordingly.