



**ROCKWOOD SUMMIT
SWIM AND DIVE TEAM
HANDBOOK**

TEAM OBJECTIVE

To provide every team member the opportunity to excel as a swimmer/diver through the progressive development of individual potential

INDIVIDUAL OBJECTIVE

To strive for personal and team goals by maintaining a positive, respectful attitude and a strong work ethic in practice and meets.

PARTICIPATION REQUIREMENTS

Swimming: All athletes participating on the swim team must be able to complete 50 yards of freestyle and 50 yards of backstroke without excessive stopping at the turn to address safety concerns. Prior competitive swimming experience is not necessary for participation.

Diving: All athletes participating on the dive team must be able to complete one front dive, one back dive, and one dive from any other dive group. Prior competitive diving experience is not necessary for participation.

ATHLETE EXPECTATIONS/RULES

All team members must follow these expectations to promote the individual and team objectives.

1. Arrive on time to practice and meets every day. See the Attendance Policy to follow the proper procedure if you expect to be absent from a team event.
2. Bring all necessary gear/attire to all team events, including an extra suit and goggles.
3. Put forth your best effort at all team events as an individual and as a team player.
4. Maintain team morale by being positive, respectful, and supportive. Do not complain and regularly offer encouragement toward your teammates.
5. Make decisions that will have positive effects on your training (healthy eating habits, regular sleeping habits, good grades, etc). Go to bed by 10pm or earlier. Eat regularly and healthy three times a day.
6. Communicate with the coach and/or athletes any issues or problems to solve them quickly and appropriately to maintain team morale.
7. Learn to enjoy a hard, challenging practice because it is what helps you reach your potential.
8. Hazing will not be tolerated. Anyone instrumental in a hazing activity will be referred to the office, which may result in a suspension from school.
9. Strive for good grades. Failing grades are unacceptable. Two failing grades is an automatic suspension from participation until brought to an acceptable level.

Failure to meet some or all of these expectations may result in a phone call to parents, temporary removal from competition, or, in extreme cases, removal from the team. Steps in disciplinary action may be skipped at the coach's discretion depending on the severity or frequency of the infraction.

TEAM ATTENDANCE POLICY

Each swimmer/diver is expected to be on deck for all practices, meets, and team meetings unless excused in advance by the coach or absent from school due to illness. Any unexcused absences will result in a restriction from competition in the next meet and will affect letter awards. Three unexcused absences will result in an immediate removal from the team. Absences from all or part of Conference practices will result in removal from Conference team and will not compete at the Conference meet.

Attendance Procedure:

1. Contact the coach prior to the activity missed (email, phone, or in-person).
2. Give the reason for the absence.
3. The coach must agree that the absence cannot be avoided.
4. All practices missed must be fully made-up at the time agreed upon.

****NOTE: IF AN ATHLETE MISSES THE PRACTICE BEFORE A MEET FOR ANY REASON (EXCUSED OR UNEXCUSED), HE/SHE WILL NOT BE ELIGIBLE FOR COMPETITION AT THE MEET.**

Team members who are not competing in a meet are still required to attend unless physically unable to participate. Athletes physically unable to participate must provide a note from a physician by the next practice.

Student athletes who are absent from all or part of the school day are **NOT** permitted to participate in **competition** on that day **EXCEPT** for:

1. School-sponsored trip.
2. Excused in advance to attend a funeral.
3. Excused in advance to tend to a seriously ill family member.
4. Doctor/Dentist appointment with a note from the physician's office.
5. Excused in advance for a court appearance.
6. Excused in advance for a college visit.

****NOTE: FOR ANY ABSENCE INCLUDING ILLNESS, PARENTS ARE REQUIRED TO NOTIFY THE COACH AS SOON AS POSSIBLE PRIOR TO A PRACTICE/MEET.**

EQUIPMENT

Swimsuits: Each swimmer/diver must purchase a team suit to be worn at all competitions. Under unique circumstances, exceptions to this rule may be made at the coach's discretion. Swimmers and divers should have a different suit for practice.

Swim Caps: Each swimmer must purchase a team cap with the team logo. This cap must be worn during competition at all times. Under unique circumstances, exceptions to this rule may be made at the coach's discretion. Swimmers and divers should have a separate cap for practice. It is recommended that each swimmer have multiple caps in case one gets lost or broken.

Goggles: It is recommended that each swimmer have multiple pairs of goggles at practices and meets in case the current pair becomes lost or broken.

Team Warm-ups: Each swimmer/diver will be issued team sweat pants and jacket at the beginning of the season. These should be washed regularly and worn at all meets.

Practice Gear: The team provides swim fins, pull buoys, and kickboards for all swimmers. Swimmers are welcome to bring their own practice gear but are not required to do so.

Locks: Each athlete must furnish a lock to keep items secure in the team locker room. Coaches and school officials are not responsible for lost or stolen items.

CAPTAIN EXPECTATIONS/DUTIES

A team captain has the unique leadership opportunity to make a difference in the success of every aspect of the team. A team captain must assume these responsibilities:

1. Set the expectation for all teammates. Train properly. Arrive on-time. Work hard.
2. Treat all teammates equally both in and out of practice. Include all teammates in social functions.
3. Be the team spokesperson by supporting the team, the coaches, and the athletes with a positive attitude.
4. Bring concerns to the coach's attention and also encourage teammates to bring legitimate concerns to the coach.
5. Reduce and eliminate complaining.
6. Assist in leading stretching, dry-land, and meet warm-up.
7. Assist in preparing the pool for home meets and practices as needed.
8. Help new athletes understand what is expected of them.
9. Motivate teammates in practices and meets.

The two captains for the next season are chosen by the team at the end of each season in a secret ballot format and approved by the coach. The new captains are announced at the end-of-season banquet.

AWARDS AND LETTERS

Varsity Letter: Awarded based on the following requirements:

1. Athlete must strive to fulfill the team and individual objectives.
2. Athlete must attend all practices, meets, and team functions unless excused by the coach or absent from school because of illness.
3. Athlete must also fulfill one of the stipulations listed below:
 - a. Place (score points) in 80% of the meets or,
 - b. Place in the top 16 of an individual event at the conference meet or place in top 8 teams in a relay event at the conference meet or,
 - c. Set a new school record or,
 - d. Contribute to the success of the team as a member of the team both Junior and Senior years.

Junior Varsity Letter: Awarded based on the following requirements:

1. Athlete must strive to fulfill the team and individual objectives.
2. Athlete must attend all practices, team functions and meets unless excused by the coach or absent from school because of illness.
3. Place (score points) In 50% of the meets

Participation Awards are given to athletes who do not meet the requirements for Varsity or JV letters.

Special Team Awards: These are voted on by the team and approved by the coaches.

1. Most Valuable Team Member: Swimmer/Diver who proved to be the most important aspect of the team for competition and scoring.
2. Most Improved Team Member: Swimmer/Diver who made the most drastic improvements from the beginning of the season to the end.
3. 110% Hardest Worker: Swimmer/Diver who held the highest work ethic and put forth the most effort throughout the entire season.
4. Most Spirited Team Member: Swimmer/Diver who best promoted team morale by believing in, standing up for, and supporting his/her teammates and coaches.
5. Rookie of the Year: First year swimmer/diver who made the biggest impact during team competition and scoring.

CODES OF ETHICS

Set by the Rockwood School District to maintain a common purpose and vision among all athletes, coaches, and spectators throughout the district.

COACHES' CODE OF ETHICS:

It is the responsibility of the coach to:

1. Care for and act in the best interest of all student athletes, promoting development of a whole person.
2. Be a positive role model; set high standards; demonstrate fair play and sportsmanship to all; never place winning above the value of instilling the highest, desirable ideals of character.
3. Create an atmosphere of pride and respect for the sport, players, officials, opponents, and coaches.
4. Be committed, be knowledgeable, and prepare student athletes to compete to the best of their ability.
5. Promote good citizenship, academic achievement, and a healthy lifestyle.

ATHLETES' CODE OF ETHICS:

It is the responsibility of the athlete to:

1. Always represent your school with pride, handling adversity and success with dignity and grace.
2. Be a role model, committed to the highest standards of sportsmanship, leadership, and personal conduct.
3. Honor commitments to the sport, coaches, and teammates and give an all-out effort in practice and competition.
4. Demonstrate respect for all sports, coaches, officials, teammates and opponents.
5. Practice good citizenship, pursue academic achievement, and live a healthy lifestyle.

SPECTATORS' CODE OF ETHICS:

It is the responsibility of the spectator to:

1. Always represent your school with pride, handling adversity and success with dignity and grace.
2. Create an atmosphere of respect for the sport, players, officials, coaches, and fellow spectators.
3. Recognize that school athletics are a learning experience for students and mistakes are sometimes made. Praise them in their attempt to improve themselves as students, athletes and people.
4. Demonstrate sportsmanship through positive support and encouragement of all players, coaches, and officials.