

Shaker Modified Team Policy

Winter 2024 Season

Head Coach: Maggie Callesano
Email: margaret.callesano@nccsk12.org

Assistant Coaches: Shawna Weaver & Liz Morgan

Conduct:

The value of a good reputation and the manner in which you conduct yourself cannot be over-emphasized. Who you are and what you represent is vital in the perception of others. If you show respect, integrity, and character to those surrounding you on a daily basis people will recognize it. Treat people with the utmost respect. You want your reputation to be an asset.

Choose what you do carefully, including pictures posted on websites such as Facebook, Twitter, Instagram, Snapchat, etc... These sites are accessible to anyone, and once things are posted on there, they are public domain. Items posted on these sites relating to the Shaker Swimming program should reflect you and the team in a positive manner. Remember that individually you represent us all!

The way you conduct yourself around your teammates is crucial in building strong relationships. Don't ever say anything about someone to someone else you wouldn't say to their face.

Practices

- All athletes must be on the pool deck, ready to jump in **ON TIME. We cannot afford to take our time and come in late.**
- All athletes are required to be at every practice, unless prior notice is given to the head coach. **(More than 30 minutes before practice)**
 - If there is no prior notice, and becomes a habit there will be a **meet penalty.**
- A tentative season calendar will be handed out as well as online. This is subject to change and athletes & families will be notified of the change.
- Only Shaker team caps are to be worn during practices. Coach Maggie will have extras if you rip yours
- **Must have 6 practices in order to compete.**
- Unexcused absences– Missing practice without notifying Coach Maggie
 - 1 Unexcused Absence – Warning
 - 2 Unexcused Absences – Will sit out the next meet.
 - 3 Unexcused Absences – Will sit out an additional meet.
 - 4 Unexcused Absences – Meeting with coaches to decide if athlete will remain on the team.

Meet Lineup Selection

- Lineup & events are up to coaches.
 - Do NOT request to be put or not put in certain events
- Coaches select relays

Equipment

- All are **required** to have their own goggles and suits.. Each swimmer will **need to get a mesh bag to store your equipment at school**
 - There will be equipment provided by school & returned at the end of the season.
 - **MAKE SURE YOU HAVE EXTRA GOGGLES**, I will **not** be providing extras to you.

Meets

- All lineups are made by the coaches.
- **NO CLUB APPAREL**
- All Athletes must ride the bus to all meets.
- Athletes must ride the bus back from meets unless the head coach has a written note signed by parent prior to the start of the meet. **I really want all the athletes to ride the bus back to school.**

Academics

- Academics are a very important aspect of life. Student athletes are required to be in good academic standing.

Questions or Concerns?

- If you have any questions or concerns about the season, please notify the coaches immediately!

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I _____ have read and will adhere to all
(print name)
guidelines, procedures and rules in this handbook.

I understand that failure to do so may result in suspension or termination from the team.

Athlete's Signature:

Date:

Parent/Guardian Signature:

Date:
