

New Trier Swimming & Diving

Team Expectations

1. Attendance/Tardiness

- Athletes are expected to attend all practices and meets, including weekends, school breaks, and Final Exams, unless extenuating circumstances arise. Practice and meet schedules can be found on the team webpage: <https://www.newtrier.k12.il.us/boysswimminganddiving>
- If an athlete cannot attend practice, they must notify their level coach in advance of the missed practice. E-mail is the preferred method. If an athlete is in school, they are expected at practice. If a conflict arises, the athlete needs to communicate with the coach directly. Please do not send a message with someone else. Missing a practice or a meet without previous communication with your coach will be considered unexcused and will affect meet participation. Excessive absences may result in removal from the team.
 - o If you are in school, you need to attend practice. If you are healthy enough to be at school, you can practice, though we may modify the workout for you if necessary. Talk to your coaches at the beginning of practice if you are not feeling well. It is typically better to do a light workout rather than to do no workout at all. In accordance with NT attendance policies, a student-athlete must be in school for at least ½ the school day (four 40 minute blocks) to participate in practice or meets.
 - o School Breaks: As you know, our season runs through both Thanksgiving and Winter Break. While we understand the importance of spending time with family during these holidays, it's also important to remember that this is a very short season. Consequently, missing all of Thanksgiving and Winter Break will result in removal from the team.
- All athletes are expected to be on time for practices, meets, buses, and all other team activities. Excessive tardiness may result in your meet participation being limited or removal from the team. A separate warm-up will not be available for athletes arriving late. If you cannot participate in KW class for medical reasons, you may not participate in practice or meets.

While swimming & diving is a no-cut sport, we have standards that are expected of all of our athletes. We are not a club program, we are a team. The commitment is 6 days per week (Monday – Saturday) from the first day of the season in early November through the end of the season in early/mid February. Please schedule appointments, tutoring, etc. around our practice times. Absences should occur rarely, if ever.

Day trips to the city, family in-town, family birthdays, tutoring, club meetings, and studying for a test are just some examples of activities that do not excuse an athlete from practice or meets. We recognize that while these are all important, we are typically asking for only about 90 minutes of your time per day. If the commitment to practices/meets cannot be made, then swimming & diving may not be the sport for you.

2. Behavior

- All athletes will abide by the New Trier Extracurricular Code.
- We will display sportsmanship at all meets and treat opponents, officials, and fans with dignity and respect.
- Hazing and bullying will not be tolerated.



3. **Academics**

- Academic eligibility reports are turned in weekly. Any athlete on the report will have a meeting with their coach.
- If an academic concern or issue arises, the athlete should communicate with their coach as soon as possible.

4. **Meets**

- Athletes are expected to be available for participation in all meets. Line-ups will be posted as early in the week as possible and the coaching staff will do their best to make sure all athletes have an opportunity to compete. Athletes not entered in home meets will be expected to time meets.
- Athletes are to remain on deck and in uniform during the entire meet. No one should be hanging out in the locker room or the stands. Coaches will dismiss the team after the meet.
- Headphones are not allowed at meets unless a coach says otherwise. Absolutely no phones or texting allowed during the meet.
- Bus times and locations will be announced at practice during the week of away meets. All athletes are expected to ride the bus to and from away meets.
- Unexcused absences from meets will result in being held out of following competitions. Athletes not participating in home meets are expected to be in attendance to support their teammates.

5. **Team Apparel/Suits**

- Everyone must have a team suit for meets. Club suits/caps are not allowed at practices or meets.
- Team members will be issued warm-ups and team bags. Only warm-ups and New Trier High School Swimming & Diving apparel are to be worn at meets. No clothing or apparel from other teams, activities, or clubs should be worn at meets.

6. **Team Placement & Awards**

- Swimmers will be placed in a group following the first week of practice. Athletes will be placed in groups based on the ability to train and contribute to meet line-ups.
- The final decisions for end-of-season awards will be based on the coaching staff's appraisal of each participant's performances in meets, in practices (including attendance), and as a teammate.

7. **KW Exemptions**

- KW Exemptions are available to junior and senior athletes who had 90% or better attendance the previous season. If a Jr/Sr athlete does not meet this standard, they may still be granted a KW exemption for the 2nd Semester, provided they have met the attendance requirements. KW waivers for returning athletes will begin the 2nd week of the season.
- Issues with practice/meet attendance and tardiness, may result in loss of KW waiver.



- Athletes out on a KW Exemption will return to their KW class immediately upon completion of their season.

