

Men's Swim & Dive

Team Rules

1. All practices and meetings are mandatory unless the coaching staff excuses them in advance.
2. Any absences not excused will lead to the athletes being: a) held out of meets, b) losing their season's awards or c) dismissal from the team. There should be absolutely NO reason to miss practice during your taper (the last three weeks of your season) If an athlete were to miss 3 consecutive practices due to injury, illness or family event(not including a funeral or family emergency) one will be required to re-establish a full weeks worth of practice before competing in a meet.
3. Home meet set-ups and take-downs will be divided into two groups. Everyone on the team works together for meets.
4. At meets, you must be on deck ready to participate one hour and fifteen minutes before the meet starts if you plan to compete. If you are consistently late(more than once), you will be scratched from the meet
5. Membership on any other outside team or sport is allowed during your season but (i.e. club sports) your commitment is to the swimming or diving team first. All absences for outside participation must be discussed with the coaches ahead of time, if an athlete misses practice for this outside event, the athlete will forfeit any practice points earned towards the varsity letter.
6. You must ride home with the team unless you have the coach's permission in advance to ride home with your parents only. If you wish to ride home with other swimmer/diver parents, you must have written permission in advance from your school's Athletic Director or Coach. An email will be sent out for each away meet to electronically respond to the coaches to make sure we have a full list not riding the bus home
7. Cell phone use is not allowed in any locker room at any time. Cell phones will not be allowed on deck at meets unless specifically allowed by the coaching staff.

8. Your swimmer is allowed one personal day. This must be submitted in writing to their coach, by the swimmer/diver 24 hours in advance of the day intended for the personal day. There are some stipulations involved in this personal day. You may not use the personal day on a meet day, day before a meet, or during taper. This personal day is for athletes that have perfect attendance.(illness and family emergencies will not be counted against this day). Family vacations or extended trips during the season will negate the personal day.

9. Our athletes obviously will have some practices that they will have to miss due to untimely events. We require communication by a guardian after, or preferably before the missed practice. Athletes please follow up with the coaches to see what you missed or will miss during this time away. This is to ensure an honest working environment for the team. It is important to be at practice every day.

10. Anyone with epidermal tissue damage or discoloration around the neck area will not be allowed to participate until the area is sufficiently healed so it can't be seen.

11. We ask all parents to help out with concessions and timing, we ask that you participate in 2 sessions of volunteer work, this may be done at home polo matches or swim meets, football games or booster events. We need your help!

Men's Swim & Dive Team Recommendations

- A. The last two weeks of your season it is strongly recommended that you participate in a specific diet plan. Specific diet recommendations will be provided by coaches at the beginning of taper.
- B. All swimmers will be asked to shave their arms, legs, hands, feet and back for their final swim.
- C. ****You cannot shave or bring a razor to any meet, including the site of the championship meet.****
- D. Make sure that you are getting enough complex carbohydrates in your meals and plenty of water to drink. Stay away from simple sugars (pop and candy). Some athletes may be asked to participate in a food journal.
- E. Dress appropriately for weather conditions. You need to stay warm and dry and have your head covered if necessary, especially at football games and other night activities.
- F. To prevent Swimmer's Ear, use an ear drop solution of 1/3rd rubbing alcohol, 1/3rd vinegar, and 1/3rd peroxide, after every practice.
- G. Practice with a purpose, make each and every workout count. Do your best to be a great teammate and role model for our program.