

Gulf High School

2016-2017 Swimming Policies & Procedures

It is the goal of the Gulf High School Swimming Team to provide a safe and exciting environment that promotes good behavior, accountability, academic excellence, responsibility, and integrity that will help the swimmer grow and mature in high school, as well as their future life experiences. Effort, spirit, & sportsmanship (both on and off the deck) are qualities that create the most successful athletes. With a good attitude and a drive to learn the sport, you have a place on our team.

Attendance

- 1) Every swimmer is expected to be dressed and on the pool deck every day, rain or shine. Swim practice will begin **8/8-8/19 M-F 7:30pm-9:30pm** & from **8/22-end of the season M,T,Th,F 7:30-9:30pm**. ****Every Wednesday starting 8/24→ Meet Days**
 - a) If you are well enough to be in school, then you are well enough to practice.
 - Should an athlete have an ailment that restricts them from swimming, there will be dryland practice as an alternate on the pool deck. Such ailments will be determined by the coach.
 - b) All team members are required to arrive on time for practices (plan on arriving 10 minutes early so that we can start on time...our pool time is **valuable**).
 - c) Pool Covers/Lane Lines –ALL swimmers must help or endure the wrath of your coach.
****Remember:** We are guests at the NPR Rec Pool and if they request our assistance with placing pool covers or following certain protocols, we **must** abide by their rules in order to keep the great rapport GHS has with the Recreational staff.
- 2) **TARDINESS**—is not acceptable. Every 3 tardies per week will result in 1 unexcused absence.
 - Students who are absent or arrive 45 minutes after scheduled practice/meet time (without notifying coach at least 30 minutes prior) will not be able to participate that day and will be documented as an unexcused absence.
- 3) If a team member swims/dives for a club team, he or she is required to attend one hour of practice every day, unless otherwise told by the coach. Club swimmers are expected to attend all swim meets.
- 4) **Study Hall:** All swimmers are required attend Study Hall as stated in the GHS Athlete Handbook**
 - **NO** Study Hall = **NO** pool time
 - ****Certain circumstances** need to be address to the coach and will ultimately be decided by the Athletic Director and/or the coach.

Absences

- 1) **EXCUSED**—After 10, athlete will not be eligible to receive Varsity letter
 - a) Sickness (the entire day from school)—Students who go home sick during the school day (and does not return to school) are not eligible for practice or meets; coaches will need a Doctor's note.
 - b) School Related Activities (SRA)
 - i) Athletes are advised to document with teacher/coach signature of any conflicts with practice times, in writing, and give to the head coach by the last FRIDAY of each month.
 - ii) **NOTE:** if you will be missing more than 2 days per week, or missing more than 1 meet day for an SRA (band, musical, speech & debate, etc.), you **MUST** talk to your coach because this may be an indication your schedule may be too full and one might have to take precedence over the other.

Gulf High School

- c) Injury – In the case of possible injury, the coach must be notified of the injury (big or small; whether it occurred during school/practice/meets or outside of school/practice/meets) before the swimmer starts/continues practice. It is up to the coach whether or not the injury warrants further medical attention, alternate practice routine, and/or dismissal from a practice.
 - Should the coach require the swimmer to seek Physician care; the athlete will be unable to participate in practice until a Doctor’s note has been obtain.
 - d) Family Emergencies/Trips – will be determined on a case-by-case basis by the coach, notification must be given ASAP
- 2) **UNEXCUSED** – after 7, athlete will not be eligible to receive varsity letter
- a) Studying –(i.e. making up tests during practice, group project work, extra credit assignments, studying for an AP test the next day, etc)
 - ACT/SAT Tests – For those athletes taking an ACT/SAT test, it is not an acceptable excuse for missing practice/meets. There are plenty of scheduled dates to take these tests.
**Remember: It is the athlete’s responsibility to schedule accordingly.
 - b) Family Events – will be determined on a case-to-case basis by the coach, notification must be given ASAP
 - c) Employment – we realize that several of athletes hold jobs during the season. However, if there are more than 6 occurrences where there are conflicts with you and your job, your coach will need to discuss your situation and one might have to take precedence over the other.
- 3) If a swimmer has 2 unexcused absences in a one week period; he or she will not be eligible to participate in the upcoming meet.
- 4) If you are going to be absent from school/practice, it is imperative that you, the athlete, contact your coach. Contact information can be found on page 4 (there will also be links on GHS website). The message should include your NAME, DATE, TIME, and REASON you will be missing practice.
- 5) **NOTE:** Early notification does not ensure that the absence will be excused; there must be a valid reason and will be up to the coach’s discretion.
- 6) **DROPS** – If you’re going to drop or withdraw from swimming, please let your coaches know. If we find that out from someone else, your presence on the team in future years may be impacted.

Please look at High School athletics as a job; it has very similar characteristics and generally the same expectations, as in you have to put in the work to receive the rewards!

Meets

- 1) To be eligible to compete in a scheduled swim meet you are required to attend school and be at practice the day before a meet. If a meet is on a school day, you must be at school to participate in the meet.
 - If unexcused absence occurs the day before the meet, the student will not be eligible to participate in the meet.
- 2) All swimmers are requested to attend EVERY meet regardless of whether they are swimming or not. It is expected that every swimmer remains for the entirety of the meet to support their team.
 - **Remember:** Swimming is an individual sport with TEAM results and we foster the highest standard of the Buccaneers Sportsmanship we have come to expect at our school.
- 3) If, for some reason, a swimmer misses **two or more competitions**, he or she will be ineligible to receive varsity letter.

Gulf High School

- 4) The meet schedule can be found on GHS website & Gulf High Swim & Dive Team Facebook Page. If athlete becomes sick the day of a meet, he or she must let the coaches know by 10:00 AM so corrections can be made to the line-up. Failure to do so may result in dismissal from the team.
- 5) All swimmers are expected to be on the pool deck, suited up, by 5:00 pm for home meets (team suit & cap, if available).
- 6) Swimmers are expected to show encouragement & camaraderie as their teammates are competing in their respective events. (CHEER, CHEER, CHEER; you will actually see your teammates swim faster and more aggressively!).
- 7) Bus transportation: All swimmers are expected to ride for selected away meets. Swimmers whose parents are not at the meet must return on the bus. **NO EXCEPTIONS.**
 - As stated in the GHS Athletic Handbook: “If parents wish to bring their child home instead, permission to do so must be obtained from the coach and this permission will be at his/her discretion.”
 - Parent(s) will be required to sign-out their OWN children from the away locations.
- 8) **CLEANUP**—ALL athletes are expected help clean up at the end of practice/meets (both home and away meets).
- 9) **MANDATORY**—County Swim Meet & FHSAA Swimming & Diving Championships are mandatory meets. If a swimmer miss any of these competitions, he/she will become ineligible to letter. This is equivalent to a “final” in swimming.
 - **Eligibility:** All swimmers must participate a minimum of 4 meets to be eligible for 2016 FHSAA Swimming & Diving Championships
- 10) **NOTE:** ANY TEAM MEMBER WHO MISSES A MEET WITHOUT PRIOR NOTIFICATION OR PERMISSION FROM THE COACH WILL BE CONSIDERED TO HAVE QUIT THE TEAM AND THEREFORE NOT LETTER.

Dress/Suits

- 1) Each team member will be responsible for providing his/her own practice suit, goggles, cap (if needed), and towel.
- 2) Each member will be required to purchase a team suit. If there are any financial difficulties, please speak to your coach.
- 3) Shaving—it is recommended to shave the day before the District, Regional & State meet.
 - a) **NOTE:** ABSOLUTELY NO shaving for County Swim Meet.

Parent Involvement

- 1) Parents play an integral role in the lives of any athlete. It is important that parents have the same dedication to the team that is expected of the athletes.
- 2) There will be a mandatory parent meeting before the first meet. Check the GHS website and/or Gulf High Swim & Dive Facebook page for details or contact Coach Jasmin after the season begins. During this time, information on meets, policies, and sign-ups for timing and/or scoring will be available.
 - During meets, parental help is necessary and critical. Meets cannot run efficiently, if not at all, without your help. Please volunteer your time. It will benefit the athletes and the team.

Gulf High School

Contact Information

- Communication is the key to a successful swim season. Please feel free to contact your coach.
- Coach is available via text or phone call Monday-Sunday 8:00am-10:00pm and please leave a voicemail with parents name/student's name.

Coach Jasmin Stitt:

- ✓ Email: Jstitt2690@gmail.com
- ✓ Phone #: 727-810-1868

Eligibility for Participation

- 1) All required paperwork must be given to the Coach BEFORE athlete(s) start practicing:
 - Notarized District School Board of Pasco County Athletic Participation Form (Must be dated after **May 1**)
 - GA4 Recruitment Form
 - EL2 Pre-participation Physical Evaluation, Physical Evaluation
 - General Information For Students And Parents
 - EL3CH Concussion and Heat Illness Liability Forms
 - EL3 Consent and Release Liability Certificate
- 2) The participation fee must be given to the coach BEFORE athlete(s) start practicing:
 - \$60.00** (non-refundable) for the first sport.
 - i) Payment plans are available and will be coordinated through the coach.
 - ii) ALL monies must be paid by Friday, 9/23/16.
 - iii) If the participation fee is not paid by the requested date, the athlete will not participate in future practices/meets, until the fee is paid. ****Remember:** This may result in ineligibility in receiving a varsity letter due to inability to participate in practices/meets.
- 3) An original birth certificate must be presented to the coach for verification for NEW swimmers (this only needs to be done ONE time while the athlete remains at GHS).
 - PLEASE COPIES ARE NOT NEEDED

***Any other special circumstances please consult with your coach and/or look to the GHS Athlete Handbook for more information.

Gulf High School

Continuing Eligibility

- 1) Athlete must maintain a cumulative GPA of 2.0
 - a) The Athletic Director will notify your coach of any ineligible student-athletes
 - School always comes first!
 - b) As stated in the Athlete Handbook: “Any athlete not meeting 2.0 GPA is not eligible to practice. The athlete may practice after his/her progress report is above 2.0 with Athletic Director approval.”
- 3) Must have less than 5 unexcused school absences in a calendar month.
 - As stated in the Athlete Handbook: “...obtaining 5 unexcused absences (in school) in calendar month will not be eligible for the following 9 weeks.”

Earning Your Varsity Letter

- Maintaining a cumulative 2.5 GPA
- Attend at least 80% of the scheduled practices
- Swimmers: must know and perform all four strokes without disqualifying
- Swimmers: Must complete every individual event in a meet and/or practice
 - ❖ No more than 4 events to be completed in practice
- Attends at least 6 scheduled swim meets
- Attends both the County Swim & FHSAA Swimming/Diving Championship meets

Gulf High School

2016-2017 Swimmer Code of Conduct

As a member of the Gulf HS Swim Team, I will:

- Value the opportunity to be a member of GHS.
- Act and behave in a way that positively reflects upon GHS and the team.
- Display proper respect and sportsmanship toward all coaches, officials, administrators, teammates, competitors and the public at all times.
- Value the rights, dignity, and self worth of all others.
- Be a positive role model.
- Accept the responsibility of my actions.
- Be aware of and adhere to GHS standards, rules, regulations, and policies.
- Refrain from any form of harassment, discrimination, or abuse (physical, verbal, emotional, etc) towards others.
- Refrain from engaging in inappropriate physical or sexual conduct. .
- Immediately report any violations of the GHS Athlete Handbook to the appropriate authority.
- Understand the possible consequence of breaking the GHS Athlete Handbook.
- Refrain from any act which would be considered an offense under federal, state, or local laws and rules.

Disciplinary Actions

Failure to comply with the GHS Athlete Handbook & GHS Swimming 2016/2017 Policies & Procedures as set forth in this document may result in disciplinary action. Such discipline(s) may include, but may not be limited to:

- Dismissal from the current team function.
- Suspension from team functions (including practices, swim meets, and activities).
- Suspension of future travel privileges with Gulf High School Swim Team

GHS Swimming Athlete Member

I acknowledge that I have read, understand, and agree to abide by the Gulf High Swimming 2016/2017 Policies & Procedures.

Athlete Printed Name

Athlete Signature

Date

Parent/Guardian of Gulf High Swimming Athlete Member

I, the parent/guardian of the above mention athlete member, acknowledge and agree that I have read and understand the Gulf High Swimming 2016/2017 Policies & Procedures. I agree that my athlete member will abide by the Policies & Procedures.

Parent/Guardian Printed Name

Parent/Guardian Signature

Date