



# Park Vista Community High School 2019 Swimming and Diving Team

14 Weeks of a Life Challenging, Changing, and Character Building Experience!

## Rules and Expectations 2019

Attendance + Attitude = Achievement & Athleticism

### ATTENDANCE TO PRACTICES & COMPETITIONS

#### Practice Attendance Policy for Non-Club Swimmers

Park Vista Swimming and Diving expects athletes to be at every practice and every regular and post season swimming competition through the district championships.

1. SWIM PRACTICE TIMES: Mon.-Thurs. 3:30 - 5:00 at Lake Lytal Park Pool. **BE READY TO SWIM AT 330 AND NOT STROLLING INTO AQUATIC COMPLEX**
  - a. Pre-Season Conditioning Begins Tuesday June 4<sup>th</sup> 9-10:15 am. Fall Tryouts begin: Tues. 8/6 3:30pm at Lake Lytal.
2. Swimmers and Divers are expected to be at every practice/competition/fundraiser:
  - a. Academics: While academics take priority over athletics; it is not an excuse for missing athletic team practices and meets. Athletics actually help students to budget time; with practice ending by 5pm
  - b. Social-Sporting Events: Not an excuse.
  - c. Menstrual Cycles: Not an excuse for missing practices.
  - d. Sickness: Fever, vomiting, hospitalization and death are the excuses for missing practice.
  - e. Family/Religious Conflicts: A note from parent/guardian must be presented to the coach prior to an anticipated conflict in order to miss a practice for family and religious reasons.
3. **CONSEQUENCES OF MISSING PRACTICE(S):** PARTIAL or TOTAL REMOVAL FROM SWIM COMPETITION of THE WEEK PRACTICE WAS MISSED; I.E. THE ATHLETE WILL BE EXPECTED TO BE AT COMPETITION BUT WILL NOT BE ALLOWED TO COMPETE; THE ATHLETE WILL AID IN THE TIMING AND TEAM CAMRADERIE OF COMPETITION. IF AN ATHLETE IS REGULARLY MISSING PRACTICES HE/SHE WILL BE REMOVED FROM TEAM ONCE AN **80% ATTENDANCE RATE IS NOT MAINTAINED AFTER 6 WEEKS.**
4. **CONSEQUENCES OF MISSING COMPETITION:** REMOVAL FROM PARK VISTA TEAM. YOUR FINANCIAL OBLIGATION IS STILL DUE (ONCE YOU WEAR A UNIFORM, WE CAN NOT RE-USE IT). YOUR OBLIGATION WILL BE DOCUMENTED WITH PARK VISTA'S SCHOOL ADMINISTRATION.
5. **FUNDRAISERS YOU ARE EXPECTED TO BE A PART OF YOUR ATTENDANCE COMMITMENT.**

#### Practice Attendance Policy for USAS Club Swimmers

**May Practice with Club Team: A Handful of total PV Cobra swimmers may take place before major competitions and our Tryout Assessments (Fri 8/16 3:30pm)**

#### Parent, Swimmer/Diver, & Coach Expectations

To ensure that information is properly conveyed, there must be a three-way relationship between the coach, the athlete, and the parent. It has always been my belief that each person shares equal responsibility but has different roles.

- ◆ **Swimmer:** Park Vista Swimming contains 3 levels of athlete:
  - The USA club swimmer: this athlete trains virtually year around and the preparation of swimming at the collegiate level and the highest level of district, regional, and state competition is a chief goal. These athletes train upwards of 40,000-60,000 yards/meters per week with additional dryland, plyometrics, stretching, and weight lifting taking place including 5am practices.
  - The seasonal returning athlete: This athlete has been a part of Cobra swimming in the past, may have knowledge of the sport, its intricacies and has training loads of approximate 15,000-20,000 yards per week with additional dryland training.
  - The new swimmer to Park Vista who has never been on a competitive swim team: this athlete may have the ability to swim yet no knowledge of the 4 competitive strokes. **Attending Summer Conditioning beginning June 5th and Tryouts Aug. 8 is a must for this swimmer in order to make the Park Vista team.** Being a part of summer conditioning is extremely beneficial.

Note: No swimmer from previous year's Cobra swimming is guaranteed a spot on the 2019 team. Final tryouts and assessments will take place **Friday August 16 330-5PM. Club swimmers feel free to attend your club practice following these assessments.**

**\*\*\*ALL SWIMMERS: CLUB, RETURNING ATHLETES, & NEW SWIMMER TRYOUTS MUST ATTEND THIS ASSESSMENT IN ORDER TO BE ELIGIBLE FOR COBRA SWIMMING. COACHES WILL ANALYZE THE DATA and OTHER RELEVANT INFORMATION FROM THIS FINAL TRYOUT AND POST THE 2019 TEAM ON MONDAY, AUGUST 19 ON COACHES' ROOMS. FINAL TEAM SELECTIONS WILL BE BASED ON SENIORITY, ATTENDANCE BEGINNING IN SUMMER, STROKE ABILITY, STROKE SPEED, AND ATTITUDE.**

- ◆ **Parent:** unconditional support and motivation is tantamount to a student-athlete internalizing motivating forces.
  - Parent's who observe practice sessions: please feel free to observe your child from a position where they CAN NOT see you.
  - Any parent who has a concern about our coaching/teaching style should schedule an appointment through Coach Moorhouse.
  - During hosted swim competitions parents are encouraged to play the key role of a timer. If you can push a button, read numbers, and write...you qualify!!
  - We will be assigning parents to help in obtaining hydration and snack items for swim competitions.
  - **Remember competitive swimming has over 200 skills of body position, breathing patterns, biomechanics, starts, turns, and psychological/competitive confidence that are trying to be taught in an unnatural human medium: water. Please be patient with your child's progress.**

### **Competition Requirements/Guidelines**

- ◆ In typical high school dual meet competitions athletes may compete in up to 2 individual events and 2 relay events. With these parameters it takes a team of only 18 athletes to have every swimming/relay event filled. Since the above numbers represent the maximum allowed, often times extra heats or swimmers involved with less than the 2 individual events and 2 relay (or 1 individual event and 3 relays) maximum will allow the team to have more athletes involved. Attitude, attendance, and athletic prowess will determine how many events a swimmer participates in.
- ◆ Swimmers: Please communicate to the coaching staff if you would like to swim a particular event; do not wait until the season is completed to express your opinions concerning the events you participated in.
- ◆ Time Trials: Mimicking the competitive situation during a practice situation helps determine athletic prowess and eligibility for particular events.
- ◆ **District Championship Team:** Our mission is to put the best team forward for our end of the season State Championship series beginning with Districts; though we would be thrilled to have everyone participate, this would negate our mission. We will put the fastest team available for the District Championship team-this may or may not include every team member.
- ◆ **County Championships Team:** The PB County High School Championship series consists of 2 meets. Saturday's Prelims/Finals meet has qualifying times that participants must be close to achieving. Friday afternoon's Division II Developmental Championship will be open to all Cobra Swimmer's not participating Saturday.
- ◆ ANY SWIMMER MISSING A PRACTICE MAY BE INELIGIBLE FOR COMPETITION AND RELEGATED TO HELPING IN TIMING/CHEERING ON THE TEAM OR LIMITED TO EXHIBITION HEATS.
- ◆ Academic Qualifications:
  - Progress reports may be requested if deemed necessary.
  - Continual academic failures will result in disqualify from the team.

### **Student/Athlete Paperwork & Financial Obligations**

- ◆ **All student/athletes must submit their athletic eligibility forms complete with medical release, parent signatures, and proper notarizations. In order to tryout a student must have this paperwork complete.**
- ◆ \$75 School District of PB County Athletic Insurance (Works for all 3 Seasons)
- ◆ \$250: **Swim Team Obligation: \$250: Diving Team Obligation \$175** Team Suits, Caps, T-Shirts, Shorts, Invitational, Conferences, District, Regional and State Competitions, End of Year Awards, Travel Expenses, Team Building Activities. **Please take off \$60 (females) or \$40 (males) if you wish to use your 2018 suit**
  - This obligation will have fundraising opportunities made to students.
  - ALL members of the team are obligated to pay the amount in its entirety.
  - Parents have the opportunity to write out a check for the Team Obligation; this DOES NOT exclude an athlete from taking part in team fundraisers.
  - REMOVAL FROM or QUITTING THE PARK VISTA TEAM AFTER THE FINAL TEAM HAS BEEN ANNOUNCED AND UNIFORMS HAVE BEEN RECEIVED CALL ON THE FINANCIAL OBLIGATION STILL BEING DUE.
- ◆ Swimmer's having outstanding obligations from last year's team WILL NOT be able to participate in this year's team.

## **Varsity Letter Requirements**

The attainment of a Varsity Letter in Swimming will be based on your commitments to the vision of Park Vista Swimming. Athleticism & Achievement based on Attendance & Attitude.

- ◆ There are 12 weeks available the PV Swim Season. These 12 weeks have appx. 49 scheduled practices and/or competitions before we move into the District Championships in October.
- ◆ Meticulous attendance records will be taken for practices and competitions. Positive attitudes and attendance will result in the attainment of a Varsity Letter in Swimming.

## **Leadership Team Eligibility**

In order for a swimmer or diver to be eligible to be a part of the leadership team they must be a senior who has been a part of Cobra swimming for at least 2 years prior, show outstanding dedication, communication, attendance, service and leadership skills. Captains will be an extension of the coaches' mission of excellence, commitment, and athletic prowess for Cobra swimming & diving.

## **Commitment Signatures**

***Park Vista Swimming and Diving will see you gain in those positive character traits that will last a lifetime outside of the pool!! Character like pure metal, pure gold and beautiful diamonds must be forged through the "heat" of practicing and positive "pressures" of competition. Your commitment to this vision will yield a much healthier & happier "you" and a TEAM that together can do great things! We look forward to you being a part of this life changing and enhancing opportunity.***

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***Look within yourself, weigh the costs & commitments to being a part of a cause/team greater than yourself. The benefit gained through the price that is paid is well worth you being a part of Cobra Swimming and Diving!***

Your signatures below will indicate that you and your parent(s) agree to the Rules & Expectations of Park Vista Cobras Swim and Dive Team.

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
PRINT STUDENT NAME

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date