

Revised (9/8/16)
Brian J. Stahl

Canfield High School Swim and Dive Team Handbook



Coaches:

Brian Stahl

Purpose of the CHS Swim and Dive Team

The purpose of the Canfield High School Swim and Dive Team is to provide the opportunity for each swimmer/diver to reach his/her potential in the sport of competitive swimming/diving, while having fun competing for the team. Our team provides a healthy environment in which each swimmer/diver can enjoy the sport, make lasting friendships and develop a positive self-image. Our coaching staff nurtures the development of each swimmer/diver by focusing on stroke technique, training and competition. The ultimate goal for the program is to provide an opportunity for each swimmer/diver to enjoy the sport and possibly continue on in a college program.

Swim and Dive Team Boosters

The CHS Swim and Dive Team Boosters is an organization of swim and dive team parents who support the team throughout the year during swim meets, as well as with fundraisers and special events. Boosters host three fundraising events each year:

- Fourth of July booth on the Green
- Golf Outing
- Boosterball ticket sale
- Pancake Breakfast

All team members and their parents are expected to participate in these three fundraisers.

Swimmer/Diver Requirements

Every swimmer/diver must be a student of the school to be on the team. Only those swimmers/divers who have handed in the following mandatory information will be eligible to participate and/or compete in the swimming program:

- Physical card
- Emergency medical card
- Comprehensive liability/participant conduct code sheet
- Blue Card
- Concussion Awareness Sheet

If a participating swimmer does not comply with the above requirements for clearance: the coach will be reprimanded; the meet(s), if any, will be forfeited and the offending swimmer/diver will be declared ineligible to compete in the next three meets. No swimmer/diver is permitted walk-on status to swim or dive in one or more meets. Competing persons must be bona fide team members. Parents are expected to volunteer to help in all CHS Swim and Dive Team meets at home. A strong supportive parents group is an important factor in the success of the Swim and Dive program.

Practice Schedule

Morning Conditioning

November - January

Mondays, Wednesdays and Fridays 6:00 a.m. – 7:00 a.m. in the Weight Room.

After School Swim Practice

Monday through Fridays 4:30 – 6:30 p.m. (in the pool)

YSU Beeghly Natatorium

Bus leaves at 3:45 p.m. and returns by approximately 7:10 p.m.

Saturday Morning Swim Practice

Saturdays 10:00 a.m. – 12:00 p.m. (in pool)

YSU Beeghly Natatorium

Bus leaves at 9:15 a.m. and returns by approximately 12:40 p.m.

Expectations

The Canfield High School Swim Team has five simple expectations that everyone must meet.

1. Be There
2. Be On Time
3. Be Prepared
4. Be Responsible
5. Be Respectful

These expectations are very important and must be followed. Violations of these expectations will ultimately end with a letter towards “CARDS.” If a swimmer receives all five letters, he/she will be suspended immediately for one full week of practice and any meet(s) during that time.

Practices

Team members are expected to attend practice each and every day it is scheduled unless ill or there is an authorized absence. When a team member is ill or misses school, this will be noted on an attendance sheet in Google Docs, which will be compared to the school’s absence, tardy and sign-out listings. A *handwritten* note is required within 24 hours from the parents if a swimmer/diver has missed a practice due to illness. It is important that the swimmer/diver attends practice the day before the meet. According to the OHSAA rule; the swimmer must also attend school at least half of the day of the meet (Saturdays excluded). If the swimmer does not turn in the handwritten note, a letter towards the spelling of “CARDS” will be given. No exceptions.

If a swimmer/diver is in school, he/she is expected to attend practice that afternoon (and that morning dryland workout if held), even if he/she doesn’t participate. If any unauthorized absence from practice occurs, the swimmer/diver will be given a letter towards the spelling of “CARDS.” Should a swimmer miss more than three or more consecutive days at any time during the season (even with parent written notes), the swimmer/diver is required to have a handwritten note from the doctor.

Each swim practice is important for the growth and development of a swimmer. If a swimmer/diver misses a practice (excused or unexcused), he/she will swim 10 minutes non-stop

before the next 6 practices to help make-up for the lost training. The swimmer may swim, drill and/or kick. They may also use flippers or paddles during that time. A coach will monitor the swimmer to make sure the swimming is continuous.

Changes and cancellations of practices will be announced, and if necessary, each swimmer/diver will be called. Occasionally, an unforeseeable problem may arise, such as bad weather conditions for which practice will be cancelled. Good communication is needed to avoid unnecessary problems. The coaching staff will do its part to adhere to the above policies.

Team Transportation

Canfield Local Schools provide bus transportation from the school parking lot to all practices and meets. Students are required to ride the bus. The bus schedule is as follows:

- After school practices 3:40 p.m. departure, 7:10 p.m. return
- Saturday practices 9:15 a.m. departure, 12:40 p.m. return
- Week day meets as announced
- Saturday meets as announced

All swimmers/divers/managers and other team members who ride the bus to a practice or meet will return to school on the bus. The only exception will be when a student becomes ill or has an accident in a meet or at practice, and the coach determines that it is in the best interest of the swimmer/diver that he/she is transported home by the parents/coach in a private car. Any other situation where private transportation would be considered must be approved by the coach and athletic director, and must be requested on the proper form (C.A.D. #46) well in advance. No exceptions will be made on the basis of convenience. Riding in school-provided transportation should be considered a privilege, and as such students are expected to conduct themselves in the disciplined, mature manner. Any swimmer that violates the expectations of the team will be issued with a letter towards the spelling of “CARDS.”

Team Equipment

Team equipment will be used by all swim/dive team members and should be taken care of properly. Each team member will receive a CHS swim cap and team warm-ups courtesy of the Booster Club. Swimmers/divers must clean and return the team warmups at the end of the season.

We encourage those trying out for the team to hold off purchasing team-related items until notified that they made the team.

Required first year team member equipment:

- Swim Fins \$20
- Team parka \$75 (embroidery \$36)
- Team suit \$36-\$60
- Jammers \$23-\$44

Note: flippers and parkas do not need to be purchased every year In addition, team members should have:

- Practice suits
- Goggles
- Caps (competitive team caps are provided)
- Warm-ups
- Towels
- Optional equipment: Additional goggles, CHS logo t-shirts and sweatshirts, towels and other items available at your discretion.

Varsity Letters

To earn a varsity letter, the swimmer/diver must display a positive attitude and good sportsmanship, attend practices, and participate in meets. In addition, the swimmer/diver must earn an average of three (3) points a meet or be on the team for a two year time period. The Head Coach reserves the right to award letters and withhold letters to individuals in special situations.