

ALPHARETTA HIGH SCHOOL

SWIM & DIVE HANDBOOK



2019-2020

Alpharetta Raiders Swim & Dive Team

Procedures & Rules Agreement

Purpose of the Varsity Swim & Dive Team

The purpose of the Swim & Dive Team is to enjoy the sport of swimming and diving in a competitive environment. We will work on technique; however, swimmers/divers should already be competent and comfortable in the water with all four strokes for swimmers and 6 dives for divers. The AHS Swim & Dive team is a varsity team and we are a highly competitive team in Fulton County and in the State.

Minimum Requirements

Swimmers must have basic skills of swimming all 4 strokes to make the team. Swimmers will be asked to complete 200 yards freestyle, 100 yard Individual Medley and 50 yard freestyle. (see [time standards here](#)), **ALL STROKES MUST BE LEGAL**. Swimmers must know how to do a racing dive and a flip turn. Swimmers who do not meet the minimum requirements will be ineligible for the Swim Team. Divers need to be able to complete dives from the 6 different categories.

Fees for the Swim & Dive Team

The Booster Club fee is reviewed and determined each year. For the 2019-2020 season, the Swim & Dive Team fee for swimmers and divers is **\$350** (Booster Club \$280, Participation Fee \$70). There will be an additional fee for the team swim suit. Dive practices are held separately and are an additional fee. Every athlete will receive a swim cap, a team t-shirt, and a team jacket* for new team members as part of the registration fee. The fee will also cover the pool rental for swim practices, entry fees for all swim and dive meets, officials' fees, food/snacks, awards, and other team expenses.

After the roster is named there will be no refund of fees for any reason at any time during the season.

Team Uniform

The AHS Swim & Dive Team uniform is the **team T-shirt, team swim suit, team jacket** and **AHS swim cap**. All athletes will be given a **team T-shirt, team jacket, pants** and **AHS swim cap** as part of the registration fee. The team jacket and pants are given one time: when the athlete makes the team for the first time. If lost, these items must be replaced at the athlete's expense. AHS swim caps are mandatory to wear for all swim meets **as well as at practices**. Swimmers should have more than one pair of goggles in case they break or get misplaced. No jewelry of any kind can be worn in the pool during swim or dive meets per the GHSA rules (even a hair band on the wrist is considered jewelry). No slogans or mascots, other than that of AHS, can be on the swim caps or swim suits. The team swim suit will be made available for purchase and is a **mandatory purchase** for all team members. Items that are not required, but are helpful include the following: short fins, mesh bag, duffle bag, drag suit (males) for practice, sweatshirts, goggles and extra swim caps.

Academics

- A. 6, 12, & 18 week progress reports: Failing one or more classes may result in the following consequences:
1. Detention may be designated by the coach until grades are brought up to passing (Days and times will be determined by the coach.)
 2. Attendance without participation at meets and practices.
 3. Report weekly progress until grades are brought up to passing.

****Note:** Spring semester grades will determine eligibility for the next season; therefore, any swimmer/diver who fails 2 of his/her 6 classes Spring semester will be ineligible to tryout for the next season's team as per the Georgia High School Athletic Association's policies and procedures. The Fall semester grades will determine your eligibility for the remainder of the season, which runs into February.

Absenteeism

- A. Swimmers/divers must have a good school attendance record.
- B. Practices:
1. Swimmers/divers are expected to be at dryland practice in workout clothes and athletic shoes and pool practice in a swimsuit unless absent from school.
 2. All appointments should be made on days that practice is not occurring. No other non-school activity may interfere with swim/dive practice. An agreement must be made between teachers/coaches for simultaneous school-related activities.
 3. A swimmer/diver who must miss a practice and who is **NOT** absent from school **MUST** discuss the situation with the coach prior to the absence. The coach may require written notification prior to the absence once it has been discussed with the coach. The coach will determine if the absence is excused or not.
 4. An unexcused absence from practice **MAY** result in the swimmer/diver **NOT** being allowed to swim or dive at the next meet.
 5. Unexcused absences may result in a substitution of another team member into his/her position.
 6. Three unexcused absences from practice **MAY** result in further benching from meets, or removal from the team.
 7. Swimmers/divers must contact the coach prior to any missed practices and are responsible for obtaining information that may have been given during practice.
 8. Any swimmer/diver who is asked to leave practice or meet due to disciplinary reasons, must leave the facility or sit on the bleacher to wait for his/her ride. **The coaches are not responsible for athletes asked to leave practice.**
- C. Meets:
1. If a swimmer/diver is absent from school on the day of a meet, he/she cannot dive or swim at the meet and is responsible for informing the coach prior to the meet. Being considered present at school is being in attendance at least 4 class periods.
 2. Swimmers/divers are required to attend **ALL** meets, including invitationals. (Travel meets requiring additional fees are optional.) A swimmer/diver who must miss a meet and who is **NOT** absent from school **MUST** discuss the situation with the coach. **NO EXCEPTIONS!** The coach will determine if the absence is excused or not.

3. Unexcused meets **MAY** result in the **REMOVAL** from the team.
4. Do not plan other after-school activities during practice or meet times. All practices and meets are mandatory. We will have four dryland practices and four swim practices per week, Monday through Thursday. Swimmers must attend all practices in order to compete in the swim meet on Saturday. Divers must attend their required practices at Marist or Georgia Tech, as well as the dryland practice after school at AHS. If you leave practice before it is over, it will be counted as an absence. Every absence must be accompanied by a parent note.
5. **Swim Atlanta and Dynamo Swimmers may use their swim practices in lieu of AHS practices as long as proof of attendance is provided to the coach.

Valuables

Do not bring valuables to swim/dive practices or meets. If you bring any valuables, make sure they are secure. It is your responsibility for their safety.

Safety at the Pool

Athletes are to follow all rules of the pool. Safety is very important. If an athlete horse plays in or around the pool, he/she will not be permitted to swim/dive. In the event that there is an emergency, a lifeguard will be present to assist.

Good Sportsmanship & Team Etiquette

Swimmers/Divers should display good sportsmanship in and out of the pool. As a representative of Alpharetta High School we will only tolerate good representation. No taunting or name-calling will be tolerated. You are encouraged to cheer for your teammates, but remain respectful to the opponents.

Varsity Letter

To earn a letter the swimmer/diver must be an eligible active team member for the entire season and meet the requirements listed below.

- Swimmers/Divers are expected to attend ALL dryland practices, pool practices, meetings and fundraisers unless excused **ahead of time** by the Coach. Club swimmers expected to attend ALL club practices and are required to turn in monthly proof of attendance forms signed by their club coach.
- Swimmers/Divers are expected to attend ALL swim/dive meets unless excused **ahead of time** by the Coach.
- Swimmers/Divers must qualify for and attend the Fulton County Meet.
- Divers Must Qualify for and attend the State Championship Meet.
- Swimmers/Divers must attend the State meet if they qualify.
- Swimmers/Divers must display team spirit and good sportsmanship in and out of the pool.
- Senior Swimmers/Divers who have participated on the team all of their years at Alpharetta High School.

**All varsity letters will be given at the sole discretion of the coaches.

Academic Eligibility

Swimmers/Divers must have passed five (5) courses the semester immediately preceding participation. **NO REFUNDS** will be given for swimmers/divers determined ineligible in January 2020.

Swim & Dive Team Standards

Think about the responsibilities you will have as a high school swimmer/diver and decide if you will be able to abide by these expectations. You will be ambassadors and your actions will reflect on your school both positively and negatively. While you are expected to conduct yourself in an appropriate manner at all times, visibility is heightened while you are in uniform.

A. School Behavior:

- a. A swimmer/diver **MUST** maintain good behavior in **ALL** school classes and activities. Office referrals regarding discipline are treated with serious attention and will be dealt with by the coach on an individual basis.
- b. A swimmer/diver should also strive to make the best grades possible. This means doing homework, listening and participating in class, and setting the example for others to follow.
- c. Disrespect to any teachers or an adult in school is unacceptable and may result in not competing.
- d. A Swimmer/diver is to obey **ALL** school rules.
- e. A Swimmer/diver should never express negative information regarding teammates or the AHS Swim & Dive program at school or in public. They are to abide by the Code of Ethics in the GHSA Handbook. If these behaviors are exhibited you may be replaced or removed from the team.

B. General Behavior:

The following behaviors are **NOT ALLOWED** by high school swim/dive standards. **VIOLATIONS** will be evaluated by the coaches and administrators and appropriate punishment will be given. (Punishment may be, but is not limited to: benching, suspensions, and removal from the team.):

- *Overt display of affection
- *Undesirable language or gestures
- *Fighting
- *Undesirable immoral behavior
- *Cheating
- *Unlawful acts
- *Violation of school dress code

C. Chemical Use:

1. A student, regardless of quantity, shall not:
Buy, be in possession of, or use a beverage containing alcohol at any time;
 - a. Be in possession of, or use tobacco at any time;
 - b. Use, consume, possess, buy, sell, or distribute any controlled substance at any time.
2. Swimmers/Divers who receive any type of citation or ticket for alcohol use in-season or out-of-season will be benched & possibly removed from the squad. Swimmers/Divers are required to contact their respective coach as soon as this happens—failure to do so will result in removal from the team.
3. Any swimmer/diver who is arrested may be removed from the team immediately. Any swimmer/diver that is found in possession of a controlled substance may be

removed from the team immediately. Please refer to the FCBOE handbook for a detailed listing of controlled substances.

*A **ZERO** tolerance policy for chemical use will be enforced while as a member on an AHS Swim & Dive Team. Please understand that this occurs as soon as you have made the team.*

****Please note that we do not advise, encourage or approve of the use of performance enhancing or dietary supplements. Student-athletes who are found taking part in the consumption of potentially harmful products will be reported to the school officials and may be removed from the team. Students and their parents must consult with their physicians before using any supplement or medication and will be expected to report any use of these to their coach and provide this information on their physical signed by their physician. Any changes in health may require additional medical attention if a coach determines these changes could be harmful to the students.*

D. Team Behavior

1. DO NOT talk about another swimmer/diver in a negative way.
2. Show respect to your coaches at all times. If you have an issue, set up a conference with your coach immediately.
3. Show respect for each other's opinions.
4. Be willing to go the extra mile to improve the team.
5. Be willing to sacrifice time, interests, talents, and perhaps personal feelings for the good of the team.
6. Cooperate with and respect each other.
7. Do your share of the work. Volunteer without having to be asked!
8. DO NOT argue with a teammate in public EVER!
9. Show good sportsmanship at all times.
10. Give 110% in all aspects of swimming/diving.
11. Understand that all swimmers/divers are REQUIRED to ride the bus to and from functions UNLESS excused by a coach.
12. Be neat in appearance and follow the school dress code when attending any function that represents the school.
13. DO NOT wear jewelry while swimming/diving at any time or while in uniform. Body piercing included.
14. DO NOT accept a job or take on another task that will interfere with swim/dive practices or meets.

****You may be suspended, or removed from the team for failure to follow any of the above expected behaviors. Being removed from the team, **NO REFUNDS** will be given for any of the above situations.