

# Harrison/Farmington Boys' Swim and Dive Information 2018/2019

## **INTRODUCTION**

Welcome to the 2018-2019 season of the Phoenix Swimming and Diving Team. I am very excited about the upcoming season. Hopefully it will be filled with a lot of hard work, dedication, ups, downs, wins and most importantly... FUN!! Good luck throughout the season and if you work hard, you will achieve everything you set forth.

## **SCHEDULE**

The first official practice will begin on November 19, 2018. I encourage everyone on the team to do whatever it takes to be in the best shape they can be by this practice. Whether that means doing organized dryland or swimming for another team, it will help when the first day arrives.

## **PRACTICE SCHEDULE**

While school is in session, this will be our schedule:

<b>Mon- Fri (after school):</b>	Swimming 3:00 - 5:30 pm
<b>Tues/Thurs:</b>	Morning practice 5:30 - 7:00 am Weight Room
<b>Wed:</b>	Morning practice 5:30 - 7:00 am Pool
<b>Sat:</b>	7:00 - 9:00 am Pool, 9:00 - 10:00 am Weight Room

Our holiday break practices will be approximately 9:30 am - 12:30 pm on days we will be able to practice. I will let you know which days those are once it becomes closer.

The meet calendar has been handed out and is available on the team website. All meets and practices are subject to change in case of emergencies.

## **PRACTICES**

Practices are the key to becoming a successful swimmer. It is here where you can fine tune your stroke, increase your speed and endurance and try new techniques that may work best for you. I take practices very seriously and expect you to do the same.

## **VARSITY LETTER**

The biggest reward a swimmer can receive at the end of the season is their varsity letter. Swimmers will earn their letter by achieving a certain number of points based on attendance, points in a meet, improvement and whatever else the coach feels like giving them out for or taking them away. The point system works as follows:

- *Attendance*- If the swimmer is at every practice, meet or function, they will receive 50 points. If they have any excused absences, they will only get 47 points. For each unexcused absence, the swimmer will lose 5 points (and you can go into the negatives!). Attendance points carry on from year to year.
- *Points earned in a meet*- However many points that the swimmer earns for us in a meet goes towards their varsity letter.
- *Improvement*- Every time a swimmer swims a PR (personal record), they will receive additional points.

A swimmer MUST receive 150 points in order to receive their varsity letter.

An excused absence is any time the swimmer has talked to the coach about being absent PRIOR to the event, practice or function and the coach has approved the absence. Once you reach three excused absences, that counts as one unexcused absence and you will be held out of the next meet. An unexcused absence is when the coach knows nothing about the absence or the coach does not feel that it should be excused. Each unexcused absence results in the following meet!!! Athletes can be removed from the team if this becomes a problem. You are also required to be at practice (excused or unexcused) the day before a meet or else you will not be competing at that meet.

Examples of unexcused absences: work, homework, sick without a doctor's note, trips with friends, group projects. This list is not final and can change to include more reasons. Examples of excused absences: family vacations made prior to the season, sick with a doctor's note, school function that is required, funeral. The best way to know if your absence will be excused or not, is to ask the coach.

I also expect everyone to be on time and prepared when practice starts. If you are tardy three times, then that will count as an unexcused or excused absence (depending why you were tardy). Being prepared means dressed and ready to practice, mentally and physically.

### **QUESTIONS OR CONCERNS**

Weekly emails reminding the team of upcoming events and important information will be sent out. If you have not gotten any of these emails, please let me know so I can add you to the list.

If any parent or swimmer has any questions or a concern regarding what has been outlined in this packet or anything else, feel free to email me at [dropaquatics@gmail.com](mailto:dropaquatics@gmail.com)

Thank you,

Drew

### **CONTACTS**

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