

Team Handbook

2023 - 2024

Coaching Staff

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Boys Head Coach:

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What it Takes to Become a Husky Swimmer & Diver!

Welcome to the Hamilton High School swim and dive team! We are excited about the upcoming season and look forward to working with all of you this year! We want to be clear about our expectations as a coaching staff so we can have a smooth season where the swimmers and divers can excel.

Participating in Swim and Dive at Hamilton High School is considered an extension of the regular high school program. Your regular curriculum program is a **RIGHT** given to you by the state and national mandates. Participation in swim and diving is considered a **PRIVILEGE** and not a right. With this privilege, ***each individual carries certain expectations that reach beyond those found in the normal classroom setting.***

As a representative of Hamilton High School, and as a Husky swimmer or diver, at school and off campus, this privilege carries major responsibilities for one's personal conduct and behavior. Carefully read through the remainder of this team handbook with your parents. If anything is unclear, or you do not understand the procedures and expectations, please contact your coaches.

Husky Swim and Dive Mission!

It is our mission that our athletes strive to be the best they can be both as athletes and citizens. The following goals are the most important objectives we hope to accomplish each year. Working towards these six attitudes is what it takes to be a husky athlete.

H **Have Fun** – Fun is the result of success through hard work.

U **Undefeated attitudes** – attitudes are contagious habits. **Spread positive ones!!!**

S **Success** – The only place success comes before work is in the dictionary.

K **Keep Grades UP!** – Your education will carry you the furthest in life.

Y **Yes Coach!** – Allow the coaches to coach you. Feedback from your coach is essential to your growth as a swimmer and athlete.

Attitude

Attitude is more important than facts or stats. It is more important than the past or what other people think, say, or do. It is more important than your skill level, how gifted you are, or your appearance. Attitude will make or break a country...a job...a family...a team. The amazing thing is that we have a choice every day regarding the attitude we pick for that day. We cannot change the past and we cannot change the inevitable. The only thing we can do is control the attitude we embrace. A person's success is based on how one reacts to the changing variables every day.

WE ARE IN CHARGE OF OUR ATTITUDES!



The Umbrella of Success

Do you have what it takes to be a success?

Here are some characteristics of successful athletes:

- They set goals for themselves.
- Successful athletes realize that everything worth having in athletics has to be earned. They understand the cost and are willing to work for it.
- Successful athletes consider work a privilege, not a chore.
- Successful athletes don't depend on luck. They know that success goes only where it is invited.
- Successful athletes learn from their mistakes.
- Successful athletes don't make excuses; they take responsibility for a problem.
- Successful athletes cooperate with both coaches and other teammates.
- Successful athletes are the easiest to coach.

Character

“The most important thing in the Olympic Games is not to win but to take part just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well.”

Baron de Coubertin,

Founder of the modern era of the Olympic Games

WHY DO HIGH SCHOOL SWIM?

There are many different levels of swimming from “learning to swim” lessons, summer recreation teams, Club teams, High School and Collegiate teams. In our opinion, High School swimming offers the greatest combination of fun, team spirit, and yet a high level of competition. This is a sport where you may be new to it as a Freshman and be a State Champion by the time you’re a Senior. We’ve seen it many times. In some cases, the kids you meet in HS swimming may end up being your friends for life. Finally, swimming is one of the few sports you can do for competition or fitness for the rest of your life. So let’s talk about the specifics of being on the HS swim team at Hamilton.

WHY WE HIGHLY ENCOURAGE ACADEMY

At Hamilton HS we have the unique opportunity to teach swimming and develop skills all year long as a PE class. For this coming year, it is offered 6th and 7th periods. Academy offers us the time to teach the strokes in great detail. The purpose of the Academy isn’t to grind out yards for 1 or 2 hours. The primary purpose of the Academy is to build the strokes properly so that as yardage increases, the energy of the swimmer is being used efficiently. When a swimmer is going as hard as they can but isn’t swimming very fast, it is almost certainly a breakdown in swimming efficiency.

Academy however is **NOT** just for swimmers that are new to the sport. Sometimes the kids that need it most are those that have been swimming with improper technique for a long time. It has long been known that the faster you move through water, the more critical poor technique (resistance) affects your performance. Throughout the school year, we will be building each of the strokes by using drills that emphasize posture, line, and balance. We also make use of the classroom by filming all the swimmers underwater and analyzing the strokes frame by frame. Many swimmers spend money and time going to a swim clinic for 2 weeks in the summer, we look at this class as a 9-month swim clinic.

When signing up for the academy, please get the most out of it by signing up for 2 hours. Freshmen and anyone new to us, are required to be in 2 periods as you are new to us, and we want the time to get to know you and work with you. If you are a 10-12th and have completed one year of academy then the 6th hour is acceptable, but remember you will get more from the program if you do both periods.

Tryouts & Cuts:

In a sense, swimming at Hamilton is a non-cut sport. If you want to be on the team, there will be a place for you. There will be swimmers in different groups based on the tryouts. For the Varsity team, we will be keeping 24 boys and 24 girls as a core, after-school training group. For the after-school training group, we are limited to 8 lanes. That puts 6 swimmers per lane, which is as crowded as we want to be. Anyone else that tries out but doesn't make the top 24 can still be on the team if they are in Academy. For those new to the program, tryouts consist of being timed in a 50 for each of the strokes as well as a 200 freestyle. Each of the time trials will be about 20 minutes apart. Based on the time trials, the top 24 boys and girls will be placed in the after-school group. See the schedule for tryouts.

Girls - If someone qualifies for the top 24 and is in the 6th-hour academy, your practice will run from 1:30 - 3:30 on Monday, Tuesday, and possibly Friday. Wednesday there is no 6th hour so you will have normal team practice time. Thursday is typically a meet day and will be a film or study hall day. Friday you will have a choice of swimming at the am practice and using 6th hour for study hall and being done at 2:14. Please talk to me if you are thinking of this option and or want more clarification.

Varsity Attendance Policy:

Before discussing who has to be where and when let's just start by saying that we believe the best place for every swimmer to be is right here with our group. We have a very specific program for our short season. In club, you have several months to build up to a taper meet. HS swimming must be prepared for in a different way. HS swimming has an emphasis on speed more than a club program does. This season is only 10 weeks out of 52, and along with the emphasis on speed, there is a greater opportunity to dial into racing which is beneficial for swimmers at every level. We recommend training with the HS group M-F and if you feel you need more, attend Club mornings and Saturdays. We believe the only way to build a strong sense of team is to put in the work and train WITH your team. We have had success with this program having many swimmers that have won State titles in nearly every event as well as relays.

For swimmers that have reached certain times, there will be the possibility of training some afternoons with your club team. ***Any swimmer that has met Level 1 or Level 2 can speak with us individually about your training schedule. Anyone in this group choosing to do some afternoons with club will be recording their workouts and getting Club coach signatures weekly.**

Event	Level 1*	Level 2*
	Boys/Girls	Boys/Girls
50 Free	22.51/25.49	21.99/24.69
100 Free	50.41/55.89	48.29/53.59
200 Free	1:50.61/2:00.99	1:45.79/1:56.79
500 Free	4:59.86/5:25.49	4:47.39/5:13.59
100 Back	57.65/1:04.19	52.09/58.49
100 Fly	55.38/1:02.79	51.79/58.29
100 Breast	1:02.80/1:13.29	59.59/1:07.49
200 IM	2:04.85/2:17.19	1:57.99/2:10.19

Swimmers that haven't met any of the time standards will be required to swim with the HS team M-F.

- Time standards must have been met within the last year starting with last year's high school season (August 2021 - July 2022).
- Swimmers that have met a level 1 time may choose to swim with Club on Monday and Wednesday afternoons.
- Any swimmer that has met a Level 2 standard will meet with us individually to discuss their HS attendance. GIRLS - Level 2 will be expected to train with the high school team one day a week, plus the meet day (Thursday's).

HS vs. Club Swimming:

Sometimes it feels like a tug of war between the Club and HS teams. It shouldn't be. We have coached for MANY years as both a club coach and an HS coach and we speak from experience when we say that each one makes the other BETTER. In our club coaching years, we insisted that our HS swimmers train with their teams. There is an emotional boost that only comes from that experience. The benefit of the club season is that there is a great deal of time to develop aerobic conditioning and if done properly, take the time to develop proper technique. The primary benefit of the HS swimming season is the emphasis on speed and racing. If you are a club athlete that defines yourself as a 200 Fly/400 IM swimmer, this 10-week shot in the arm of speed work can only help you. 10 weeks spent working on your speed will only make the other 42 weeks better.

There is no opportunity in club swimming to have a high-energy, weekly swim meet that is only 2 hours long and lets you race 4 times. This gives you a chance to make race corrections every week of the season and allows the coach and swimmer to develop and practice a race PLAN. Having a race plan doesn't just happen on its own by going hard.

Finally, the energy that comes from being on your school team is impossible to replicate. Watching kids cheer for each other during the final relay of the meet when the winning team wins the meet is an amazing sight.

Aktivate:

Please make sure you complete your application and clearance on Register My Athlete ASAP!!! Once you upload and complete all requirements, check back on the site EVERY DAY until you see that you have a **CLEARED** notice. **You will not be allowed to try out or participate until this is completed.** PLEASE PLEASE PLEASE do not procrastinate on completing this. It requires you to get a physical, along with other documents and short online courses.

The following link will take you directly to the site. Make sure to enter your student ID and name exactly as it appears in infinite campus. You must use either **CHROME**.

<https://www.registermyathlete.com/>

Please continue to check the Hamilton Team official website for updated information. Once you have cleared (meaning everything has been approved by the athletic office) your application/athletic clearance form, we will add you to the team's google classroom where we will have information and announcements pertaining to the upcoming season. We will continue to use this throughout the season as a method of communicating and distributing materials to the athletes.

Coaches' Expectations of Athletes

1. BE POSITIVE, COME WILLING TO LEARN AND WORK HARD, ACCEPT FEEDBACK, BE RESPECTFUL to coaches and teammates AND **HAVE FUN** 😊
2. Be ON TIME to all practices and meets. Please see the season calendar for practice, meet, bus times, etc. The time listed is the time all athletes are expected to be ready to step into the water.
3. **PRACTICE and TEAM EVENTS ARE MANDATORY.**

- As a Husky student-athlete, you are expected to make yourself become the best student-athlete you can be. Becoming an excellent student-athlete takes dedication, commitment, and sacrifice. Attendance at practice is the only way to improve your skills and conditioning. The season is short so try to avoid conflicts with the training and meet schedule.
- If you are ill, injured or an emergency occurs and you are going to miss practice/meet, contact **YOUR COACH** by **9:00 am**. Any athlete who is not able to participate due to an injury is expected to attend and participate in practice depending on their injury, unless excused by their Coach.
- **All swimmers must be at all assigned practices and team events. This includes fall intersession.**
- If you miss practice(all or part) **for any reason** you will not be eligible for the following meet. *This is not meant as punishment, but to keep everything fair and consistent (black and white, no grey area) for all athletes.* If someone is sick, they need to stay home, and should not be at practice or meet. If they were sick they need recovery time as well and in the best interest of their health should not swim in the immediate meet. We have plenty of opportunities to swim throughout the season.
- Exceptions to the above rule:
 - i. College recruiting trips. Please coordinate with the coach so that you are not missing important meets.
 - ii. If an athlete is “forced” to quarantine. Athletes are not sick, but unfortunate to be in a circumstance where they are required to quarantine and have no control of the situation. If you are sick, then the above rule applies.
- Please plan ahead when scheduling appointments (doctor, orthodontist, physical therapy, dentist, etc.). Missing practice for these will be considered an **UNEXCUSED** absence unless, of course, it is an emergency.
- **Fall Break Practice** will follow the same attendance policy. An athlete will notify only their Coach of their absence. If a Coach is not properly notified the absence will be considered unexcused. We will have 11 practices over fall break. You must attend 8 of these practices and the meets. Missing more than this will result in not swimming in the remainder of the season, and not lettering.
 - i. Excess absences, excused or unexcused may result in excusal from the team and/or not lettering.
 - ii. Two tardies will be treated as an unexcused absences
 - iii. Three unexcused absences = Termination from the team for the rest of the season
- Excused absence = sick, recruiting trip, tutoring (2 per year max and please try to arrange for tutoring or help in the morning or in the 30 minutes after school (2:15 - 2:45), and unavoidable appointments. Remember even an excused absence may result in not swimming the next dual meet, but they will not interfere with your place on the team. **FOR THESE TO BE CONSIDERED EXCUSED YOU MUST HAVE COMMUNICATED TO THEIR COACH BY 9:00 AM.** Please do not tell us 5 minutes before practice or meet is about to start.

Please make sure to pick up your athlete after practice no later than 5 minutes late, so Coaches may also leave to get to their appointments and spend time with their families. Anything later may jeopardize the amount of participation an athlete will see at the next meet. A coach is not allowed to give an athlete a ride home.

- Please understand that the timing of the ***fall break falls right at the peak of our training and meet schedule***, therefore it is crucial for all athletes to attend ALL practices and meets during the break. If we are informed of the absence during break the athlete will NOT be dismissed from the team, but priority will be given to those that are in attendance during the break. The coaching staff will also have to consider the length of absence of the athlete for safety reasons as to whether it will be safe for them to compete (REVERSIBILITY PRINCIPLE – use it or lose it). If the athlete has been absent from the training for longer than a few days, their fitness level, which we especially train at, significantly declines and it would be irresponsible of the coaches to place an athlete into a situation that could put them at risk.
- No more than TWO absences are allowed for school-related needs (i.e., tutoring, meeting with the teacher, test make-up). Try to schedule these before school, conference, during lunch, or after school on Friday. Communicate with the HEAD coach prior to tardy or absence and bring a signed note from the teacher that you were working with. NO NOTE = UNEXCUSED ABSENCE. If the athlete is having difficulty keeping up with school it may be best for school work to take priority over swim/dive and the athlete may need to stop.
- **ALL ATHLETES MUST BE ABLE TO COMPLETE UNSCALED WORKOUTS IN ORDER TO COMPETE IN THE MEETS.**
 - If students have been out for more than several days, they will need to complete at least one week or more of training to be physically and safely ready for meets.
 - The safety and well-being of our athletes and team is a priority. The coaching staff does not want to put athletes at risk in high-stress situations if they are unable to complete the workload and intensity in the practices.
- Injuries need to be addressed immediately for the safety and well-being of the athlete.
 - All injuries must be reported and will involve the trainers first, and then based on their recommendations referral to a doctor, and physical therapy as needed.
 - It is essential that the athlete maintain ongoing communication with the HEAD coach during the injury.
 - Athletes are still expected to attend practice and participate in a scaled version of the practice based on their injury needs or if unable to physically participate in any capacity, they will help the team as managers during practices and meets.
 - Once cleared by the athletic trainers and doctors to participate at full capacity, the athlete must FIRST build up to the full work capacity and then successfully complete a full week of unscaled workouts to participate SAFELY in the next meet. Our goal is to safely ease them back into the training and reduce the risk of reinjury or worsening the injury.
 - Athletes that miss more than two weeks due to injury will need to discuss options with the coaches. In a 10-12 week season, 2 weeks represents 16-20% of the season. In addition, the training builds throughout the course of the season, so the athlete would be starting at week 1 after missing two weeks. In this case, the

athlete may need to move to another position on the team for the remainder of the season.

- All the coaches personally understand what it is like to be injured and the desire of the athlete to want to participate and compete, but from experience, we also know that properly treating the injury and trying to come back too soon or push through, can set one back or jeopardize their future in the sport or inadvertently cause stress to the injured area that could affect them throughout their life.

4. Meets

- Husky swimmers and divers practice good sportsmanship. We will represent Hamilton High School in a positive manner in all we do. Team cheers will be appropriate, focus on the positives of competition, and will respect coaches, athletes, officials, and spectators. Any athlete who is injured is expected to attend meets to support their teammates and/or assist the coaches unless a Coach has excused them.
- All swimmers will practice good sportsmanship by shaking their opponents' hand at the conclusion of the competition. Swimmers will also wait in the pool until the final racer has finished their race. At the end of the meet Divers and Swimmers will perform a congratulatory cheer to our opponent(s) then shake hands congratulating competitors for a job well done. Swimmers/Divers will thank officials and timers who have volunteered their time to make the meet/invite possible.
- At our home meets parent volunteers will be needed to assist with timing, scorekeeping, etc. so we can start our meets on time and end in a timely manner. We will do our best to provide these volunteers with water and shade for their time and effort. All athletes are required to stay until all cleanup has been done, the team meeting has concluded, and the team dinner. No exceptions!
- Cell phones are NOT to be used during meets. We would like to not have to collect phones, so please adhere to this during meets. Enjoy this time with your teammates and put all phones away during the meet. Cheer on your teammates :)
- All team members must ride the bus to and from meets. No exceptions.
- An announcement will be made to all swimmers to call their rides when we are 5-10 minutes from school. Please make sure to pick up your athlete in a timely manner. The coaching staff would appreciate the athletes' rides to be waiting in the parking lot when the bus arrives to allow for quicker pick-up. A coach will wait until every student is picked up from the pool parking lot of the school after a meet. Please make sure to pick up your athlete no later than 5 minutes after practice. Anything later may jeopardize the amount of participation an athlete will see at the next meet/invitational. A coach is not allowed to give your child a ride home.

5. Be responsible for a clean pool deck both at home and away. Take care of the team's equipment and facility. Equipment is to be put away neatly after every practice. There will be no horseplay or disrespectful behaviors toward the facility in any manner on deck or in the locker rooms.

6. Do NOT leave personal items in the locker rooms at any time. The Hamilton pool and most pools that we compete at are also used by the public, so to ensure your items are safe please bring them with you onto the deck. Athletes are responsible for their own personal items. **Locker rooms are not accessible this year.**
7. Be responsible and prepared for practices and meets.
- Not having equipment or correct attire for practice is the same as missing a practice
 - Proper attire for practice is a one-piece suit only for females and jammers or speedos for males. **TEAM COMPETITION SUIT CANNOT BE WORN DURING PRACTICE!**
 - Hamilton swim caps only.
 - Water bottle
 - Goggles – always have a back-up pair.
 - All other equipment (fins and kickboard are provided by the school and must be taken care of as if they are your own, returning them NEATLY to the storage room at the end of practice each day).
8. Team – Meet Day uniform. Team apparel is expected to be worn at all meets, this includes:
- Team Suit
 - Team shirt
 - Team cap
- You cannot wear your club team cap during a meet. This includes wearing it under your Hamilton team cap. Doing so may count as a disqualification.
9. Attendance at duel meets and TEAM EVENTS is mandatory from start to finish. This includes all athletes both swimmers and divers. If the events that you are competing in have concluded for the afternoon, then please cheer your teammates on or help time.
- All athletes (swimmers and divers) must stay until the conclusion of the meet or team event. Some meets will conclude with a team dinner. This is team time and is mandatory for all.
10. Invites – we are allowed to attend 4 invites during the season. Invites are exciting and a great opportunity to swim fast in a very competitive setting. This is also the **only way** a swimmer or diver can qualify for state.
- We don't always know the dates of the invites until the swim season starts, but if you are scheduled to be in an invite then it is expected that you attend. Spaces are limited in an invite, therefore getting into one is a privilege. If you feel you might have conflicts please communicate with the coach in the first two weeks of the season. Once we send the roster to the host school for the invite (usually 1-2 weeks before the competition date) the meet is closed and we cannot make any changes. Therefore, if we schedule you in the meet and you tell us after we have sent in the entry, another athlete loses the opportunity to swim and the overall team is affected because we are one man down in scoring.
 - NOT showing up or failing to communicate with us prior to the invite that you cannot attend is grounds for dismissal from the team and will not be considered for a varsity letter.
 - This applies to the state meet as well.

11. Please pay attention during practice for your and your teammates' **safety**. We will expect you to follow all proper swimming etiquette at all times for everyone's safety. These guidelines are designed for all swimmers' safety.
- NO DIVING IN THE POOL, except for designated practice times by coaches.
 - Observing where other swimmers are when entering the pool and entering the pool in a manner that is safe and does not hurt another swimmer.
 - Paying attention to the backstroke flags and knowing your stroke count to avoid collision into the wall.
 - Swimming in a circular pattern and allowing swimmers to pass you if needed. Please do not stop on the wall during the middle of a set and block other swimmers from doing a flip turn, this may result in injury to yourself and the other swimmer. Only stop on the wall during a set if you are absolutely UNABLE to continue to swim.
 - DO NOT hang onto the lane lines.
 - Goofing off or not paying attention may result in being benched in the next meet.
12. **ACADEMICS:**
- Keep your grades up. If you are getting a failing grade you cannot play. You can practice but not play. If on the progress report and/or quarter report card you have one or more F's you must: (1) attend study hall for ONE WEEK without a miss or tardy (Monday to Friday) in C111. You cannot miss a day and it must be Monday through Friday, not a Tuesday to Tuesday or make up a day the next week. **They do not make any exceptions.** (2) Your teacher must sign off that your grade has improved from an F (there is a form that you must get from study hall for your teacher to fill out).
 - We will do GRADE CHECKS.
 - Act early on an academic problem so it does not escalate. If you fail to raise your grades to the above eligibility requirement within 2 weeks you will be asked to leave the team so you can focus on your education and time management.
13. **LETTERING** – participating on an extracurricular athletic team is a privilege and a Varsity letter must be earned. All athletes that complete the entire season and have met ALL expectations outlined in the handbook will receive a PARTICIPATION certificate. Varsity letters will be heavily determined by your competitive swim times, measured against the state qualification times. However, this is not a guarantee for lettering. All letters will also be awarded for meeting all expectations and going above and beyond. *(i.e., attending all practices, as well as being the first and last ones out of the water, helping clean up equipment and helping with set up and take down of meet equipment, exemplary sportsmanship, and team spirit).*
14. **Season Focus** - Our focus is always on improvement for every athlete but the other focus for the season is the State Meet, the AIA Team Academic Award (Varsity Letter Recipients averaging 3.5 or higher), and National Interscholastic Swimming Coaches Association Academic Team Award (Gold or Silver). Our Division will qualify 32 Individuals and 24 Relay teams per event. These qualifiers must have met at least a provisional time in their event at an approved State Qualifying INVITATIONAL to be entered into the state meet. <http://www.aia365.com> is the site for parents, kids, and coaches to go to for the official swimming performance lists from state qualifying meets. MaxPreps is also being used and is supposed to have invitational results, <http://www.maxpreps.com>.

15. Give 100% effort in practice and at games even if you are not feeling your best.
16. Show respect and care for all teammates, coaches, and competitors. Embrace and participate in the BIG 4 Character Matters Activities and lessons.
17. Cheer and support ALL teammates at practices and meets.
18. Communicate openly and respectfully with the coaches regarding concerns, grades, or other issues that affect their performance and ability to participate. As coaches we want ALL athletes to feel comfortable discussing concerns with us. Communication is an important life skill that is essential for success in your future.
19. Have an open mind and be willing to try different events.
20. Respect all officials at all times.

Parent/Guardian/Coach Communication

Our goal is to provide clear communication from the coaches that establish clear expectations that are placed on your child. The following guidelines have been established to ensure that all athletes and situations are treated fairly and equitably.

The communication you should expect from the coaches:

- Expectations the coach has for your child.
- Locations and times of all practices and games.
- Team requirements, such as fees and special equipment.
- Discipline that results in the denial of your child's participation.

Communication coaches expect from parents:

- Concerns expressed directly to the coach.
- Concerns regarding acquiring any of the equipment or team apparel required to participate.
- Injuries or illnesses that will result in the athlete missing a significant amount of practice.

Appropriate concerns to discuss with coaches

- Treatment of your child.
- Ways to help your child improve.
- Concerns about your child's behavior.

Issues not appropriate to discuss with coaches:

- Entry in events and meets
- Team strategy
- Other student-athletes

If you need to meet with a coach or have a concern to discuss with the coaches:

- **Call or email to set up an appointment. We will be happy to schedule a time to meet.**

- Please do not attempt to meet with a coach before, after, or especially during a game or practice.

COMMUNICATION WITH COACHES MUST BE DONE THROUGH EMAIL/VIRTUAL OR SCHEDULED MEETINGS. PARENTS ARE NOT ALLOWED ON THE DECK AT ANY TIME except meets.

Hamilton High Swim & Dive Code of Conduct – 2022-2023

Dear Athlete and Parent/Guardian:

Please make sure you have read through the entire handbook before signing and turning in the code of conduct to Coach Robertson. This Code of Conduct must be turned in by August 5th no later than 2:30 PM. IF THIS FORM IS NOT TURNED IN YOU WILL NOT BE ABLE TO PARTICIPATE ON THE TEAM.

1. I understand that my coaches expect me to have a positive attitude, which will create a better learning and training environment for myself and my team.
My Initials _____/Parent Initials _____

2. I understand that I must attend ALL practices, meets, and events and that I must be on time to practice arriving and being ready to enter the water more than five minutes before I need to enter the water (see schedule) on Monday through Friday (Level I and II must adhere to their schedule and have signed documentation from club coaches for attendance) This includes leaving the facility in a timely manner as well. Gates lock at 10 minutes after practice ends and I know I must be out of the locker rooms and picked up at this time.
My Initials _____/Parent Initials _____

3. I have read and understand all the expectations and requirements for attendance, absences, illnesses, and injuries, including fall break attendance. PLEASE MAKE SURE YOU HAVE THOROUGHLY READ THIS SECTION.
My Initials _____/Parent Initials _____

4. I have read and understand all rules and participation requirements for swim meets.
My Initials _____/Parent Initials _____

5. I understand my responsibility in maintaining a clean pool deck and locker room both at home and at away meets.
My Initials _____/Parent Initials _____

6. I understand I am responsible for all my own personal items and that leaving them in the locker room unattended puts them at risk. I have been advised to keep them on the pool deck in sight.
My Initials _____/Parent Initials _____

7. I understand the required materials needed for practice and these are my responsibility for obtaining, except for the Hamilton team cap, which will be provided by the school (practice suits, goggles, and water bottle).
My Initials ____/Parent Initials ____
8. I understand that I must represent Hamilton High School at all meets and team functions by wearing the team uniform, suit, and cap. No other team attire is allowed at meets.
My Initials ____/Parent Initials ____
9. I understand that I must arrive at each meet (duel or invite) at the designated time (earlier) and remain until the conclusion of the entire meet and the coaches have conducted the meet wrap-up and team dinner if at home.
My Initials ____/Parent Initials ____
10. I have read and thoroughly understand the requirements for participating in invitationals, communication guidelines if suspected of missing an invite and consequences for not adhering to these guidelines.
My Initials ____/Parent Initials ____
11. I understand that I must display appropriate swimming etiquette at all times during practices and meets to ensure my safety as well as my teammates' safety.
My Initials ____/Parent Initials ____
12. I understand that school is my top priority, therefore I must keep my grades up in order to participate. To do so, I must consistently check infinite campus to stay on top of my grades as well as communicate with my teachers. I have read and understand that if I have a failing grade that the District will not allow me to compete until those grade(s) are passing and I have attended one week from M-F of study hall in the morning.
My Initials ____/Parent Initials ____
13. I understand that a letter will be given based on competitive times and exemplary display of all expectations throughout the entire season.
My Initials ____/Parent Initials ____
14. I understand that to experience success in swimming and show true sportsmanship and teamwork, I must give 100% during each and every practice and meet.

My Initials ____/Parent Initials ____

15. I understand that sportsmanship is greatly valued on this team and I must respect all myself, my teammates, coaches, competitors, and officials.

My Initials ____/Parent Initials ____

16. I understand that communication is important and that if any problems, illness, academic needs, etc. arise that it is MY responsibility to contact and communicate with the coaches.

My Initials ____/Parent Initials ____

We (the swimmer/diver and the parent/guardian) acknowledge that we have read, and been provided with, a personal copy of the team expectations, training rules, and general policies of the Hamilton High swim and dive program. Therefore, we understand and agree to adhere to the cautions, considerations, and responsibilities, required for participation on the Hamilton Swim and Dive team, and hereby “pledge our commitment” to the Hamilton High Swim and Dive Team.

Swimmer/Diver (PRINT): _____

Swimmer/Diver Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Email: _____

Social and Electronic Media Policy

Hamilton High School Swim and Dive Team

2021-2022

Training and competing with the Hamilton High School Swim and Dive Team is a privilege. Student-athletes are held in the highest regard and are observed as role models in the community. It is an expectation of all athletes on the team to be responsible for their actions and their attitude. Your actions, your words, and your thoughts shared with others are a portrayal of yourself and of the entire team.

As an athlete on the swim and dive team, I will not use electronic or social media of any kind other than to make positive comments and refrain from making any negative comments about teammates, coaches, and Hamilton High School. This includes messages to other athletes from other schools, teams, or your own team and classmates. I understand that if I disregard this rule I can and will be dismissed from the team. If I am sending these messages as a joke but a teammate could read or interpret it as a mean or derogatory comment, I will not send it. There should be no comments, symbols, or insinuations regarding the use of drugs or alcohol, parties, or anything that could mean dismissal from the team. Even if the comment is in jest, it should not be written.

As a parent or guardian, I will make sure that I am aware of my athlete's electronic correspondence with other members of the swim and dive team as well as those of their friends. If anything is sent out that is defaming, hurtful, or could be misconstrued by the recipient I will not allow my child to send or post.

I have read the above rules regarding electronic and social media and I understand that failure to comply could mean immediate dismissal from the Hamilton High School swim and dive team and will be handled according to the district's no-tolerance policy on bullying.

Swimmer/Diver (PRINT): _____

Swimmer/Diver Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Email: _____