



Swim and Dive



Rules and Regulations Contract 2011-2012

Head Boys Coach: Jon Hart
Assistant Coach: Meagan Bates

Head Girls Coach: Marti Crafton
Assistant Dive Coach: Liz Gerhardt

ACCOUNTABILITY

Accountability is the number one factor that we will use in working with athletes. Actions, both positive and negative have an impact on both the athlete themselves and everyone around them.

Our goal is to promote and encourage a positive environment that allows everyone to have an enjoyable and positively structured environment. The following are some guidelines, rules, and expectations for everyone to follow.

Attendance:

All practices are required. If a swimmer misses a practice, the swimmer misses a meet. If a swimmer misses two (2) practices, the swimmer misses two (2) meets. After exceeding two (2) missed meets the swimmer must meet with coaches and captains to face dismissal from the team.

Swimmers that have academic appointments during practice time will be expected to come in after the appointment and complete practice.

If the swimmer is sick it is required that they contact one of the coaches directly. Telling another swimmer is not acceptable communication.

Appointments such as: doctor, physical therapy, massage therapy, chiropractic, dentist, and hair need to be made outside of practice. If this is unavoidable, they will be expected to make up this missed practice.

Varsity Letters

In order to receive a varsity letter you must first make the varsity team.

Tryouts for varsity will be on the first day of practice:

10 x 50 on 1:00

4 x 50 IM order legal turns and dive off the starting blocks.

There will be an opportunity for JV to move to varsity. JV swimmers will have the opportunity to re-try out on December 21, 2011 with the same set.

Throughout the season there will also be an opportunity for JV to move to Varsity with coaches' discretion. This will be indicated by the athlete's effort and progress.

JV team will participate in all social activities, **ALL** home meets, and afternoon practices.

Please note that making the varsity workout group does not guarantee a varsity letter.

Varsity group will be divided into two training groups, year-round (and those capable of the workouts) and seasonal swimmers.

To earn a varsity letter, swimmers will need to complete **ALL** of the following

- 100% Attendance
- Display a positive attitude and effort daily – Everybody can have an off day, however, repeated poor attitude and effort will not be accepted at practice, events, or meets. Attitude is not just at practice but also off the deck.
- Represent the team and school positively.
- Team contribution – Swimmers must score at least 20 points throughout the season, including relay points at dual meets

*Coaches' discretion will be used in **ALL** final decisions on varsity letters

Travel Meets

Varsity only will travel to all away meets. This includes dual meets.

Communication

Coaches strive to teach high school student-athletes personal responsibility. It is the responsibility of the **ATHLETE** to communicate with the coach. If a conflict with practice times, dissatisfaction with their role on the team, or any other situations arise, it is the athlete's responsibility to communicate with the coach. Parents are not to approach the coaches with concerns until the athlete has made a concerted effort, except in extreme situations. Parents are

encouraged to follow up with the coaches to make sure their young adult is communicating. If an athlete is sick and communication would not be timely, an email from a parent is acceptable.

Academics

Castle High School Boys and Girls Swim Teams have been in the top 40 in the nation academically the last three years. We strive to continue this tradition. Athletes will be required to carry a minimum of a 2.5 grade point average (GPA) throughout the entire year. If a swimmer drops below a 2.5 GPA then the swimmer will meet with coaches to work out a possible solution. This is a minimum requirement and we expect that student athletes are working toward their best academic performance, not just the bare minimum.

Holiday Practice

If the swimmer is leaving for the holidays it is expected that they continue to train. Coaches will have workouts available and will help them find facilities or teams to workout with.

Captains

Senior Captains – All seniors will be senior captains. Senior swimmers have worked three years to become leaders and the coaching staff will look to you to help guide underclass swimmers.

Team Captains – These swimmers do not necessarily have to be seniors. Team captains will be held at a much higher standard as far as accountability, attendance, effort, and attitude.

Class Leaders – These swimmers will help lead their class. One swimmer from each class will be voted to help facilitate complaints within the team. They will also work closely with the team captains and senior captains in developing team building activities outside of practice.

Team Captains and Class Leaders will be voted on after the first meet of the season (Tell City Relays-girls, MD,N,C tri-meet - boys)

Representing Castle High School and your team:

At all times, athletes on and off the deck represent Castle High School and need to uphold a positive image. We expect a tremendous effort from our athletes in maintaining *envious and respectable character*.

Social media such as facebook, Google+, blogs, email, Twitter, text messaging, phone calls, etc.... are within this scope. Posting, texting, etc... can, and many times will, end up being seen by unintended recipients. You WILL be held accountable for these. If it is inappropriate, do NOT post it, do NOT respond to it.

Inappropriate behavior, property destruction, leaving a hotel room, trash talking, hazing, alcohol or drug use, and theft are examples of actions that will result in **immediate** dismissal.

Castle Swimming and Diving Team Member Rules, Regulations, and Accountability

I understand and accept to be bound by the above mentioned Rules, Regulations, and Accountability. I understand that violation of these can result in not only termination from the team, but also in further disciplinary action from Castle High School Administration.

Athlete: _____ Date: _____

As the parent of the above athlete, I understand and accept the rules that my student-athlete will be bound by.

Parent: _____ Date: _____

This form must be turned in to any of the coaches before you can begin official practices as part of the CHS swim & dive team