

NOHS: Swimming and Diving Handbook 2019-2020

Coaches Contact Information:

Coach Burrell:
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Coach O'Mara:
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Requirements:

- Athletes must pass 3 out of 4 classes for spring and fall terms. Athletes must be on track to graduate.
- All athletes must have a **PHYSICAL** on file and be deemed **ELIGIBLE** by GHSA.

Expectations:

Athletes -

- Treat everyone with respect: coaches, swimmers, divers, parents, officials, opponents, etc.
- Give 110% at every practice and every meet. Come with a willingness to swim and a smile on your face!
- Take part in fundraising efforts.
- Communicate with your coaches!
- As an NOHS athlete, you are a role model, and are expected to act accordingly. Remember that your behavior in the classroom and during the school day can and will affect you in the pool.

Parents -

- Support your athlete, your team, your coaches, and your school.
- Volunteer whenever possible! We need your help with fundraisers, meets, and other special events!
- When a problem or conflict arises, please contact the coaches by phone, email, or after practice and not during a practice session.

Practice:

Attendance -

- It is expected that each swimmer attend **all** practices.
- For athletes practicing with the high school team, practices will be held Monday through Friday at the Chestnut Hill facility off of Daniel's Bridge Road.
 - o Monday & Wednesday practices: 4:00-6:15pm (swimming & dry land).
 - o Tuesday & Thursday practices: 4:00-5:30pm (swimming only).
 - o Friday practices will be from 4:00-5:30pm.
 - o Practice will last until 5:00pm on the day prior to a meet
- Athletes should also be prepared to compete on Saturdays and practice/compete during holiday breaks. Outside commitments that restrict attendance on Saturdays and during school vacations are not excused.
- Attendance policies apply to ALL swimmers and divers. Year-round swimmers and high school diver attendance will be monitored through their respective coaches.
- Year-round club swimmers are expected to attend high school practice the day before meets in addition to any time they are unable to attend their club practice.
- Athletes who must miss practice for any reason must make personal contact with Coach O'Mara prior to the absence; either face-to-face, phone, or email. **Messages sent through another swimmer are not allowed and will be considered unexcused.**
- Academics are a priority and there is no excuse for procrastinating on a school project, test, or other school assignment. Committing to the swim/dive team means that you have time to balance your studies *and* an extracurricular sport. Practices will not be excused because the athlete waited until the last minute to study for a test, complete a project, write an essay, etc.
- **Unexcused absences** are any absences in which a swimmer has not maintained his or her commitment to the team. Contact with a coach **should still be made regarding the absence**. Examples include: procrastination with school work, participation in additional extra-curricular activities, hair appointments, choosing not to attend practice, removal from practice due to behavior, unprepared for practice, etc.

- **Excused absences** are defined as absences in which a swimmer has made a minimum 24 hour notification (when possible) that is approved by the coaches. Examples include: family emergencies, accidents, injuries, illness, and religious reasons. Excused absences are at the coach's discretion and require appropriate documentation (parent note, doctor's excuse, etc.)
- We have secured an opportunity for swimmers to **make up missed practices** on Tuesday and/or Thursday mornings from 5:30am – 7:30 am at Summer Hill's Chestnut Hill facility. Make up practices are only available for swimmers who have made arrangements with Coach Burrell or Coach O'Mara at least 24 hours in advance. Swimmers who attend make up practices will be responsible for lane fees which need to be submitted directly to Summer Hill Recreation Club.
- At practice, behaviors that are in violation of school rules will result in an immediate dismissal from practice and that day will count as an unexcused absence.

Meet Attendance -

- It is expected that all athletes attend and be prepared to compete at every meet. Meet absences are unacceptable.
- It is expected that all athletes wear the team swim suit and team swim cap at every meet. Failure to do so will result in the athlete not being permitted to compete in the meet.
- For home meets, all athletes must be at the Ramsey Center at least 15 minutes prior to the start of warm-ups, unless otherwise stated, and prepared for a team meeting and stretching. Tardiness will be treated as an unexcused absence.
- Behaviors that are in violation of school rules or the code of ethics at meets, on the road to meets, and on the road from meets will result in a call to the parents and, potentially, further disciplinary action.

Consequences of missing practices/meets:

- After a total of 3 **unexcused absences**, the athlete will not be allowed to swim in the following meet.
- Swimmers with **two or more absences, excused or unexcused, during the week of a meet** may not be permitted to compete at the upcoming meet. Meet participation is at the coach's discretion.
- Should a swimmer **miss two meets**, the coaches reserve the right to remove the athlete from the team.

Lettering Requirements -

- Athletes must be in good standing for a minimum of 2 years **AND**
 - Athletes must follow the practice attendance policy **AND**
 - Athletes may not miss any scheduled meets
- OR**
- Any athlete, grade 9-12 who participates in the state swim/dive meet and does not miss any scheduled meets (unless approved by the coach), will letter.

Swimming Cuts:

Due to current facility limitations, cuts may be necessary. NOHS' practice pool at Summer Hill can only accommodate 24 swimmers, which is 6 swimmers per lane. The squad may actually consist of more swimmers, due to athletes that swim year round and/or at another practice facility. Athletes will be evaluated on the following criteria:

- Work Ethic
 - Is the athlete on time to practice?
 - Does the athlete have the desire to perform?
 - Does the athlete listen and follow instructions?
 - Is the appropriate attitude displayed in and out of the pool?
- Dry-land
 - Athletes must be able to complete a 2 mile run.
 - Core strength exercises
- Swim stroke evaluation
 - Athletes will be evaluated on proper stroke technique. They will be asked to swim a 50 yd. freestyle, breaststroke, butterfly, and backstroke.
 - Athletes will complete a 500 yd. freestyle.

**2019-2020 Titan Tide will consist of the top 24 swimmers in regards to the above mentioned criteria as well as those athletes practicing on year round teams.*