



**SWIM TEAM
2022-2023 SEASON
HERITAGE HIGH SCHOOL**



ATHLETE & PARENT HANDBOOK

Mission Statement

The coaches' mission is to promote physical fitness while developing leadership skills and sportsmanship to encourage team work and whole team involvement as well as build self-confidence and self-discipline while in a safe and fun environment.

Our team's mission is to always strive to improve no matter the obstacles we encounter all the while encouraging and supporting the whole team.

Philosophy

As coach's we are far more interested in using the sport of swimming to teach life skills and provide good experiences than *just* winning every meet. How do we do this?

Setting Goals – we determine the goals we want to reach and then work to accomplish them.

Learning to Prioritizing –we learn to place the important things in our lives first, having swimming as a part of our lives but it is not the most important for everyone and knowing that is okay.

Self-Motivation – taking pride and ownership in achieving our goals.

Work Ethic -Hard work always pays off.

Limits and Boundaries -Everyone should strive to be the best that they can be and not worry how others are doing. Being in control of the things that you can and to not worry about the things that you cannot. An athlete can be in control of their work ethic and attitude, they cannot however control the natural abilities that they are given.

Team Work -A chain is only as strong as its weakest link. Be strong!

Healthy Lifestyle – Swimming for life. This isn't just the movement's we make but how we take care of our whole well-being.

Responsibility -Decisions are made every day that will effect both swimming and life. There are consequences in every decision, good and bad. This includes things like, respect (of self & others), conduct, commitment, timeliness and honesty.

Parent Volunteers

Parents are encouraged to participate and volunteer at the team's home and away meet. A strong, supportive parent group is an important factor in the success of our program. Please see a coach or Team parent to sign up as an announcer (1 needed), concession sales (if applicable), ticket seller (2), timer (12), scorer (2), or runner (2).

Good communication is vital to a successful team! If you have any concerns please talk with a coach prior to or following practice. Please do not interrupt coaches in the middle of practice.

Email will be the primary form of communication. Be sure your current email and phone numbers are updated (if they change) during the course of the season.

Team Parents

1. Help organize and make assignments for team dinners
 2. Help organize and execute team home meets
 3. Working with team captain's help organize and put together the team fundraiser
- If you are interested in being a team parent please contact Coach Luna.

Coaching Contacts

Head Coach -Caroline Luna 772-538-3514(cell) heritageswim@gmail.com
Assistant Coach—Mikayla Gervias

Attendance

Team members are expected to attend practice on each and every day practice is scheduled unless ill or there is a pre-authorized absence. To be a member of the team, athletes must attend at least 3 of the practices per week. A swimmer's attendance will greatly influence if they are eligible to compete or not. Those attending every practice will be given top priority.

When a team member is sick and misses school, this will be noted on an attendance sheet which will be compared to the school's absence, tardy, and sign-out listings. It is important the swimmer attend practice the day before any meet and must attend school for at least 3 periods on the day of any meet.

If a swimmer is in school, he/she is expected to attend practice that afternoon even if he/she doesn't get in the water. Only the head coach has the ability to excuse a swimmer from practice so he/she must be notified if you will not be at practice. If any unauthorized absence occurs, the swimmer will be ineligible to swim in the next meet. Should this occur more than 3 times during the season, he/she will be suspended from the team for a one-week period. After returning they cannot miss any practices or the swimmer will be dropped from the team.

Any changes or cancellations of practices will be announced prior to the end of the school day. Even if it's raining at your house it may be sunny by the pool unless there was an announcement at the end of the school day you are expected to show up for practice rain or shine.

Things to remember about attendance:

1. Punctual attendance at all practices is required. (Arrive early so that you are dressed and ready to start at 5:00PM).
2. In case of illness, please contact a coach prior to practice (& 24 hours before a meet) if possible.
3. Unexcused absences will effect participation in competitions, lettering, and awards.
4. Chronic absenteeism will result in removal from the team.
5. Following a doctor, dentist, or therapy appointments athletes must bring a note to practice the following day.

PRACTICE SCHEDULE

MONDAY thru FRIDAY 5:30 PM - 7:00 PM

We will have morning practice for those who miss any afternoon practice or just want to get in a little extra time in the pool.

REQUIRED EQUIPMENT

Water Bottle
 Fins
 Paddles
 Kick Board
 Notebook & pen or pencil

REQUIRED UNIFORM

Practice Suit & Swim Cap
 Goggles
 Towel
 Shorts
 Sneakers
 Flip Flops
 Competition Suit & Cap

Do NOT bring your items loose! They must be secured in a backpack or drawstring bag so that everything stays together. We are NOT responsible for any missing or damaged personal items. Everything should be kept together in your bag. If you do not have the proper equipment you may be asked to sit out from practice.

Team Captains

1. Team Captains will be announced approximately two weeks after the start of practice.
2. Juniors and seniors who have been members of the team for two previous years are eligible to be named by the coaches as team captain.
3. The number of captains per team may change from year to year depending on team size and other needs.

4. Captains must be willing to perform the following duties:
 - a. Provide assistance to the coaches during meets as needed.
 - b. Lead and/or organize the cheers at swim meets.
 - c. Represent the swim team at the fall Homecoming Pep Rally.
 - d. Be a positive role model for the other swimmers and especially help new swimmers become familiar with the team functions and procedures.
 - e. Organize recruitment in the Spring.

FUNDRAISERS

All swimmers are expected to participate in team fundraisers. These may include, but are not limited to-: Swim-A-Thon, Advertising sales, Meet concessions, Doughnut Sales, Car Washes.

Having only a handful of swimmers generate funds is not acceptable. Failure to do your part to raise money for equipment, transportation, entry fees, and banquet costs shows a lack of team effort & could result in decreased meet participation. We have to work together!

PHOTOGRAPHY POLICY

Pictures are NOT allowed to be taken behind the blocks at any time! Florida High School Activities Association's policy 34.1.2 states, "No representative not participating in a contest [meet] may photograph, film or videotape all or any part of the contest unless permission to do so is granted by the principal or his/her designee of each school participating in the contest." Photographers (& equipment) must be positioned to avoid blocking other spectators' views.

TRAVEL TEAM

Try-outs will be held within the first two weeks of the season to establish who will compete in away meets. If you do not make the team you will not go on the bus. If you exceed your best try-out times during the course of the season you will also be eligible to compete in away meets.

*Everyone will attend ALL home meets.

CONDUCT

Sportsman-like conduct is expected at ALL times including your social media use. You may be dismissed from the team if you do not represent Heritage with integrity. (See: www.fhsaa.org)

PANTHER PREP TUTORING & STUDY HALL

The School Board of Brevard County requires athletes to maintain a 2.0 GPA. If you are not keeping up with your schoolwork then your participation in the meets may be com-

promised. What happens at school is just as important as what you do in the pool. Outstanding efforts are expected in BOTH areas.

Panther Prep study assistance will be held in the library at school dates and times will be announced. Swim team will have their own study hall at the pool for the first 15 minutes of each practice. You can start homework finish off any class work but school work MUST be worked on at this time.

LETTERING REQUIREMENTS

In order to qualify for a varsity letter, a swimmer must fulfill the following requirements:

I. Display good sportsmanship, citizenship and conduct at all times. Swimmers are reminded that their behavior reflects on the entire team. The coaching staff expects that all athletes (and parents) will act in a considerate and sportsmanlike manner towards teammates, coaches, parents, officials and any other member of the swimming community at meets and practices.

Consistent with this premise, team members will remain within the pool areas at all times during practices and meets unless otherwise approved by the coaches. As guests of the Palm Bay Aquatic Center and the opponents facilities team members will be expected to be on their best behavior. Any misconduct will be dealt with and may result in suspension from the next scheduled meet or suspension from the team.

At meets, all swimmers are expected to stay for the entire time unless given permission by the coach to leave. Frequently there are last minute changes made to relays and swimmers may be needed to unexpectedly fill in the slots.

Athletes are expected to show good sportsmanship by supporting their team even if they are unable to swim in a meet due to injury or because they didn't qualify for the meet. If you're not swimming then you're cheering!

2. Meet school and state requirements for conduct and standards outlined in the Student Handbook and established by Brevard County Schools. (Violations will result in ineligibility for a letter award and possible removal from the team.)
3. Meet pool and dry land training requirements of at least 9.5 hours per week.
4. Meet all of the above requirements and at least two of the below requirements:
 - a. Place in the top sixteen of any individual event in the District Championship Meet.
 - b. Qualify in at least one individual event in the Regional Championship Meet.
 - c. Compete in at least one individual event in the State Championship Meet.
 - d. Equal or surpass at least two of the following time standards:

<u>Event</u>	<u>Girls</u>	<u>Boys</u>
200 Free	2:22	2:15
200 IM	2:38	2:32
50 Free	0:29.00	0:26.50
100 Fly	1:14	1:10
100 Free	1:07	0:57.00
100 Back	1:15	1:12
500 Free	6:20	5:30
100 Breast	1:23	1:17

FREQUENTLY ASKED QUESTIONS

1. If I am a freshman or sophomore can I receive a Varsity Letter?

Yes -If you have met all the qualifications for lettering.

2. How many events can I swim?

An individual swimmer is allowed to swim a maximum of two individual events + relays for a maximum of four events. A coach may choose to place a swimmer in only one individual event so he can use the swimmer in three relays. But many times on a large team a swimmer may only get to swim one individual event and one relay.

3. How many swimmers can the team have in an event?

On individual events the team is limited to only 4 swimmers per event except in the 50 and 100 freestyle. During the dual meet season we can have 5 swimmers in that event although only 4 will be allowed to score. At Districts and State we are limited to 4 swimmers in an individual event -period. That means during a dual meet there are a total of 34 individual events to be swum (8 events * 4 swimmers + 1 extra swims in the 50 & 100 Free). If you have a team of 28 swimmers, only the best swimmers -the ones likely to place 1st or 2nd in their event -are going to be given 2 individual swims. This becomes even more of a problem when it comes time for Districts -because they eliminate 1 of the 50 & 100 Freestyle slots leaving the team with 32 swims. To maximize points the best swimmers are given 2 swims at Districts which means that some swimmers will only be able to swim on relays at that meet.

4. I don't care if I do come in 1st or 2nd in the IM-I hate swimming it -why do I have to?
High school swimming is a team sport -which is why the coach seeds the meet - to maximize the points the team can win. For each event the coach will try and fill all 4 slots available to the team -and it's hard to find 4 swimmers that can swim the tougher events -200 Free, 200 IM, 100 Fly, and 500 Free. If this is really a problem for you, talk to the coach. Usually if you go the distance for the team by swimming something you don't like the coach will try and make sure you get an event to swim you do like. Also at meets that the coach knows is not going to be close, it is more likely that swimmers will be given their preference on events to be swum.

5. Can I only swim the 50 Free?

A lot of swimmers prefer to swim this event and a lot of times that is as far as some team members can swim at the beginning of the season. But unless you are one of the faster swimmers you are not going to score any points for the team in this event. If you are new to competition swimming, try and develop expertise in one of the other events as soon as possible.

6. How does the scoring work?

For individual events a maximum of eight swimmers are allowed to compete -four from each team (except for the 50 free -see # 4 above). Points are awarded to 7 of the 8 swimmers in the following order 1st = 8 pt., 2nd = 6 pt., 3rd = 5pt., 4th = 4pt., 5th = 3pt., 6th = 2pt., and 7th = 1pt. In the 50 Free the points awarded are the same except only 4 swimmers from each team may place. That means that if we have 8 swimmers in that event, and our 5th fastest swimmer from our team comes in 5th, they will still not be awarded points. This rule was developed because the league wanted to give new swimmers the chance to swim the 50 free, but it keeps really large teams from having the unfair advantage of being able to pack this event. Again -that's why it is important to develop your strokes and start swimming something other than the Freestyle.

7. Who decides who gets to swim on the relays?

The coach. During the season the coach will be constantly moving swimmers around to different places within a relay and on to different relays. This process goes on through the District meet in order to develop the very best mix of swimmers for the District and State Championships. Relay teams at these meets bring in a lot of points and can determine whether the team will place at these meets. Many times a swimmer will swim faster on a relay than they will in the same distance in an individual event.

Parent/Coach Communication

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit for your child. As parents, when your child becomes involved in our athletic program, you have a right to understand what expectations are placed on your child.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH:

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as the other players on the team.

3. Locations and times of all practices and contests.
4. Team requirements, i.e. fees, special equipment, off-season conditioning.
5. Procedure should your child be injured during participation
6. Discipline that may result in the denial of your child's participation

COMMUNICATION COACHES EXPECT FROM PARENTS:

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.
4. Medical or physical limitations of your child.

As your children become involved in their school's athletic programs they will experience some of the most rewarding moments in their lives. It is important to understand that there may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged when done in the right way and the right time.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES:

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES:

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student athletes.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH, THIS IS THE PROCEDURE YOU SHOULD FOLLOW:

1. Call/email to set up an appointment.
2. If the coach can't be reached, call the Athletic Director and he/she will set up the meeting for you.
3. Unless there is an emergency, please DO NOT attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not usually promote resolution of the problem.

WHAT CAN A PARENT DO IF THE MEETING WITH THE COACH DOES NOT PROVIDE A SATISFACTORY RESOLUTION?

1. Call and set up an appointment with the athletic director or principal.
 2. At the meeting, the appropriate next step can be determined.
- Research indicates a student involved in extracurricular activities has a greater chance for success during adulthood. Many of the character traits required to be successful when participating in high school athletics are exactly those that will promote success

after high school. We hope this information will make both your child's and your experience with the School's athletic program less stressful and more enjoyable.

By signing below you understand and agree with the following:

My athlete and I (parent/guardian) will adhere to all rules and regulations given by the school district and coaches. We will support to our best abilities all the things which the team stands for and be a good representative of the Palm Bay High Swim/Dive Team. Swimming is a Team sport and we understand that as such we must support and encourage one another in order to achieve true success.

Athlete's Signature _____

Date _____

Parent/Guardian _____

Date _____

