

# A I S D

Welcome to AISD Swimming & Diving

2008-2009



## AISD Swimming and Diving *Policies & Procedures*

Being a swimmer or diver is a privilege. All athletes are to abide by the AISD "Student Code of Conduct". Fighting, destruction of property, vandalism, unsportsmanlike conduct, disrespect for UTA or TCC personnel, other swimmers or coaches, stealing, possession of stolen property, alcohol, tobacco or drugs can be grounds for dismissal from the team.

- Competitive participation on the swim team is mandatory.

Swimming at AISD is a varsity level sport. The workouts are fast paced, challenging and exhausting. **Daily participation is required.** Participation is defined as the active training with the team. The following are examples of the training behavior that is expected of our athletes:

1. Athletes are expected to push themselves and make improvements in their performance.
2. Athletes are expected to complete ALL of the training sets (Dry-land is included). **Running, weight lifting and calisthenics are required.**
3. Athletes are expected to come to practice prepared.  
All work out equipment (suit, cap, goggles, towel, water bottle, dry-land clothes, etc.) is the student's responsibility. All personal items brought to the pool must be brought out onto the pool deck during work out. Locker space is not available on the college campus.
4. Athletes are expected to start the practice on time.
5. Athletes will compete in team attire. Suits may be purchased at the beginning of the season. Female suits are approximately \$45 and male suits are approximately \$25. Suits are also available for issue by the coaches. One team cap is issued at the beginning of the season.
6. Warm-ups and other equipment are distributed on a seniority basis. The athlete is responsible for the replacement cost of any equipment that is lost or damaged.
7. The athlete is responsible for bringing a water bottle to practice.  
Only water is allowed in the pool area. **ABSOLUTLY NO FOOD IS ALLOWED ON THE POOL DECKS.**

## ➤ Grading

Daily participation influences your grade. A “No Suit” (NS), is any time an athlete does not have his or her swimsuit or equipment and is unable to participate or, with out proper medical documentation, does not participate. Each athlete earns 100 points per week. Each NS or unexcused absence results in points being deducted from that grade. The first deduction will be 40 points from the weekly total of 100. The second deduction will be 50 points, the third, 60 points, etc. Four our more deductions will result in a failing grade and removal from the team.

## ➤ Attendance is mandatory.

The Roll will be taken according to the AISD Policy. If the student has an assigned study hall, he or she must be present in both study hall and practice in order to be marked present for the day. If the student is present for one and not the other, a discipline referral will be given and the student will be marked absent for that class.

When the total number of “No Suits” (NS) or unexcused absences reaches (3) in a semester, the athlete can be dropped from the team. Excessive excused absences can result in the athlete being dropped from the team. However, as with all excused absences, no grade points will be deducted. Athletes will not have any points deducted from their grade if they have a note (from a state licensed Physician) that verifies that a practice was missed, or that practices need to be missed, for a medical appointment or condition. A copy of the note must be given to the coach when the athlete returns to study hall. However, the total number of excused absences will be considered in determining the athlete’s ability to remain on the team.

If a physician verifies that the athlete has an illness or injury which results in the permanent inability to meet the participation requirements or the inability to participate for 9 or more days, the athlete may be dropped at the semester without loss of credit or points deducted from their grade for the period of time that the note covered. The athlete must still be physically present in study hall and at practice. The note only excuses physical participation—they can still learn by observing the workouts. They may also be required to do other academic work related to their sport during the time that they are unable to physically train with their team.

1. If the student is present at school, the student is expected to participate. A note explaining the student's condition and signed by the parent will be accepted for one day during a six-week grading period. On the second day or days thereafter, a doctor's note stating activity restrictions will be required.
2. The student is responsible for clearing all absences through the attendance office.
3. If an athlete becomes ill at school and they are not going to practice then they must be dismissed through the school attendance office.
4. If an athlete was present in school but does not feel well enough to swim, they must attend study hall and swim practice. They may choose not to swim and receive a "NS".
5. All athletes who are academically eligible will compete in assigned swim meets. If an athlete misses a swim meet they can be dropped from the team.
6. Athletes will stay until the end of the meet, or until released by a coach.
7. If qualified to do so, the athlete must participate in the District, Regional and State Championship Swim Meets.
8. All swimmers will be required to shave for their championship meet. All body hair not covered by the suit or cap must be removed.
9. **The athlete must attend workouts during the Winter Holiday break. Failure to do so may result in the athlete being dropped from the team. Our holiday break in 2008 will be from Dec 24-28 and Jan 1.**
10. \*\* Athletes must make up practices which were missed due to an Excused Absences, by attending, in addition to their required practices, another workout. The time is made up "hour for hour" and it must be completed within the six weeks grading period that the absence occurred or upon the athlete's ability to resume training. For example, if you schedule a dentist appointment during your normal afternoon practice time you must arrange to come to a morning practice to make up your missed practice. The Winter Holiday Practices cannot be made up.

➤ Transportation

1. Athletes will ride the AISD provided transportation to all away meets. If the athlete misses the bus, he or she will not compete in the meet.

2. Meets at UTA or TCC are considered “Home Meets” and athletes must arrange their own transportation.
3. After workout, all swimmers must be picked up by the time the bus arrives. If a ride is not there on time, the student will take the bus back to their school.
4. After an away meet, parents or legal guardians who wish to take their athletes home must sign them out with a coach. An athlete whose parent or legal guardian does not follow this procedure forfeits this ability for the remainder of the season.
5. Students providing transportation to other students to and from practice must provide their coach with letters permission from the parents of ALL students in the vehicle.

➤ “The Student Code of Conduct”

Our athletes agree to adhere to the AISD “Student Code of Conduct”. We wear the school colors and uniforms to our competitions and around our school. As representatives of our school we must set a positive example. We do not tolerate destructive or disruptive behavior.

1. As visitors at the college campuses where we train, the athletes must adhere to both the dress codes of their high school and that of the college campus. Shoes and proper attire must be worn in the building.
2. All athletes are to remain in the locker rooms, pool deck and designated waiting areas. Athletes are not permitted in other areas, including the bookstore and cafeteria.
3. Any athlete who misses a practice because they received detention or has to miss practice due to disciplinary action will receive a “NS” for each practice missed. They have the option to make up the missed practices by swimming in another practice.

***There are performance standards, which must be met by the end of the semester. Any athlete who fails to meet those standards may be dropped from the team.***

- By the end of the first semester, all swimmers must have two recorded events in which they are within 10 seconds per 50 of a letter time.
- All divers are required to be able to perform 11 dives by the end of the first semester.

***THE FAILURE OF ANY ATHLETE TO ADHERE TO THE AFOREMENTIONED POLICIES AND PROCEDURES MAY RESULT IN THEIR DISMISSAL FROM THE TEAM.***

Please sign and date this page and have your athlete return it to their coach. If this sheet is not returned, signed and dated, by the end of the second week of school the athlete will be dropped from the team.

I have read all 5 pages of the *Swimming and Diving Policies and Procedures* and I agree to abide by those *Policies and Procedures* during the 2008-2009 school year.

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Athlete's Name (please print)

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School

\_\_\_\_\_ Date \_\_\_\_\_  
Signature of the Athlete

\_\_\_\_\_ Date \_\_\_\_\_  
Signature of the Parent