



SHS Swim and Dive 2018-2019

IMPORTANT INFORMATION AT A GLANCE

Contact Information: Coach Miriam Greene can be reached at miriam.greene@cherokee.k12.ga.us or in room 1119 before or after school. Coach Cora Hodgins at cora.hodgins@cherokee.k12.ga.us or in room SE104.

Forms: The **physical packet must be completed and filed by September 25** with Kellee Greene in the Athletic Directors office room 1203 to participate in the 2018-2019 Swim & Dive season.

Practice location: Cherokee County Aquatic Center located off Sixes Road

Practice time (regular): Monday-Thursday from 5:30-7:00am beginning Monday, October 15 and running through Thursday, January 24. The **physical packet must be completed and filed by September 25** with Kellee Greene in the Athletic Directors office room 1203 to participate in the 2018-2019 Swim & Dive season.

Practice time (holiday): During the Thanksgiving Break, practice will be Monday-Wednesday with time 8:00-9:30am. The dates are 11/19, 11/20 & 11/21. During the Christmas Break, practice will be Thursday & Friday 12/27 & 12/28 from 8:00-9:30am. And Wednesday-Friday 1/2, 1/3 & 1/4 from 8:00-9:30.

Meet Schedule: A tentative meet schedule is posted on our SwimTopia website. This schedule will be updated as meets are confirmed. The Cherokee County Swim Meet will be held at the CCAC Saturday, January 26 with time TBD. The State Swim & Dive Meet will be held at the Georgia Tech Aquatics Center February 7 (diving), 8 (pre-lims) & 9 (finals) with time TBD. Only swimmers who qualify for State or named alternates will attend the State Meet with the team and be allowed on the pool deck.

Cost: \$300 + Team suit - A link for ordering the team suit will be emailed after fittings on Monday, Oct. 1.

Website: <https://sequoyahswimchiefs.swimtopia.com/> is updated regularly with new information.

Email: Information will also be emailed so please provide an accurate email address – one that is checked frequently.

Twitter: SHS Swim & Dive has a Twitter account that is operational. Coach Hodgins will be handling these updates.

Remind 101: 2018-19 SHS Swim & Dive Enter this number **81010** Text this message **@gk498c**

COMMUNICATION

ALL communication concerning the Sequoyah Swim & Dive program MUST go through Coach Greene! Booster Club officers or committee members are not to be exclusively addressed concerning any issue related to the Sequoyah Swim & Dive program. Coach Greene MUST be included in ANY correspondence.

The **24-Hour Rule** will be utilized for any in-season communication with the coaching staff. Contact with the coaching staff will not be allowed until 24 hours after an athletic event. The only exception to this rule is reporting an injury, illness or emergency.

Appropriate concerns to discuss with coaches:

1. Situations involving your child
2. Ways to help your child improve
3. Your child's attitude, work ethic, and eligibility
4. Concerns about your child's behavior

Issues that are not appropriate to discuss with coaches or AD:

1. Playing time of any student-athlete
2. Team strategy, practice organization, or play calling
3. Other student-athletes

Procedures to follow if there is a concern to discuss with a coach:

1. Your child should speak to the coach about an issue before you intervene. This will help our student-athletes grow into young adults.
2. Contact the coach to set up an appointment. Give the coach a summary of what you want to discuss. This enables the coach to prepare to give you the best possible answers to your question(s). If the coach cannot be reached, contact the athletic director. The athletic director will assist you in arranging a meeting. Coaches will not talk to you unless you have arranged an appointment.
3. If a meeting with the coach did not provide a satisfactory resolution, call to schedule an appointment with the athletic director to discuss the situation.

ELIGIBILITY

A student must be in **good academic standing** to be part of the swim and dive program. A student cannot fail more than ONE subject a semester. Also, a certain amount of credits are required for promotion to the next grade level which is also part of eligibility. If a student fails one class each semester, by junior year he/she will not be swimming, he/she will be making up classes. The bottom line is – maintain good grades!

CONCUSSION IMPACT TEST

It is required that the Concussion Impact Test be given to each athlete with parental permission. The test is done on the computer at school. A permission slip is required to be signed by the parent and is included in the physical packet. If the parent does not give permission the student can still swim, but the signed form must be returned before an athlete can participate in dryland or water practice.

The Concussion Impact Test is required every two years. All freshman will have to take the Concussion Impact Test as will anyone who has been on the team for two years. Athletes will be informed of the date, time and room number as soon as the test information is confirmed with our Northside Hospital trainer.

PRACTICE

Practice is held at the Cherokee County Aquatics Center located off Sixes Road. There is no bus or other school transportation to or from practice. Parents will need to make arrangements to ensure their child has a means of getting to practice and then to school. This should be done through carpooling with other parents, arranging with upperclassmen for a ride, or by allowing athletes to drive themselves. Keep in mind, being on the swim team does not guarantee a parking spot at the school.

Athletes are expected to show up for all practices unless a coach has granted him/her an excused absence in advance or an unforeseen emergency occurred to prevent him/her from attending. In case of an unforeseen emergency, the athlete must contact the coach at the earliest possible time to inform her of the situation.

Athletes are expected to show up for all practices on time unless a coach has granted him/her an excused tardy in advance or an unforeseen emergency occurred to prevent him/her from being on time. In case of an unforeseen emergency, the athlete must contact the coach at the earliest possible time to inform her of the

situation. Since we have to pay for our practice time and time is limited, it is very important that athletes are at practice on time and prepared to get into the water immediately. On time is late.

Athletes need to bring a water bottle to practice labeled with his/her name. Bring towels, warm clothes, and warm dry shoes to wear after practice. Bring goggles, 2 practice suits (not the team suit), and if you drive – a spare key to your car. Bring sandals or flip flops for the pool deck and shower to help prevent contracting MRSA.

USA swimming participants are expected to attend all of his/her practices. If possible, it is strongly suggested that he/she attend a few high school practices in order to get to know the other members of the team. It also gives the coaches an opportunity to get to know them and communicate with them regarding swim team particulars. SHS coaches will work with the club coach regarding meets. I am aware that there will be a few HS meets in which USA swimming participants cannot participate. These should be kept to a minimum.

MEETS

The meet schedule is posted on the SwimTopia website. There will be additional meets added to the current schedule. While most meets on the schedule will be held, sometimes things occur to prevent a meet from taking place such as broken water heaters, bad weather, etc. Sometimes meets have to be rescheduled or a meet has to be added to the schedule. If this occurs, as much advance warning as possible will be given through website updates, email or Remind 101. If a meet is cancelled and we can be added into a meet that one of the other county teams is hosting, I will try to do that to maximize the opportunity to improve times and have swimmers qualify for States.

SHS Lettering Standards				State Qualifying Times		
Boys		Girls		Boys		Girls
2:30.00	200 Free	2:40.00		1:51.00	200 Medley Relay	2:07.00
2:45.00	200 IM	2:55.00		1:55.00	200 Free	2:07.00
27.00	50 Free	32.00		2:12.00	200 IM	2:24.00
1:15.00	100 Fly	1: 25.00		23.50	50 Free	26.50
1:01.00	100 Free	1:12.00		58.00	100 Fly	1: 05.00
6:00.00	500 Free	6:30.00		52.00	100 Free	58.50
1:15.00	100 Back	1:25.00		5:20.00	500 Free	5:40.00
1:25.00	100 Breast	1:32.00		1:40.00	200 Free Relay	1:53.00
				1:00.00	100 Back	1:06.00
				1:07.00	100 Breast	1:15.00
				3:44.00	400 Free Relay	4:12.00

A high school swim meet has 24 events (12 boy's events and 12 girl's events). Each event is broken down in heats. Each swimmer is allowed to swim in a maximum of four events with no more than two being individual events in any particular meet.

The fastest swimmers on the team are scheduled to swim in four events to give the team the greatest chance of winning the meet. Slower swimmers are then used to fill the remaining spaces in the events, again based on the swimmers' times in the particular event in which there is an opening. With practice and determination; however, someone who is scheduled for one event in the first meet will get faster and has the potential to earn a spot in more events later in the season.

Most of our meets are dual or tri meets. They last 2-3 hours. We also participate in some invitational meets where there can be many teams competing against each other. These may last all day. Sometimes there are qualifying times as for States and the swimmer must have met those times to be entered. These meets also may be held in a prelim/finals format where the top 8 or 10 competitors in prelims return to swim in finals. There are usually medals, ribbons or other awards given at these meets.

When a bus is provided, all team members must ride with the team on the bus.

Athletes must wear the team suit and cap. No USA, Summer League, College, etc. caps may be worn at meets. Our Sequoyah suits and caps meet the required standards by GHSA, the State Athletic Association in charge of rules. Ordering information for the team suit is on the SwimTopia website.

Athletes should also bring towels, flip flops or sandals, warm clothes, and goggles in a bag to each meet.

Leave valuables at home including jewelry. While GHSA rules allow an athlete to wear jewelry, Sequoyah Swim & Dive does not allow athletes to compete wearing jewelry. If an athlete is seen wearing jewelry, he/she will be asked to remove the jewelry before competition. The wearing of jewelry is a distraction since jewelry can fall off/out causing the athlete to slow down in order to 'save' the jewelry. The wearing of jewelry can also cause injury to the athlete or result in ripped swim caps. Failure to comply will be deemed willful refusal and the athlete will be disqualified from the event and will forfeit his/her varsity letter.

During a meet, athletes are expected to be at the starting block early and swim his/her event.

During a meet, **athletes are expected to stay with the team and no one can leave until the last event is over and the team has been dismissed from the meet by Coach Greene.** The dedication of an athlete to their team is questioned when an athlete asks if he/she can leave because his/her last event is finished. Every athlete is expected to stay and cheer for his/her teammates. After the meet, athletes will only be released to their parent/guardian. Also, **if an athlete is leaving with a parent, he/she must notify Coach Greene and obtain permission before exiting the activity venue.**

For away meets, athletes will bring their suits, caps, goggles, etc. in a bag and place them in Coach Hodgins' room #SE 104. Athletes will retrieve their bags from Coach Hodgins' room prior to getting on the bus for the meet. Know in advance what time you are to be on the bus. Do not rely on an announcement. Wear your team shirt to school on meet days. **Let everyone know you are proud to be on the Sequoyah Swim & Dive Team!**

Directions are provided for parents to all away meets or parents are welcome to follow the team bus. Parents are encouraged to come to every meet to cheer for their athlete and the team.

Athletes should bring some type of snack food with them to all meets since they need energy for the entire meet. Athletes should also have plenty to drink. Hydration is extremely important to compete successfully. Our Booster club has done a fantastic job providing us with snacks and water during meets, but do not rely on them to do this. It is always possible that a venue will prohibit snacks on the pool deck.

Athletes should also have enough money with them to buy a meal. For away meets when we have time, we will stop on the way home for dinner after the meet.

If an athlete has an injury and wants to wear medical tape, a doctor's note is **REQUIRED** to show the meet official prior to the start of the meet. Otherwise, the use of tape is not allowed.

Conflicts with scheduled meets must be worked out with Coach Greene **in writing via email 14 or more days prior to the meet.** To make changes at a meet is a nightmare and grossly unfair to fellow teammates who rely on each teammate's presence for relays, etc. Any meet missed, other than those worked out with Coach Greene

ahead of time, will be unexcused and will result in forfeiture of the varsity letter. These are examples of unacceptable reasons to miss a meet: a ski trip, concert tickets, athlete or family member's birthday, athletes' dog's birthday, etc. The meet schedule is posted well in advance – plan around it. Please try to avoid scheduling SAT's or other tests during meets or be prepared to swim when you complete the test.

In case of unavoidable circumstances (illness, family emergency, etc.), you must notify Coach Greene as soon as possible via email or thru Remind 101.

SPORTSMANSHIP

Sequoyah High School recognizes the importance of emphasizing GOOD SPORTSMANSHIP in all aspects of school related activities. The following are fundamentals of good sportsmanship in all activities that the school urges fans, spectators, participants, staff members and parents to follow:

1. Gain an understanding and appreciation for the rules of the game.
2. Exercise positive behavior always.
3. Recognize and appreciate skilled performances regardless of affiliation.
4. Exhibit respect for the opponents and officials always.
5. Openly display pride in your actions at every opportunity.

Unacceptable behavior shall include, but not be limited to, the following types of conduct. Such conduct will result in removal from the activity:

1. Insubordination to referees, coaches, or other school personnel supervising the activity.
2. Fighting, intimidation of, or attempt to intimidate, or taunting of referees, coaches, players, participants, or spectators.
3. Throwing debris or littering the playing field or facility.
4. Verbal abuse or use of profane or obscene words or gestures during a game or activity.
5. Disruptive behavior or conduct.

Sequoyah High School will not tolerate any violations of the above. Good sportsmanship is expected from everyone before, during, or after any interscholastic contest or other school related activity in our schools or any other place our students are competing/participating. **Violating the Sportsmanship policy will result in the forfeiture of the Varsity Letter.**

LETTERING POLICY

Swimming

To earn a varsity letter, an athlete must be an Eligible & Active team member the entire season and:

- Attend all meets scheduled to swim in and stay thru the duration of each meet
- Make at least two of the SHS Lettering Standard times, see times in handbook.
- Have at least 90% attendance to all practices
- Coaches discretion based on overall season performance, attendance, attitude and behavior

Diving

To earn a varsity letter, an athlete must be an Eligible & Active team member the entire season and:

- Attend all meets scheduled to participate in and stay thru the duration of each meet
- Score at least 150 points twice or more in any 6- dive meet
- Coaches discretion based on overall season performance, attendance, attitude, and behavior

Team Manager

To earn a varsity letter, a manager must be an Eligible & Active team member the entire season and:

- Attend at least 3 practices a week
- Attend 90% of meets
- Do what is asked by the coaching staff
- Attend team meetings and functions
- Coaches discretion based on overall season performance, attendance, attitude and behavior

The following criteria will result in automatically earning a Varsity Letter:

- State Championships Finals or Consolation Finals
- NISCA All-American Qualifying Time

The following will result in automatic loss of the Varsity Letter (even if letter has been earned through one of the “automatic” criteria):

- Out-of-school Suspension from school
- Excessive unexcused absences from practice
- Missing a scheduled meet
- Refusing to swim an event
- Being asked to leave practice more than once
- Poor Sportsmanship

Conflicts with scheduled meets must be worked out with Coach Greene, **in writing via email 14 or more days prior to the meet**. Any meet missed, other than those worked out with the head coach, will be unexcused and will result in forfeiture of the Varsity Letter.

Exceptions to these requirements due to emergencies will be dealt with on an individual basis.

PERFORMANCE ENHANCING DRUGS

Anything other than a standard, nutritionally sound diet is unacceptable and can get an athlete into lots of trouble. Do not take anything not prescribed by a doctor or something for the occasional pain relief for headache, sore muscles, etc.

Do drink lots of water to keep hydrated which is very important for everyone but particularly athletes. Forego the soda during swim season as it is counter-productive to fast swimming.

SOCIAL MEDIA

Please be very careful regarding what you put on your social media sites. If it is considered inappropriate by the school system and is brought to the attention of Coach Greene or the Athletic Director, the athlete will be reprimanded with possible consequences including, but not limited to, meet suspension, forfeiture of the Varsity Letter and/or removal from the team.

BANQUETS AND AWARDS

At the end of the season, we have a banquet where the swimmers' accomplishments are highlighted. Awards are given for the MVP, Spirit, Academic, Most Improved, Captains, State Qualifiers and any special awards the coaches choose to give out. Dinner is served, awards presented, senior's recognized and a slideshow shown of pictures from the season. If you take pictures throughout the season, please send them to our Banquet Chairman or Slideshow Coordinator.

FINAL THOUGHTS

The Swim & Dive program is a **varsity sport representing Sequoyah High School and is run by Coach Greene and her coaching staff**. Though we do occasionally try to throw a bit of “fun” into practices, our main focus is building a team capable of competing against the best teams in the state. We strive to achieve our best

every year at the State Meet. Some teammates are hoping to swim in college and will be vying for the few college scholarships available each year. These things can only happen if the Sequoyah Swim & Dive team is competitive. We can only be competitive if every member of the team puts forth his or her all. **The focus of every athlete should be “What can I contribute to the team? What can I contribute to my teammates?”** Every athlete’s strongest contribution to the team is his/her hard work toward personal improvement. Remember, the only way to swim faster is to swim better. You swim in meets like you do in practice. By working hard in practice to improve your strokes and times, you improve your and the entire team’s chances of winning.

The Sequoyah Swim & Dive Booster Club is in place to support the athletes and coaches. The Booster Club does not run the Sequoyah Swim & Dive program. Coach Greene, as head coach, runs the Sequoyah Swim & Dive program, and ALL communication concerning any aspect of the program must go through Coach Greene. Our Booster Club is **fantastic** and a huge help with all of the extra work associated with running a swim team! Please volunteer for any committees where your talents or interests lie. Many hands will make the work load easier for those committee members and give me more time to concentrate on coaching. Plus, it is comprised of some great people who are fun to be around.

If you have any questions, please contact me at any time. miriam.greene@cherokee.k12.ga.us

Go Swim & Dive Chiefs!

COMMUNITY ACQUIRED METHICILLIN RESISTANT STAPHYLOCOCCUS AUREUS (CA-MRSA)

According to the Centers for Disease Control and Prevention, participants in competitive sports are at risk for skin infections because of physical contact, skin damage, and the sharing of equipment. Humid, crowded conditions such as those found in locker rooms and gyms provide a good place for *Staphylococcus Aureus* (Staph) to grow. The following will provide the **student and parent** with practical information:

*Staph is commonly carried in' nasal passages, under fingernails, or on the skin without any medical problems. It can enter the body from a cut, insect bite, or surgical incision. Normally a minor infection occurs. However, if a person has a weakened immune system from an illness, the infection becomes more serious.

*Prevention involves players, coaches, parents, and the school. The following practices are highly recommended to parents of players when conditions warrant:

1. The player should wash hands thoroughly with soap and water during the day. Waterless hand cleanser can be used.
2. The player should practice good hygiene to include showering/bathing with soap and water after all practices and competitions. Previously worn protective clothing can be hot and cause chafing which results in broken skin. Skin trauma from turf or mat burns are other risk factors.
3. Use liquid soap in showers instead of sharing bar soaps; sharing can spread bacteria to other family members. Shower as soon as possible after practice/working out/competitions.
4. It is suggested to wash towels after each use and avoid sharing bed linens, razors, and other personal items.
5. The player should not store or wear previously worn or wet clothing. Wet or damp clothing/equipment is a breeding ground for bacteria and fungus.
6. The player will cover all open wounds. If a wound cannot be covered, there is a possibility that the player will need to be excluded from practice / workout / competition until the wound heals.
7. Players should report skin lesions to the parent as well as the coach. Parents and coaches will check a lesion that is potentially infected.
8. The player and parent should understand the importance of seeking medical attention at the first sign of infection. Early signs are redness and swelling of the affected area, pain, drainage (pus) around the area of an insect bite, cut or abrasion.
9. If medication is prescribed by a physician, the player should take the entire amount of medication in the prescribed amount of time.
10. The player should avoid getting into a hot tub or whirlpool until all wounds are healed.

*Information obtained from the Centers for Disease Control and Prevention and State Epidemiologist Cristina Pasa. For more information, the Centers for Disease Control and Prevention Web site is www.cdc.org.

Parent and Athlete Swim & Dive Checklist

This form must be completed and returned to Coach Greene on or before Monday, October 15, 2018.

By completing this form, I acknowledge that I have received and read the following information and understand the requirements for participating on the Sequoyah Swim & Dive Team.

- _____ Information Packet
- _____ Lettering policy
- _____ Information regarding MRSA
- _____ Information regarding Performance Enhancement Drugs
- _____ Eligibility Information

I have completed the following:

- _____ Turned in the whole, completed physical including the code of conduct and emergency contact information.
- _____ Parent Contract
- _____ Athlete Contract
- _____ Concussion impact test form signed
- _____ Registered online at <https://sequoyahswimchiefs.swimtopia.com>
- _____ Paid Fees

Swimmer Signature: _____

Date: _____

Parent Signature: _____

Date: _____

Parent Signature: _____

Date: _____