

Carson High School Swimming & Diving HANDBOOK



2019

**Head Coach, Monica Weaver
Assistant Coach, Megan Schuler**

**TEAM WEBSITE
www.CHSwimming.weebly.com**

A Note from Head Coach, Monica Weaver

Dear Swimmers & Parents,

Welcome to 2019 Carson High School Swimming!
As members of the Swimming team you have the distinction of continuing a long tradition of excellence. Let's make this the best year!

Good Luck Swimmers!

Head Coach, Monica

mweaver@carson.k12.nv.us

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RESPONSIBILITIES

- **Coach Responsibilities**
 - Educate swimmers/divers on rules and regulation of competitive swimming and diving
 - Foster a safe atmosphere
 - Provide opportunities for a positive social and emotional environment
 - Provide opportunities to learn good sportsmanship
 - Provide the skills for a healthy lifestyle
- **Swimmer Responsibilities**
 - Demonstrate positive attitude toward training and competition, respect for coaches, teammates, competitors, officials, parents, and teachers
 - **Grades:** GPA of a 2.0, NO “Fs” at semester, grade checks every three weeks
 - You must be cleared through www.registermyathlete.com

EXPECTATIONS

- **Practice Expectations**
 - Start at the scheduled time with the appropriate equipment and attire
 - No pulling on lane lines, no pulling of other swimmers hands or feet
 - Complete turns at the wall, not in the middle of the pool
 - Listen and follow instructions, take care of restroom needs before practice
 - Follow all regular pool rules

- **Competition Expectations**

- All swimmers are expected to stretch, warm up, and warm down
- Relays are important for team success, being asked to be on a relay should be considered both an honor and a responsibility
- Any unsportsmanlike behavior will not be tolerated
- Any behavior in the following may result in removal from further competitions and/or the team:
 - * Fighting
 - * Destruction/stealing of property
 - * Use of alcohol, tobacco, vaping or drugs
 - * Arguing with the officials
- If you disagree with an official/judge decision, speak to your head coach

- **General Expectations**

- Give your respect to:
 - * All coaches facility, judges, officials, parents, teachers, teammates and fellow competitors

ATTENDANCE

- **Practice**

- First year swimmers:
 - Mon-Fri 2:45 PM to 4:00 PM
- Second (or more) year swimmers:
 - * Mon-Fri 2:45 PM to 4:30 PM

- **Attendance Policy**
 - **Excused Absence**
 - * A minimum of a 24 hour notification to the head coach, and approved by the coach
 - * If less than 24 hours, a note from the school, doctor, or parent is required
 - **Unexcused Absence**
 - * Failing to show up for practice or a meet
 - * Not providing a note for a missed practice
 - * One ***unexcused*** absence will result in **not** swimming in the next scheduled competition
 - **School Policy**
 - * Any absence (even excused) from school on the day of a meet will exclude the swimmer from that day's competition, unless a doctor's note is presented

TRAVEL AND MEET CONDUCT

- **Bus Conduct**
 - Be on time
 - Treat the bus driver with respect
 - Pick up garbage
 - No unsuitable conversation or behavior will be tolerated

• **Meet Conduct**

- Coaches and swimmers will enter the facility as a team
- Swimmers will sit together, stretch together and enter the pool for warm-ups as a team
- Swimmers will enter the water feet first with one hand on the deck (3 point entry)
- Before the start of a meet there will be a team cheer
- Before & after you swim, check-in with your coach
- After your race, wait in the water until everyone in the heat is finished and the official asks you to exit
- Say “thank you” to the timers and request your race time
- If you are disqualified, listen to the official respectfully
- Most important - HAVE FUN

DISCIPLINE

• **Discipline Policy**

- 1st is a warning
- 2nd removal from practice (unexcused absence)
- 3rd removal from the competition and/or team

• **Inappropriate Behavior**

- Use of drugs/tobacco/vaping
- The use of any controlled substance will not be tolerated
- The guidelines outlined in the **Carson High School Right to Represent Agreement** will be followed

* Available on our website under “Info”

LETTERING

- **Swimmers need to compete in 7 of 8 individual events in order to letter.**
 - Other considerations
 - * Performance
 - * Improvement
 - * Attendance (practice & meets)
 - * Attitude

AWARDS

“Freshman of the Year”

- * Not necessarily the fastest freshman, but someone that shows leadership, good sportsmanship, and an all around good attitude

“New Comer”

- * Can not be a freshman, but with the same criteria as above

“High Point”

- * Whoever has earned the most points throughout the season in competition



COACHES

Head Coach, Monica Weaver:

mweaver@carson.k12.nv.us

Assistant Coach, Megan Schuler:

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Carson Swim Team 2018

We HAVE our own WEBSITE!

www.CHSwimming.weebly.com

SCHEDULES * ANNOUNCEMENTS * RESULTS * PICTURES

email pictures you would like featured on the website to:

Lynnremick@hotmail.com

