

GHS Swimming Procedures 2021-2022

Swimmer Responsibilities:

- Always be on time, present and engaged for all swimming activities and practices.
- Give your best effort in the classroom and in the pool.
- Be committed to your teammates, coaches, and the swimming program.
- Help take care of all high school practice and meet facilities.
- Treat teachers, administrators, teammates, officials, and opponents with respect.

Practice: Practice is held at the Village pool, 370 Village Commons Drive. Students may drive themselves to school from practice or may ride the bus provided.

Practice on School Holidays:

Swimmers will have practice on early release days, and on certain school holidays. Swimmers are expected to attend these practices.

Meets:

All athletes will depart and return on the bus. All swimmers will wear designated team apparel the day of a meet.

Exceptions:

1. If the swimmer makes the coach aware that he/she is riding home with their **PARENT** before the meet and the parent checks out with the coach before leaving the meet. A written note or email must be given to the coach.
2. Emergency situation- injury or illness

Overnight Travel:

There may be times when teams will be participating in overnight trips. In these instances, the athlete must:

1. Abide by the curfew set by the coach.
2. **Not** be in different gender rooms at any time.
3. **Travel to and from** the meet with the team.
4. Be aware that coaches may ask to check the athlete's bags before leaving for the trip.
5. Athletes must adhere to the expectations for students in the GISD Student Code of Conduct.
6. No alcohol, tobacco, or other drug use (including no electronic cigarettes or inhalants)

Athletes are responsible for helping keep the bus clean, and will help clean the bus after each meet once we return to the school.

Injured/ Ill Athletes:

Injured athletes will be required to attend all practices and meets. If an athlete becomes injured, they must report it to the coach and the Athletic Trainers at GHS - Chad Hennessey (Mr. H) and Vanessa Redeaux 512-943-5100 ext.7200 .

If a swimmer is too ill to participate in swim or drylands at practice, they must stay home, and notify Coach Ginger: laraiaj@georgetownisd.org.

Lockers:

All athletes will be assigned a locker at school (if desired) and lock. Athletes must lock up their belongings. GISD Athletic Department is not responsible for the loss of valuables.

In addition, do not leave any items of value in the bathrooms at the pool. Please do not bring these items into the pool area or if it is necessary to have them, they will be locked inside the room at the pool during practice.

Equipment: Swimmers must have goggles, caps, practice suits, competition suit, paddles, pull buoy, kickboard, swim snorkel, 2 nose clips (if they use one), and fins.

Athletes are responsible for any equipment, jackets, parkas or bags checked-out to them. If lost or damaged, the athlete will have to pay a fee.

Athlete Conduct:

Athletes need to conduct themselves in a manner that will bring pride and honor to GHS, the Georgetown community, and the athletic program. No athlete involved in the swimming program has the right to do or say anything that might hurt, embarrass, or degrade themselves, their teammates, or coaches in public, school, and/or social media. Conduct that does not reflect the values of the Georgetown community will be handled with the appropriate disciplinary action.

Penalties for Inappropriate Athlete Conduct:

1. Physical Conditioning
2. Athlete Contract/Parent Meeting
3. Meet Suspension
4. Dismissal from team

Conflicts with Policy or Personnel:

This section is included for conflict resolution purposes between athlete and coach or parent and coach. Any conflict with swimming policy or coaches should be handled in accordance to the following protocol:

1. Meet with Coach Ginger at a mutually appointed time (not after a meet or practice).
2. Meet with GHS Athletic Coordinator, Rhonda Farney, and Coach Ginger at a mutually appointed time.

Awards and Lettering:

A swimmer who is in good standing, has at least 90% attendance for the year, scores points in two or more competitions as an individual, or as part of a relay team, and competes in the District 17-5A meet will receive a letter. Letters can be forfeited for the following reasons: dismissal from team, quitting the team, or grade ineligibility.

Quitting or Dropping Swimming

There will be times when some athletes find it necessary to quit swimming before, during, or after the season. Whatever the reason, an athlete must follow the steps listed below:

- A. The athlete should think the whole situation through before reaching a final decision.
- B. The athlete should talk to the coach to see if a solution can be reached without having to quit. A conference between the parents, athlete, and coach, or any combination thereof, may be required, and is highly recommended before an athlete will be permitted to quit.
- C. If an athlete decides to quit, he/she must check out of the sport just as he/she would check out of any academic class.
- D. All equipment must be turned in clean. The athlete must pay for any equipment not returned to the coach of the sport he/she is leaving in order to join the other sport. If the coach does not give permission, the athlete must wait until the first sport has completed its season before joining the new sport. While the athlete waits, he/she will be placed in a regular physical education class.

Missed Practices & Meets

1. **Missed Meet:** A GHS swimmer is expected to compete in every swim meet. If there are extenuating circumstances, you must inform Coach Ginger for approval.
2. **Excused Absences:** An excused absence is one where prior notice has been given to Coach Ginger of the absence. There will be a make-up set completed the next day.
3. **Unexcused Absences:** An unexcused absence occurs when a swimmer misses practice without notifying Coach Ginger concerning the missed practice. This will result in conditioning drills in addition to the make-up set. Unexcused absences that become habitual will initiate parent contact and possible dismissal from the team.
4. **Leaving practice early/ arriving late:** A swimmer that must leave practice early or arrives late will complete physical conditioning the next day.

GHS Swimming Procedures Parent and Athlete Acknowledgement

2021-2022

We have read and understand the policies governing the swim program at Georgetown High School. We will adhere to the policies and procedures.

Parent Signature

Parent Printed Name

Date

Athlete Signature

Athlete Printed Name

Date

*****Please print, sign, scan and email back to laraiaj@georgetownisd.org You can also send the form back to me with your swimmer.**