

2021-2022 NHS Swim Rules and Guidelines

Welcome to Newnan Swim. As the varsity coach of our program, it is with great pride and excitement that I extend to you the opportunity to participate in the swim program. By indicating to the coaching staff that you intend to try out for swimming, I feel that you, as the swimmer, should be made aware of the rules and regulations that we feel are necessary to adhere to—both during the season and out of the season. These rules are in addition to the rules set forth by the Georgia High School Association, as well as those supported by the Newnan Athletic Department. This contract is to let you know what is expected of you both in and out of the classroom and what consequences will be given if you choose to break or ignore these guidelines.

It is not required of you to sign this contract, since you are not being forced to swim. However, since participation is a privilege, certain rules must be met and go into effect immediately. This policy will remain in effect until this time next year; with or without your signature.

To participate in high school sports, the following requirements are set forth by the state:

Georgia High School Requirements

- A. Pass 3/4 blocks from the semester preceding the swim tryouts (spring 2021), and because our sport spans both semesters, you must also maintain passing grades into the second semester (fall 2021) to continue participation in January.
- B. Be on track to graduate with your class.
- C. You must have all forms on file with Newnan High School through Dragonfly Max.

Rules and Consequences: Will follow NHS Swim Code of Conduct for ALL Athletes

- I. **Smoking:** There will be **NO smoking or vaping.**
 - OUT OF SEASON (during school year): 1 meet suspension
 - IN SEASON: 2 meet suspension
 - SECOND OFFENSE: Dismissal from the team

- II. **Drinking:** Drinking alcoholic beverages is not permitted.
 - OUT OF SEASON (during school year): 1 meet suspension
 - IN SEASON: 3 meet suspension
 - SECOND OFFENSE: Dismissal from the team

- III. **Drugs:** Absolutely no using, possessing or selling of illegal drugs.
 - IN OR OUT OF SEASON: Dismissal from the team

- IV. **Dissent and/or Disrespect: To coaches, teammates, or opponents.**
FIRST OFFENSE: Conference with coaches
SECOND OFFENSE: Conference with coaches and parents and
official letter of warning.
THIRD OFFENSE: Dismissal from the team.

V. **Social Media**

Please be aware that Snap Chat, Instagram, Twitter, Kik, Facebook, and any other social media not listed are not private, *THINK* and *PAUSE* before you post. Basically, remember once it is out it cannot be taken back. *BE SMART! HAZING OF ANY KIND WILL RESULT IN REMOVAL FROM THE TEAM, THIS INCLUDES, BUT IS NOT LIMITED TO SOCIAL MEDIA AND PHYSICAL HAZING.*

- IV. **Late to or Missing Practice:** It is your responsibility to be here and to be on time.
See Attendance section for details.

FIRST OFFENSE: Extra fitness/or coaches' choice.
SECOND OFFENSE: Coaches' choice.
THIRD OFFENSE: Coaches' choice and conference/letter
between player, parents, and coach.

V. **Missing Meets:**

FIRST MISSED MEET: 1 meet suspension
This is in addition to the meet already missed.
Added days of extra fitness
SECOND MISSED MEET: 2 meet suspension
This is in addition to the meet already missed.
Added days of extra fitness

- ❖ Please note: If you are suspended for a meet you will still be required to attend practice and are expected to attend the meet and support your team.

THIRD MISSED MEET: **Dismissed from the team.**

Attendance to Practice/Meets

****COVID EXCEPTIONS FOR 2021-2022 IN PLACE****

- A. Attendance is mandatory; you chose to try out for this team.
- B. Be on time, everyday, you will be better for it and so will we.
- C. If you attend school, you attend practice.
 - 1. See/email me if you check out sick, don't send word with other swimmers.
 - 2. Missing part of practice to make up academic work is excused; just let me know ahead of time. Every effort should be made to do this in the mornings or at a time that does not interfere with practice time. With our practice times this should not be an issue.
 - 3. Missing part of practice due to a medical appointment is excused with prior notification; again try to avoid this if at all possible. With our practice times this should not be an issue.
- D. You must be at school for 2 whole blocks to either practice or swim in a meet.
- E. If you are absent due to illness, stay home and get well. DO NOT come to practice, but inform the coach of the absence. Do this before practice, not after.
- F. If you are absent because you are going to the lake, going to the beach, a concert, etc...**Please see the requirements to letter.** This includes vacations, trips, etc... If you are on a team, you have chosen to be part of something bigger than yourself, **BE THERE FOR YOUR TEAMMATES.....**You will have the schedule well ahead of season to plan accordingly. Clarification—This does not need to be seen as a situation in which you know you are "allowed" to miss a game ahead of time and take advantage of it (and just complete the punishment). For example, knowing the rules about missing a game, don't make plans to go to the beach or a concert on a game night and assume that the punishment will take effect accordingly. Each situation would be a decision based on the coaches' discretion, and if the coaches feel the player is taking advantage of the situation, harsher consequences will follow—which could mean possible dismissal from the team. If a player joins knowing he/she needs to miss more than two meets, it will probably be best for the team if they just concentrate on that activity and not swimming.
- G. **If you miss practice without permission, there are consequences. This can range from extra fitness to missing part or all of a meet. Again, illness, academics, and unexpected events are taken into consideration.**
- H. **If you miss 3 unexcused meets, you will be dismissed from the team.**
 - **Please note that Newnan High School Athletics rules are that if you quit a team after the season starts, or if you are dismissed from a team, you are not allowed to participate in another sport at NHS until that team's season is completed. ****

TEAM EXPECTATIONS

- A. Event scheduling is not determined by attendance, everyone is expected to be present at all times. Just being at practice does not guarantee you will swim 4 events.
- B. Ability, attitude, and work will determine swimming time. There are no favorites.

- C. Coaches will always ask for your input about events, but if you have a problem with your events, TALK TO US, not your parents or other swimmers.
- D. Understand your role on the team. TEAM COMES FIRST
- E. **Be so good that I have to put you in the water!**
- F. Lack of effort will get you pulled from the meet the first time it happens.
- G. Do not be the swimmer that becomes the example of what NOT to do.
- H. All swimmers will ride to meets and home on the bus unless prior approval is given from the coaches.

Practice

- A. Be on time.
- B. Sessions will usually last 1.5 hours.
- C. Dress appropriately. Bring cap, goggles, and all gear to every practice.

Meet day and the night before

- A. Eat healthy! Don't eat a bunch of junk food or cram sweets, it does you no good.
- B. Always assume you WILL swim 4 events! HYDRATE
- C. Cheer on your teammates!! Remember you are essentially competing with yourself and your own time. **We want SPORTSMANSHIP to be shown at all times, no matter what the outcome.**

Captains

- A. **Lead by example – IN AND OUT OF THE WATER.**
- B. **Consistently try to make the team and individuals on it better.**
- C. **It is not a popularity contest.**
- D. **Be responsible. You should be the first to practice and last to leave.**
- E. **Coaches will pick one male one female captain and the team will vote on one male and one female captain slot.**
- F. **These captains will be respected in and out of the water.**
- G. **The responsibility of being a captain should not be taken lightly.**

Cuts

- A. Unfortunately, there may be cuts. This is not a pleasant task. However, due to the number of swimmers trying out, cuts may be necessary. All swimmers need to understand this is not personal. We try to be as objective as we can be.
- B. If you get cut and would like to know why, **after the hurt and disappointment has died down**, come see me to see what you need to work on for next season. The swimmers that best fit our program will be kept.
- C. Remember, if you do not make passing grades in 3 out of 4 classes in the fall semester, you will be automatically cut from the team and the remainder of the season.

Lettering:

Swimmers must swim the majority of the season, that is **7 of the 10** meets to the letter. Lettering a player is **ALWAYS** up to coaches' discretion. If a player missed meets due to COVID or the like the coaches will decide if they will letter or not.
8th Graders WILL NOT BE ELIGIBLE to letter

Booster Club

If you are selected to join the swim team, your parents are expected to join and have opportunities to serve on the booster club.

Fundraising

We are a non revenue sport and rely on sponsorships and fundraising. Fundraising is a team effort! Everyone will participate in fundraising; this is the only way we as a program can continue to grow and achieve at a high level.

I have read and understand the rules and guidelines for being part of the NHS Swim Program. I also understand that these rules and guidelines are put in place to create a positive and successful program. By signing this I, as well as my player, are agreeing to these rules and guidelines and fully accept responsibility for actions.

Parent Signature: _____

Date: _____

Player Signature: _____

Date: _____