

Chapel Hill High School Swimming & Diving 2017-2018

Welcome to the 2017-2018 season of Tiger Swimming & Diving!

Please follow along as we go over the process of joining the team and the rules & expectations for the season.

Joining the team:

- New online registration, hard copy of physical forms still required
- Finalized roster will be submitted before our first meet so ALL paperwork must be received by **Wednesday, November 8th**!

Practice Schedule & Attendance:

Practices will be 6-7:30am Monday-Friday at Homestead Aquatic Center every day except for meet days.

Athletes are expected to maintain a minimum 80% practice attendance.

- Failure to maintain 80% attendance will render an athlete ineligible for competition.
- Excused absences: absences for medical illness or family emergencies must be communicated via email BY THE ATHLETE to the coaching staff (CHHSTigerSwimming@gmail.com) PRIOR to the missed practice OR be accompanied by a doctor's note. Parents need to be cc'ed on the email!
- Optional practices will be held on scheduled No School Days; attendance at optional practices will count towards improving attendance only
- Normal practice on scheduled delayed openings
- No practice on days when school is cancelled or delayed due to weather

Meet Participation:

- Athletes are expected to participate in every meet they are eligible for.
- Athletes must participate through the end of the competition season.
- Athletes must attend school the day of competition in order to participate in the meet.
- Athletes are expected to stay at meets through the end, not just their own final event.
- Travel Meets: all athletes *must* ride the team bus to away meets; athletes may return from away meets with their parents but coaches must be notified *by the parent* prior to leaving. Anyone carpooling must bring a signed note from a parent.
- Home Meets: there will be no bus for home meets; athletes will be responsible for their own transportation both to and from home meets.

Sportsmanship

- All athletes are expected to maintain good sportsmanship with teammates, coaches and competitors at all practices, competitions and social events.
- Remember that you are representing not only your team but also your school at all times.

All athletes are expected to adhere to the rules and regulations listed in the 2017-2018 Student Handbook which can be found on the Chapel Hill High School website.

Communication

- During practice time, coaches will be focused on the athletes in the water and therefore unable to chat with parents.
- Email box (CHHSTigerSwimming@gmail.com) is always open. If you want/need to set up a face-to-face meeting with coaches, please email to set up a time and place to meet.
- Communication directly from the student-athlete is preferred. This gives your child an opportunity to take ownership of their own swimming and learn to be responsible for and advocate for themselves, an important part of the overall development of our student-athletes.

Earning a Varsity Letter: In order to receive a Varsity Letter, athletes must maintain a minimum 80% practice attendance (year-round club team practice will count), represent CHHS & Tiger Swimming with positive sportsmanship for the entire season, AND meet at least *one* of the following:

Attend all meets they are eligible to participate in *OR*

Qualify for and participate in the Regional Meet

Please sign and date the following and return to coaching staff at the end of the parent meeting

I have read and will comply with the rules and expectations listed above.

I understand that failure to follow these expectations may result in removal from competition, practice or (with repeat issues) removal from the team.

Athlete Signature: _____

Date: _____

Parent Signature: _____

Date: _____

Year-Round / USA Swimming Athletes *fill out the following*

Team / Program Name _____

Group Coach Name _____

Group Coach Email _____

Practice Schedule _____