

Chantilly High School Swim and Dive 2017-2018

SWIM TRYOUT FORMAT:

Date		Who should attend
Monday, November 6th	First day of tryouts	First time tryouts only
Tuesday, November 7th	Time Trials: 100 Fly, 100 Back, 100 Breast (200 IM if time)	ALL
Wednesday, November 8th	Time Trials: 100 Free, 50 Free (200 and 500 free if time)	ALL
Thursday, November 9th	Last day of tryouts	ALL
Friday, November 10th	Cuts made	Come to room 810 after school

DIVE TRYOUT FORMAT:

Dive tryouts will take place on Monday, Tuesday, and Thursday from 4:30 pm to 5:45. All divers are to attend all days.

REQUIRED FOR TRYING OUT:

VHSL Sports Physical on file with the Athletic Trainer's' Office

Emergency Care Card turned into coach

Chantilly High School Participation Policy signed and turned into coach

Completed Concussion Training by athletes and parents

EXPECTATIONS:

All team members are to attend all practices, unless otherwise prearranged with a coach.

All team members are to attend and participate in all meets including both days of Districts.

All team members are to ride the bus to and from meets unless approved otherwise by the coach.

All team members are to wear their team jacket to and from meets

Team members may only wear Chantilly swim and dive gear on deck.

During meets, team members should be competing or cheering; not on cell phones or using electronic devices.

Head Coach Peter McDonough - Room 810

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CHANTILLY HIGH SCHOOL SWIMMING & DIVING

Membership and Lettering Requirements

The purpose of any Athletic program is to develop not only physical skills, but to increase mental awareness, strengthen character, promote good sportsmanship, and to develop all team members into well rounded STUDENT ATHLETES. In order to achieve these objectives, the following guidelines are presented so that you will fully understand the standards of behavior you will be expected to follow.

- Team members are representatives of Chantilly HS and have a responsibility to abide by all rules and regulations. Any disciplinary action taken for failure to meet this responsibility may include removal from the team.
- Team members are expected to attend all classes regularly and on time. VHSL eligibility rules require that students pass 5 credit subjects in order to be eligible for participation in athletics. School rules require that students must be in school for ALL PERIODS in order to attend a meet.
- Team members are required to attend all practices, meets, and meetings and to be on time. If for some reason you cannot attend it is imperative that you get in touch with a coach and let them know why. If you are unable to do so in person, please send an e-mail.
- All team members should be on the deck by 3:20. Please, DO NOT BE LATE! We only have 1 hour a day, 4 times a week.
- Attendance will be taken at practice. Those who are chronically absent will not participate in meets, unless an excuse is provided by a teacher, parent, or pre-arranged with a coach. Please try and schedule appointments etc. so that they are after practice.
- All members of the team that are swimming club four plus times a week must attend at least one Chantilly practice a week. Those swimmers practicing less than four times a week with a club, should attend at least two Chantilly practices.
- All team members are expected to attend all meets that they qualify for, including districts, regional's, and states. All members are required to ride the bus to and from the meet. If problems arise please see one of the coaches.
- Team members absent form a swim meet will be dealt with on a case-by-case basis. The only legitimate reasons for missing a meet would be for illness, family emergencies, and participation in a US swimming meet. Ski trips are o.k. during season as long as you leave AFTER the meet/season. Missing a meet may result in forfeiture of awards.
- Team members are expected not to drink, smoke, or use any type of illegal drug or substance at any time. This activity will not be tolerated. Violations of this rule will result in disciplinary action by the school/coach including suspension and or expulsion from the team. (see Fairfax County participation policy.)
- Team members are expected to conduct themselves in a sportsmanlike manner at all times. The interests of the team and your teammates COME FIRST!
- Team members are expected to show respect to their coaches, teachers, opponents, and to obey all rules and regulations pertaining to the team, school, and pool.
- In order to earn a varsity letter in swimming and diving, a member must meet all requirements as stated above, score a minimum of 20 points during the season OR participate in the district championship meet.
- The coaching staff will have the final decision on any and all awards.

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