

Exeter Eagles Swimming and Diving

Boys Head coach, Peter McGregor

Girls Head coach, Jennifer Gundersen

Diving coach, Patty Pinkerton



Season Information 2016-2017

- Coach Contact Information
 - Coach Peter McGregor - Head Boys Swim Coach
 - Email: peter@acoterra.com
 - Phone: (484) 269-2991
 - Coach Jen Gundersen - Head Girls Swim Coach
 - Email: jengun10@ptd.net
 - Phone: (610) 823-1808
 - Coach Patty Pinkerton- Head Diving Coach
 - Email: pattypink@gmail.com
 - Phone: (610) 334-0921

- Practice Times

Swimming – Typical Weekly Practice Schedule → Be sure to check the team calendar for any variations.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-8 PM Albright	6-8 PM Albright **	6-8 PM Albright	6-8 PM Albright **	6-8 PM Albright	8-10 AM Albright

** On Tuesday and Thursday the Boys and Girls teams will alternate dryland/pool practices.

Diving – Typical Weekly Practice Schedule → Be sure to check the team calendar for any variations.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-10:00 PM Gov Mifflin	8:30-10:00 PM Gov Mifflin	8:30-10:00 PM Gov Mifflin	8:30-10:00 PM Gov Mifflin	8:30-10:00 PM Gov Mifflin	No Practice

- Tryout Information
 - The season begins on **Friday, Nov. 18** with a one-week tryout period ending on Friday, Nov. 25.
 - If at any time during the tryout period you decide you do not wish to be part of the team, you must notify the appropriate member of the coaching staff either in person or by phone.
 - Coaches reserve the right to limit the number of athletes on the team to maximize lane space at practices.
- Team Rules
 - All student athletes must attend all practices.
If you swim with a club team and your Graduation Year is 2019 or earlier – 3 practices/week mandatory
 - As a varsity student-athlete your number one priority is academic achievement. Your number two priority is Exeter Swimming & Diving. If you run into academic trouble take steps to remedy that immediately. Do not be afraid to ask for help.
 - Practice and meets take precedent over any other clubs and organizations that are not directly linked to academic achievement.

- All practices and meets are mandatory for all athletes unless special permission is given by the coaching staff.
- If you are able to be in school you are expected to be at and participate in that days practice.
- If you leave school early due to illness or are not in school you must still notify a coach that you will not be able to attend practice.
- Any physical injuries must be immediately checked out by the Exeter Training Staff.
- Transportation
 - Practice Days - All athletes are responsible for finding their own transportation to and from practice. Carpooling is recommended.
- Meets
 - All athletes will travel to and from meets with the team.
 - If you leave the meet with a parent a note will be required.
 - The bus will leave at its scheduled departure time from outside the training room. Make sure you are on it. If you are not on the bus when the bus leaves you will not be participating in that days meet.
 - Proper dress is required to travel to any meet. For ladies this means no jeans or sneakers will be permitted. For gentlemen this includes a shirt (tucked in) and tie along with khakis/dress pants and dress shoes. Team sweats are NOT considered proper dress for travel.
 - On deck at the meets only Exeter/Blue and White apparel will be worn.
 - Team Suits must be worn for dual meets.
 - Use of cell phones should be restricted to emergency situations only or when used to aid in focus in preparation for an event.
- Banned Substances
 - The use of tobacco, drugs or alcohol is strictly prohibited. Any violation of this policy will be handled according to Section 5 of the Exeter Township School District Student Athlete Handbook.
- Social Media
 - As a team we will only use social media in a *positive* way to communicate with/about our team and fellow competitors. What you put out there, everyone can see, including us and any negative publicity which interferes with our goals as a team will not be tolerated.
- Booster Club
 - President: Cindy Feryo
 - Meeting schedule: emails will be sent
 - Park in the back lot, signs will be on the doors to let you know what room the meetings will be held in.
 - Team Apparel – All checks should be made out to **EHS Swimming Booster Club**
 - Warm Ups – Price is pending –
 - The booster club is also ordering spirit wear. These can be ordered on the appropriate form for anyone that would like one.
- Check List for the First Day
 - Completed Physical Forms filed with the Athletics Office
 - Exeter Township Swimming & Diving Agreement signed by parent and athlete returned to one of the coaches.
 - Suits, Caps, Goggles and Towel
 - Water bottle with your name on it
 - Combination lock for the locker room (if you would like)

Exeter Township Swimming & Diving Agreement

In signing below I am certifying that I have received and read a copy of the team policies and procedures. In addition as a member of the Exeter Township Athletic Department I have received and reviewed the Exeter Township School District Student Athlete Handbook which can be found in the student agenda book.

If I have any questions, I will address my questions to one of the coaching staff.

I certify that I have full understanding of both team and school policies and any violations of such policies may result in disciplinary action from the school as well as possible dismissal from the Exeter Township Swimming and Diving Team.

Parent Signature

Student-Athlete Signature

Parent Printed Name

Student-Athlete Printed Name

Parent Cell Phone

Student-Athlete Cell Phone

Parent E-mail address

Student-Athlete E-mail Address

Family Home Phone