PARENTS’ MEETING

Intros: Laurie Hug, Head Coach 215-654-9023, hug\_l@yahoo.com   
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Expectations: we want to develop outstanding student-athletes. Swimmers must keep their grades up or they cannot practice/compete. We expect them to work hard in both the pool and in school. The coaches are here to help the swimmers achieve their goals, regardless of their ability. Being a committed member of a swim team can provide essential life skills, such as hard work, time management, teamwork, perseverance, and responsibility, that can be carried into life after swimming.

Swimmers are expected to be on time and prepared for practice. Morning practices are not required but are highly recommended those wishing to earn a varsity letter and for those who will be missing an afternoon practice. We will START at 5:45am and the coach(es) will arrive around 5:35 to open up. Swimmers who can’t drive yet need support from parents to get to these practices on time. It may be a good idea to arrange carpools with others who live nearby.

Swimmers should eat something light before practice (morning and afternoon) even if it is just a small granola bar, a piece of fruit or a few bites of a sports bar. Sports drink or energy gels are other options. It is hard to perform well on no fuel! All swimmers should be bringing water bottles to practice to hydrate between sets.

Swimmers are expected to travel as a team to meets…both to and from. The exception is if one has a prior commitment that will require not riding on the bus (such as a make-up test after school or special event after the meet – such as diving practice). If an exception needs to be made, a transportation waiver must be submitted to the Athletic Office. This will cover the whole season but the coach must also be notified in advance. note must be brought to the athletic office preferably the day before the competition. Please do not expect to take your swimmer home from an away meet without submitting the waiver to the athletic office. Traveling together is part of the team experience.

School policy requires that swimmers must be in school no later than 8:30am in order to participate in practices/competitions, unless they have a note from a doctor on his/her stationary. They also are expected to contact a coach directly if they know in advance that they will be missing a meet or practice. When they do miss practice or show up late they are responsible for finding out from another swimmer or a coach whether they missed any important notifications (such as practice time changes).

We are using the HUDL message system again this year for swimmers and coaches to communicate away from the pool. Swimmers may not contact the coaching staff via phone, text or email. The coaches will try to shoot out a HUDL message and ask the captains to notify the group if there are changes to the schedule or special announcements but ultimately it is up to the swimmers to check with others if they have missed practice. There may be times when something is announced at practice that will NOT be announced on the website or on HUDL.

If practice needs to be canceled due to weather, a message will be sent out via HUDL. It is up to each swimmer to be sure she is on HUDL. It also never hurts to check with the captains, when in doubt..

Season Plan – it is a short season – 3-4 months depending on the level of the swimmer. The season is set up to go from general to specific. We start by building up a base through a focus on endurance training. In January we put more of a focus on training for specific events/strokes while still maintaining endurance then as we approach championships we cut back on volume and taper for the big meet(s).

Varsity/JV Requirements – to earn a varsity letter we will use a system that rewards both performance and dedication. Any swimmer who scores an average of 2 or more points at meets during the season, and attends an average of at least 4 WHS sessions per week will earn varsity. Those who do not score sufficient points but have attended at least 90% of all practices and meets including meet day mornings, Saturdays and holiday practices will also earn varsity. Non-meet day morning practices are optional and can be used as make-up practices for those missed. We expect to hold between 80-90 practice sessions during the regular season. Excused absences, such as school trips and sick days are still counted as absences. All swimmers have the opportunity to earn a varsity letter, not just the fastest swimmers, but they will need to show dedication. JV status can be earned by any swimmer who attends at least 3 practices per week and 2/3rds of the meets. Anyone not meeting the varsity/jv requirements will be assigned participatory status.

Meets: the meet schedule is posted on Wissahickon Athletic’s website - <https://wissahickonathletics.org> under Winter Sports/Swimming/Girls Varsity. Our home meets start at 3:30 and typically will finish around 6pm.

THANKS! Bart and I both are looking forward to working with your girls to help them achieve their swimming goals this season and wish to thank you for your support!