**Eisenhower High School Swimming**

**Head Coach:** Brian Cahill [brian.cahill@uticak12.org](mailto:brian.cahill@uticak12.org)

**Diving Coach:**

**Assistant**

**Team Expectations**

Swimming is a varsity sport at Eisenhower High School/Mallow Middle School. There are no tryouts or cuts; every person who wishes to join the TEAM is a member of the TEAM. This means that the expectations of every athlete are very high. Swimming at the varsity level is unlike any other High School sport. Practicing two times per day is the norm. Usually this means a practice before school and a practice after school.

Both girls and boys swim seasons last for about 16 weeks. During this time, practices are designed to improve stroke technique, strength and endurance. It is essential that every participant make every practice possible. Morning practices will focus mainly on technique with minor emphasis on endurance while after-school practices will focus mainly on endurance (both aerobic and anaerobic conditioning) as well as technique. **In order for an athlete to be a part of the team a minimum of 85% attendance must be maintained throughout the entire swim season.** This includes ALL practices and ALL team functions.

If you must miss a practice, I expect a note, email or message explaining why practice was missed. No Varsity Letter will be awarded to any swimmer that does not maintain proper attendance.

If you do not swim practice, skip practice, leave practice early, or come to practice late, I reserve the right not to enter you in a meet for that week. This is a team, and I expect everyone at every practice. If you are missing of more than 3 days in a row of practice before a meet, you will not be swimming in the met.

Team events (i.e. meets, pictures, etc.) WILL NOT be rescheduled due to an absence of any swimmer for any reason.

**Code of Conduct**

**MHSAA** code of conduct does apply as well as the school code of conduct. For example: You must be in school to participate in the swim meets that day. If your child is not in school that day, **I MUST** be notified by email or remind to make the proper arrangements to the lineup.

**Practice/Meet Schedule**

Meet schedule is posted on the school website, I have also attached a copy with the bus times. All buses are one way except for AA swim meet.

Practice schedule and meet schedule is in a google calendar. You can view this calendar from the athletics website.

***Who is expected?***

**IKE Students:** *All Varsity swimmers*

**Physicals**

**Physicals:** Need both sides uploaded to familyid.com or swimmer ***cannot practice or participate in meets.***

***A physical form can be found at***

[physical2page.pdf (mhsaa.com)](https://www.mhsaa.com/portals/0/Documents/health%20safety/physical2page.pdf)