



Grosse Pointe South Boys Swimming & Diving

2018-19 Team Information



Important Contacts: Please keep this contact information in a safe place. Enter the phone numbers and email addresses into your cell phones and contact lists. If you lose any of them, it is your responsibility to contact a teammate for the information.

Coaches:

John Fodell	Email: headgator83@gmail.com	Mobile: 313-686-1117
Greg Wolff	Email: swimwolff@yahoo.com	Mobile: 586-899-6164
Tom Mulhern (Diving Coach)	Email: doon5152@gmail.com	Mobile: 586-360-3483

Pool Office: 313-432-3720

Athletic Office: Mrs. Schmidt (Athletic Secretary) Email: jane.schmidt@gpschools.org Office: 313-432-3541
 Mr. Booth Email: boothc@gpschools.org

Athletic Trainers: Rochelle Mazurek Email: rochelle.mazurek@gpschools.org Office: 313-432-3581
 Collin Karcher Email: collin.karcher@gpschools.org

Athletics Website: <http://gpschools.schoolwires.net/domain/408>



Athlete/Parent Communication: In addition to publishing information through email, the coaches will often send last minute reminders and updates to the team members' cell phones via broadcasted text messages. Should parents have any questions or issues regarding this method of communication, please speak with Coach Fodell.



Practice Times/Groups:

School year Schedule: Mon- Thu 3:30-6:00pm, Friday 6:00-7:00am, Fri 3:30-5:30pm, Sat 7:30-10:30am

Sprints Group: Mon- Fri 3:30-5:00pm, Friday 6-7:00am Sat 7:30-10am

Optional Dry land: Mon 6:00-7:30am, Wed 5:30-7:00am

Optional Swim: Friday 5:15-7:15am

Diving: Please refer to coach Tom Mulhern for the diving schedule.



Competitive Season: This is an elite varsity-level program. Regardless of individual abilities, all team members will be held to a high standard of excellence. While everyone will compete in most regular-season meets, certain meets have entry limits and/or qualifying times. Athletes are expected to be available for all meets except in cases of major academic or family events. Our season ends with the state finals on March 16th, though some athletes will end their season as early as late February, depending on championship meet qualifications. As soon as a swimmer's high school season ends, we encourage them to continue training with a club team throughout the rest of the year.

- **Athletic Code of Conduct:** The student athlete code of conduct applies 365 days a year, not just during the swim season. You are expected to act appropriately both in and out of school. Remember, you always represent this team, so represent it well!
- **Academics:** Our expectation is that all athletes will maintain a high academic standard while at South. Students must maintain academic eligibility to participate in a sport. Keeping a balance between academics and athletics is important to our program, therefore, please plan ahead and communicate with your teachers and coaches in advance before potential issues arise.
- **Varsity Letter Eligibility:** Certain requirements will need to be met to earn a Varsity Letter. Please refer to separate document.
- **Lockers:** Assigned seasonally, team-issued locks only. Lost locks will carry a replacement cost. Valuables should not ever be on the pool deck. Leave valuables and other belongings not needed on the pool deck **locked inside** a locker during practices/meets.
- **Athletic Training & Injuries:** Our athletic trainer, Rochelle Mazurek will typically keep training room office hours during the school year from 2:30 to 6:00 pm, though she may often be available later in the evening when there are athletic events at South.

The training room is located near the football locker room, to the right side of the stage in the main gym building. Swimmers who need to see the athletic trainer are expected to do so immediately after school to avoid conflicting with swim practice time and to have access to Rochelle before she is tied up with other teams.

- a. **Consistent training:** Attendance at practices is essential to avoiding injury during competition.
- b. **Soreness or Injury?** Swimmers need to be able to distinguish the difference between simple muscle soreness as well as everyday pain as a result of muscle exertion versus a serious injury. The majority of time that we train, athletes will be in various stages of discomfort. If done well, swim practice is a draining, often grueling ritual. It is normal for swimmers who train hard to experience pain during a difficult workout. Swimmers need to be prepared for muscular fatigue and soreness that is simply part of the sport.
- c. **Injuries:** If an athlete has an injury, they need to visit the athletic trainer and/or consult a physician.
- d. **Physician Visits:** If an athlete visits a physician for anything sport related, whether or not the visit causes an absence, he or she must provide follow-up written documentation from the doctor to the athletic trainer. If the athlete is immediately cleared to participate, that must be stated on the doctor's note, otherwise a written diagnosis of the condition and treatment recommendations including date of return to activity must be provided. Until the athletic trainer has this in hand and notifies the coach, the athlete will not be allowed to participate in practices or competitions, however attendance will still be required.
- e. **Serious injuries** could prematurely end the season of the athlete—not as a punishment, but rather from the perspective that we only have a 10-week training period until we begin our taper for the championship season. A two or three week period of lost training due to an injury makes it nearly impossible to be ready for a peak performance at the end of our season.