



2021 Boys Swim & Dive Information
Head Coach: Victoria Truex
Assistant Coach: Sumer St. Germaine

Contact Information

Email Address: lansecreuseswim@gmail.com

Remind Code: @swimLCHS1

Requirements for Participation:

- Physical on file dated after 4/15/19
- Health Questionnaire on file (if using previous physical)
- Pay-to-Play
- Necessary equipment (listed below)
- Desire to have fun, work hard, and support the team

Equipment:

The following equipment is required to participate on the team.

- Practice Suit
- [Team Suit](#)
- Goggles
- Cap
- Water Bottle
- Towel

This year especially, it is crucial that ALL swimmers have the necessary equipment and bring it to practice every day. **There cannot be any sharing of equipment under any circumstances.**

****Forgetting goggles, suits, etc. will count as an unexcused absence from practice.**

The following equipment is recommended, but not required:

- Swim bag
- Additional goggles, caps, etc.

See Practice Schedule linked [here](#). This is subject to change due to unexpected days off, weather, etc. Please be flexible :)

Dual Meet Schedule:

Date	Opponent	Time	Home/Away	Transportation
1/26	Stevenson	6:00 pm	Away @ Henry Ford Pool	One-Way
1/28	Lamphere	6:00 pm	Away	Two-Way
2/9	Marine City	6:00 pm	Home	N/A
2/11	Sterling Heights	6:00 pm	Home	N/A
2/16	Cousino	6:00 pm	Home	N/A
2/23	Marysville	6:00 pm	Away	Two-Way
3/11	Dive Divisions	5:00 pm	Away @ Marysville	No bussing provided
3/13	Division Meet	12:00 pm	Away @ Marysville	No bussing provided

Home Meet Policies:

- On days of home meets, swimmers will be expected to arrive at the pool no later than 4:15 pm.
- Swimmers will all contribute to putting in lane lines and clearing the deck to prepare for the upcoming meet (following guidelines with physical distancing and contact).
- Timers must be supplied by the home team, so any parents, siblings, friends who are willing to time would be much appreciated as volunteers.
- LCHS students can earn volunteer hours for timing at meets.
- Currently we don't know about spectators at meets.

Away Meet Policies:

- On days of away meets, bus times will be communicated in advance.
- Because of COVID-19 precautions, locker rooms will not be open to visiting teams, so swimmers must arrive in their suits ready to go
- If one way bussing is listed, swimmers must have their own ride home.
- If two way bussing is listed and a parent/guardian would like to drive their swimmer home, they need to communicate that request IN WRITING (email or note) with the athletic director and coach prior to the meet

Varsity Requirements:

#1: Attendance

- To earn a varsity letter, swimmers cannot have more than 4 unexcused absences from **required** practices and/or meets.
 - Clarification:
 - Absences will be considered unexcused if there is no communication about the absence within 24 hours of the absence occurring
 - Forgetting your equipment is an unexcused absence
 - If you are too sick to swim, you are too sick to participate in other activities as well and if coaching staff discovers that you used “illness” as an excuse, that practice will be unexcused
 - If you need to study, catch up on homework, etc you need to let us know and we would prefer that you do this in the pool office during practice unless you need to be meeting with a teacher
 - Other clubs, activities, etc. that cause repeated absence from practice may be determined as unexcused unless prior arrangements have been discussed.

AND:

#2: Points/Times

- 20 points earned in swim meets during the season.
- Finishing in the top 12 at County or league meet in an individual event.
- Achieving the following time standards:
 - 200 FREE : 2:21.99
 - 200 IM : 2:39.99
 - 50 FREE : 29.69 (GUN START ONLY)
 - DIVING : 2 meet average of 160 pts. or better
 - 100 FLY : 1:17.59
 - 100 FREE : 1:05.69
 - 500 FREE : 6:29.99
 - 100 BACK : 1:17.59
 - 100 BREAST : 1:23.69
- Upon completion of 3 full years of dedicated practice and participation a swimmer can earn a Varsity Letter.
- REMEMBER -- The Coach will make the FINAL decision.

Note: If you are late to the start of practice I reserve the right to deduct points that you have earned towards your varsity letter. The amount of points deducted will depend on how late you arrive or how early you leave.

Athlete Signature: _____