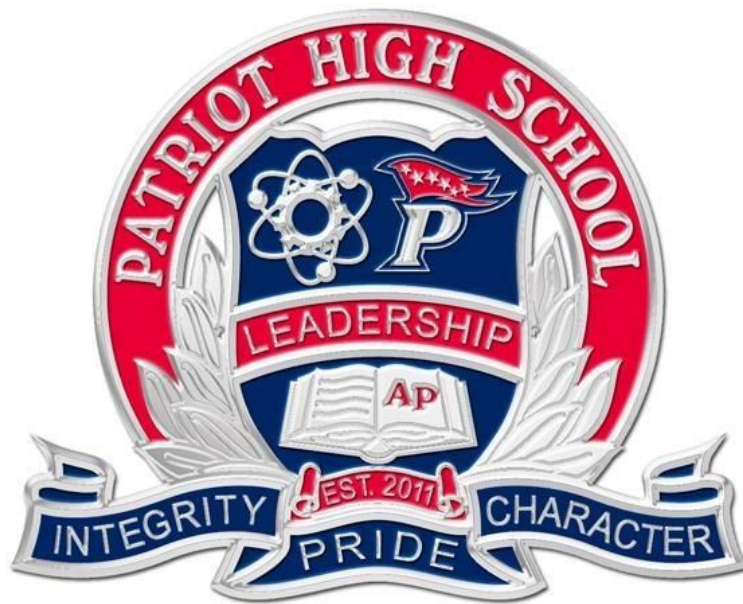


# PATRIOT SWIM & DIVE



**2019-2020**

Information Packet

## Patriot Pioneers Swim & Dive Team

Welcome to Patriot High School Swimming and Diving! We are looking forward to a new season and are excited to have the opportunity to work with all the incredibly talented swimmers and divers we have in our Pioneer community.

Participation in the Patriot Swim and Dive Team requires commitment, hard work, cooperation, dependability and enthusiasm. All members involved with a successful team share these responsibilities. Our commitment as coaches includes providing a safe and healthy environment for practice and competition, knowledgeable workouts and meet strategies, the opportunities to improve and excel, and encouragement to reach the highest goals possible. We expect swimmers and divers to attend and participate in all practices and meets and work to the best of their abilities. Our goal is for each member to be successful in developing the correct techniques, to excel in achieving their personal best performances, to be recognized as a team member with outstanding sportsmanship and leadership – and to be identified as a Patriot Pioneer!!

Let's make it a GREAT season –

TOGETHER WE CAN MAKE IT HAPPEN!

Coaches:

Coach Bussian (2026) – [bussiae@pwcs.edu](mailto:bussiae@pwcs.edu)

Coach Burch (2105) - [burchjl@pwcs.edu](mailto:burchjl@pwcs.edu)

Coach Northrup - [northrj@pwcs.edu](mailto:northrj@pwcs.edu)

PWCS Head Dive Coach - Coach Baker - [BakerAM@pwcs.edu](mailto:BakerAM@pwcs.edu)

## **Registration**

A registration form needs to be filled out for each swimmer/diver. The form is available online in the Team Links section of either the Boys or Girls team sites at patriotpioneers.org. Registration fees to participate on the team this year are \$100.00 (returning swimmers) and \$150.00 (new swimmers/divers). This cost helps cover a spirit pack (t-shirt and cap (plus shorts and warm ups for new members)), water time, banquet expenses, activities and spirit accessories. Payment is due by the first meet - spirit gear will be held until payment is received. If for some reason you are experiencing financial hardship, please contact Coach Bussian to work out other payment arrangements. All families are also encouraged to join Patriot Boosters - they support us throughout the season, helping with pool fees and postseason costs. Our team is expected to support the Boosters through service in concession stands.

## **Communication**

Our web sites are the primary means of communication; email is secondary. Information regarding schedule changes and team news throughout the season will be posted on the web sites and may be sent by email. It is essential to sign up for email alerts on one of the web sites and give at least one email address that is checked regularly on your registration form. Inform the coach of any changes immediately.

## **Eligibility**

**Physical:** all swimmers/divers must have a sport physical dated after May 1, 2019. The completed form must be turned in prior to the first day of tryouts.

**Concussion Training:** all swimmers/divers must have attended (or completed online) a concussion education training seminar with a parent prior to the first day of tryouts. Baseline testing (IMPACT) is scheduled in the first few days after team selection. Athletes must complete baseline testing every two years.

**Blue Emergency Info Card:** all swimmers/divers must complete a blue card for swimming by the first day of tryouts.

**Academics:** swimmers/divers must meet the minimum academic requirements to participate (enrolled in and passing at least 5 classes, with no less than two Cs and 3 D's per semester).

## **Team Uniform**

Swimmers and divers are required to have the PHS team suit. Swimmers/divers will provide size information for their team t-shirt (and shorts and warm ups for new swimmers) which are purchased by the team. We require swimmers/divers to wear the team warm-up, t-shirt, shorts, swim suit, and swim cap for all meets - no gear from other teams is allowed. Riptide Swim Shop is our vendor for team suits. Athlete's Mark is our vendor for spirit gear. Please visit their websites and order your suit and gear directly on the sites, and/or visit Riptide @ CPAC.

**Note:** Swim attire for practice - one piece suits, no tie straps, no inappropriate logos or writing, no club/summer caps or apparel - plain or PHS items only.

## **Attendance**

Swimmers/divers are expected to attend all practices and meets (including spectating 2 dive meets (or swim meet, if diver)) throughout the season unless excused. Fill out the online “**Absence Notification Form**” in advance if you will not be at practice or a meet. Except for sudden illness, absences must be identified in writing at least one week prior to the meet you will miss. Year round swimmers/divers must attend at least one Patriot practice a week and turn in a practice verification form from their year round coach weekly – due by Wednesday of the following week. An unexcused absence may affect your entry into the meet for the week.

## **Practice Schedule**

Swim practices will be held at PWCS Aquatic Center pool, Monday-Thursday, 5:30-6:30 pm. Dive practices will be held at PWCS Aquatic Center Monday-Thursday, 4:00-5:30 pm based on practice/competition team. There will be no practice on Fridays. Meets will be held on Fridays or Saturdays. Check the website for the full meet schedule and venues. Athletes are expected to be picked up from practice promptly. Swimmers/divers will be given a warning and may be removed from the team after repeated late pickups.

## **Meets**

Swimming and Diving at Patriot is a varsity sport. Coaches will do their best to get every swimmer into the meets, but there are no guarantees that a swimmer will compete in a specific event or a meet. Swimmers are expected to arrive at all meets in time for warm-ups and remain with the team until the last relay finishes. Swimmers that do not arrive at the meet prior to the conclusion of warm-ups may be scratched from the meet. Swimmers/divers must attend half a day of school or more in order to compete in a meet that night or half a day on Friday for a Saturday meet.

The coaches recognize that there are often conflicts between “Club” and “High school” swimming. Club teams typically will participate in multiple championship meets during the month of December where the swimmers will be “rested” or “tapered” in an effort to qualify for Spring Championship meets. The coaching staff, in conjunction with other Western District teams, has spent considerable time trying to create a schedule that will accommodate everyone. With that said, we realize that there still could be scheduling conflicts. Each year round swimmer is permitted to miss one dual meet where there is a conflict with a “Championship” meet without jeopardizing their standing on the team or their ability to letter. Swimmers with a meet conflict must notify the Head Coach as soon as possible and NLT one week prior to the scheduled meet. The Freestyle Frenzy meet was created as a meet for swimmers not participating in a championship meet. Swimmers attending a conflicting club meet are excused from Freestyle Frenzy (which does not count as their one missed meet allowance).

## **Transportation**

There is no provided transportation for practices or meets at the Freedom Center, PWCSAC or CPAC. If we have a bus for a meet, athletes are expected to ride the bus to and from the meet.

## **Athlete Behavior**

Swimmers/divers will conduct themselves in a manner consistent with Virginia High School Swim Rules and PW County Code of Conduct during practices and meets. Additionally, athletes will remember that they are representatives of Patriot High School and will ensure their behavior reflects on the school in a positive manner.

## **Coaches Expectations**

1. Be on time – Early is on time, on time is late, and late is unacceptable.
2. Listen to coaches, officials, and school administrators
3. Bring enthusiasm to the pool and have fun.
4. Understand that you are part of a team. Treat team members with respect.
5. No cameras, phones, or ipods behind the blocks.
6. No deck dressing.
7. Know when you swim.
8. Never waste an opportunity to swim fast.
9. No drugs, alcohol, or tobacco.
10. No swearing or obscene gestures.
11. At practices and meets we do everything as Patriot H.S. swim team. Only PHS caps and apparel will be worn at practices and meets.
12. Bullying will not be tolerated.

*No I-Pods, personal music players or cell phones for texting/facebook are allowed at practices or during meets.*

## **Parent Volunteers**

The Patriot Swim and Dive Team depends a great deal on their parent volunteers. Our volunteers are needed in a variety of capacities in order to have a meet/team run smoothly. Each family is asked to commit to volunteering in at least three meets or team activities. Volunteer opportunities include: timers, runners, stroke and turn/dive judges, referee, starter, computer rep, pasta parties, fundraising, community service, photographer and more. Signups for positions necessary at each meet are available through a link on our website.

## **Year Round (Club) Swimmers\*/Divers**

Swimming/diving year round is a big commitment. We realize it requires a significant amount of time and money. However, we expect you to fully commit to the PHS Swim & Dive team as well. We expect you to attend a minimum of one practice a week. You are required to swim/dive at least as many practices a week as non-year round athletes will on the Patriot team. A verification form of club/year round practice must be turned in by Wednesday for the previous weeks' practices. You may miss one dual meet for a club meet. You are expected to be at all post-season meets (that you qualify for). All issues should be taken up with the Head Coach. Being part of the Patriot team is more than just showing up at meets – it means practicing with, supporting and cheering on your Patriot teammates.

\*Year Round Swimmer/Diver (our definition): an athlete who is practicing with a club team at least 4 sessions and/or 8 hours per week (usually more).

## VARSIY LETTER CRITERIA

High School Swim & Dive is a Varsity Sport. Unlike recreational sports, varsity sports are competitive. Committed participation, while a prerequisite, does not guarantee performance worthy of a Varsity Letter. Therefore, committed participation is not enough to earn a Varsity Letter.

In order to earn a Varsity letter, a swimmer/diver must earn 100 points. Points may be earned in the following ways:

**1. Commitment (maximum 50 points)** - One point credited per practice participation (max points per week is 4 points). **Full points** will be awarded to any swimmer/diver who misses 10% or fewer practices during the entire season. Year round swimmers/divers will be assessed their practice points based on their practice verification forms and weekly PHS practice attendance:

1 club practices/wk: **1 point**

2-3 club practices/wk: **2 points**

4 or more practices/wk: **3 points**

**2. Performance (maximum 50 points)** –

**1 point** will be credited for **every meet** attended (including spectating a dive or swim meet)

**1 point** will be credited for **each point the swimmer/diver scores** during the **regular** season. Points earned on relays will be divided by four (4)

**1 point** will be credited for **each 1 sec/1 point score improvement** from baseline in **regular** season competition

**5 points** will be credited for swimming/diving in Districts

**10 points** will be credited for swimming/diving in Regions

**3. Discretionary – 10 points** may be awarded, or deducted, at the sole discretion of the Head Coach.

**4. Ineligibility** - Swimmers will be **ineligible** for a Varsity Letter under the following circumstances, regardless of points earned:

1. They have one (1) unexcused or two (2) or more excused absences from Patriot dual meets.
2. They fail to earn at least 25 points for participation in practice/through club practice verification.
3. Unsportsmanlike conduct during the season.

### Definitions:

Excused Absence – This includes illness, academic conflicts such as: tests, make up work, academic auditions, college entrance exam testing, family emergencies, bereavement, and religious conflicts. There may be other absences that qualify as excused not listed and the coaching staff will make a determination as instances arise.

Unexcused Absence – Attending or competing in a Club swim meet beyond the one excused “Championship” meet, attending or competing in a conflicting sport event, attending parties, work, volunteer assignments.