



STERLING HEIGHTS HIGH SCHOOL
VARSITY SWIMMING



Swim Team Expectations and Standards

- Coaches: **John Foradori, Elizabeth Foradori**
- Email: jforadori@wcskids.net, shhssswimming@gmail.com
- Team Website: <http://shhsswim.weebly.com/> (used very sparingly)
- SHHS Athletics Website:** <http://shstallions.com> (all files and team info is here)
- Swimcloud** for meet results: <https://www.swimcloud.com/>
- All files and results are available on Schoology! I will enroll all swimmers when the season starts
- COMMUNICATION IS KEY TO SUCCESS.**
 - **Please keep me informed about anything that will affect practice, a meet, an injury, or anything else**
 - **Parents: if you have a concern, please come to me first before going to any administrator. Most issues can be resolved with a conversation.**
 - **24 HOUR RULE:** This rule states that after a competition, coaches and spectators will not discuss strategy, playing time, or other tactical details about the competition. Competitions can be very emotional, and the 24 Hour Rule is there to make sure that there is a cooling off period so a productive conversation can take place. We have an open-door policy with communication, however we will strictly abide by the 24-hour rule after meets.
- Team Remind** (1-way texts from me to the team and parents) Text @shhsswim to 81010
- Practice Times:** The start time means swimmers are suited up and stretched to begin their warm-up swims. Please refer to the team calendar (on the website) for the most up-to-date practice and meet times available!
- We are responsible for **setting up the pool** for all home meets. That is why the team is required on deck at 4:30 on home meet dates. The first meet we will be on deck at 4pm to learn what goes into setting things up.
- Bus Schedules** will be posted at <http://shstallions.com> Bussing is usually one-way in WCS, which means students will need a ride home from all away meets. **PLEASE PLAN TO PICK UP YOUR ATHLETE BY 7:30pm AT ALL AWAY MEETS.**
- Swimmers are expected to wear their team sweatshirts for the bus ride to all away meets.
- Swimmers will not be asked to swim an event they are not physically ready for. They may be asked to swim an event they don't like for the sake of the team.
- Parents, tradition in Macomb County for swim teams means **home teams supply snacks at the end of a meet for each of the teams.** It is a tradition, and the swimmers greatly appreciate it. Parents, you are all welcome to get involved.
- Parents, you can also volunteer for other activities at meets, like back-up timing (so the swimmers can focus on the meet) as well as other activities. The more people involved in the team, the more fun and successful seasons are.
- Swimming is a **NON-CUT sport**, so all will be on the varsity team. You have certain standards to meet in order to earn your varsity letter, though. Through hard work, good attendance and outstanding effort, we are sure this will not be a problem.



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Stallions Swim Team Standards

THE TEAM, THE TEAM, THE TEAM

We are a team, a small subgroup of Sterling Heights High School, a family. We need to establish a culture that cares about each other as individuals and athletes, will help each other when they need it (not only when they ask for it), that celebrates our successes together, and picks each other up when we are down. Being part of a team is about being part of something bigger than yourself. Work hard for each other. Care for each other. Be there for each other. You will have good friends on the team, and people you may not be close to. That doesn't mean that we aren't a family, that we treat anyone any different than we would want to be treated.

EFFORT

We expect all athletes to give their best effort. Not everyone will be at the same level, and our expectations for them will change accordingly. Some are just beginning, and we expect them to learn, while others are seasoned veterans that we expect them to work hard and practice hard. It depends on the swimmer. The swimmer, though, must give their best at everything that they do. That is all we will ever ask of an athlete that we coach. We are happy when a swimmer gives their best, whether they win or lose.

SPORTSMANSHIP

We value sportsmanship above all else. Stallion Swimmers will treat each other with respect at all times. Stallions will be fierce competitors, but will always be gracious to the opposing team **AT ALL TIMES**. We cannot control the actions of others, but we can control our own choices and decisions. **DO NOT ENGAGE IN NEGATIVE BEHAVIOR** with other teams or with our own team. That includes any online activity as well.

BEING THE BEST (THAT YOU CAN BE)

All athletes should strive to be the best that they can be. Whether you are just starting out and have no idea how to swim or have been swimming for years, the only things that you can control are your choices, your dedication, your effort. Being the best isn't necessarily about having the fastest time. Being the best can be summed up as being the best that you can be! **MAKE THE CHOICE TO BE THE BEST YOU CAN BE!**

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| ☞ The best know what they truly want. | ☞ The Best are mentally strong. |
| ☞ The Best want it more than others. | ☞ The Best accept their fear and overcome it. |
| ☞ The Best are always striving to get better | ☞ The Best seize the moment. (Carpe Diem) |
| ☞ The Best do ordinary things better than everyone else. | ☞ The Best leave a legacy. |
| ☞ The Best are laser-focused. | ☞ The Best make everyone around them better. |

<http://www.trainingcamp11.com>

ATTENDANCE

The only way to get better in the pool is to work hard and be at practice! Our expectation is that you are at all after school practices and all competitions. If you cannot make it to a practice, let Coach Liz or I know in advance if you can. If you have unexcused absences, we reserve the right to not enter you in the next meet.



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Varsity Letter Requirements:

Be on time, Give your best effort, Make all the practices, Earn varsity points

For a team to be successful, it must have common goals and maximum participation by everyone involved.

- During the season, you must attend 90% of all mandatory practices (**not** including illness, injury, authorized school activity).
- 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.
- Team events (i.e. meets, pictures, etc.) **WILL NOT** be rescheduled due to an absence of any swimmer for any reason.
- If you are late for the start of practice, I reserve the right to deduct points that you have earned towards your letter. The amount of points deducted will depend on how late you arrive or how early you leave.
- If you are not at practice, I will be calling home to find out why you are not at practice.
- NOTE FOR SWIMMERS:** I will keep track of when you come into practice late, or leave early, this does affect your attendance. **PRACTICE STARTS AT 2:45 P.M**

METHODS OF EARNING YOUR VARSITY LETTER

- 15 varsity meet points earned in swim meets during the season. Relay points will be divided equally amongst the 4 swimmers.
 - Eligible and swimming in all meets
 - Automatic Varsity letter for qualifying for an individual event at the County Meet.
 - Automatic Varsity letter for finishing in the Top 12 at the Division Meet
 - Individual Times For Events will posted in the pool and online by Tuesday, August 18th. If a swimmer achieves one of these times, they will automatically earn their letter.
 - Upon completion of **3 full years of dedicated practice and participation** a swimmer can earn a Varsity Letter.
 - JV Level: Maintains practice level but does not meet any time requirements or meet points
 - Freshmen Level: Freshmen who meets practice level but does not meet any time requirements or meet points.
- REMEMBER -- *The Coach will make the FINAL decision on all season awards.*

Only a **TEAM** can win a championship, and we all have to work together to achieve all we can achieve. Success depends on what is done, not what is said!

Be fierce but gracious competitors!!!



SHHS Statement of Stallion Pride

1. I am responsible for making the swim program work for myself and for everyone else on the team.
2. I will accept every team member as a person. I will respect her rights to pursue excellence. This includes myself.
3. I place a high value on the pursuit of excellence. I will keep the pursuit of excellence and victory enjoyable. I will do everything I can to help my teammates to pursue excellence.
4. I will treat every practice as an opportunity.
5. I will embrace physical and mental challenge because I know it is necessary to make my team and myself stronger.
6. I will encourage others to embrace challenge and to make challenge fun.
7. I will enjoy swimming and I will express my enjoyment in practice and competitive situations. I will encourage others to talk about the fun.
8. I will thank others on the team for their encouragement and support.
9. I will thank my coach for challenging me to better my physical and mental skills.
10. I will express complaints only to a person who can do something about the problem. When I voice concerns, I will offer solutions for correcting the problem.
11. I will encourage my teammates to remind me when I am not focused or am acting in a negative manner. I will thank them for taking the responsibility to help my team and me.
12. I have no interest or use for excuses. I don't need to protect myself from others opinions by making excuses before or after I swim.
13. I realize failure is an important part of success. I will use my failures to make myself stronger.

Signature: _____

Date: _____