



2023-24 BOYS SWIM TEAM

Swim Team Expectations and Standards

- ☞ Coaches: **John Foradori, Darrin Pierce**
- ☞ Email: jforadori@wcskids.net, shhsswim23@gmail.com
- ☞ **SHHS Athletics Website:** <http://shstallions.com> (all files and team info is here)
- ☞ **Swimcloud** for meet results (search for Sterling Heights High School): <https://www.swimcloud.com/>
- ☞ All files and results will be 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 @shhsswim23 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!

NOTE: I am now a building sub at SHHS, not a regular teacher. There may be some days that I am not in the building/not working. On those days, I will let you know if there are any changes to the practice schedule.
- ☞ 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 two-way, meaning bussing will be provided to and from meets. We only have 3 away meets, and the bus will leave at 4:30 for each meet.
- ☞ 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.



STERLING HEIGHTS HIGH SCHOOL
VARSITY SWIMMING



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!**

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



STERLING HEIGHTS HIGH SCHOOL
VARSITY SWIMMING



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 at 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!!!