

Providence High School

Swim and Dive Team Manual



2013- 2014

Head Coach: Bill Davis

Assistant Coach: Eddie Carter

Athletic Director: Charles Lansing

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Introduction

Welcome to the 2013 - 2014 Providence (PHS) swim and dive team. This year there are many changes to the program, which we hope you will find exciting. Primarily, you have two new coaches, Bill Davis and Eddie Carter. Secondly, we are in a new conference. Coach Carter and I are ready for another successful year at PHS swimming and diving and are looking forward to the challenges of the season.

Your head coach is Bill Davis. I am currently the head coach for Masters at SwimMAC Carolina, the head coach for the Hembstead Hurricanes summer league team, and a volunteer assistant for the 9/10 and 11/12 competitive age group teams at SwimMAC. Additionally, I am a dedicated swimmer myself.

Prior to coaching I spent the previous 20 years in corporate America, primarily as an I/T project manager for IBM. I graduated from UNC - Chapel Hill and am currently back in graduate school at UNCC getting my high school social studies teaching certificate.

Eddie Carter is your assistant coach. Eddie brings a wealth of swim team experience to PHS. Eddie currently works in the office of SwimMAC, reporting to the Executive Director. Eddie was a high school swimmer in Austin, TX and Clinton, IN and graduated from Indiana University. Eddie ran the Hembstead Hurricanes summer league team for three years. Additionally, Eddie is also an accomplished Masters swimmer.

Our conference has changed. What has not changed is that it is still incredibly competitive, featuring many of the top-ranked teams in the state. Meets will be intense. The conference is composed of Ardrey Kell, Berry, Charlotte Catholic, Harding, Olympic, Providence High, South Mecklenburg and West Mecklenburg. This conference is called So. Meck 8.

We expect that PHS will be a leader again in the conference, demonstrating fast swimming, excellent teamwork, and superior sportsmanship.

As coaches, Eddie and I commit to the North Carolina Coaches Association Code of Ethics, and have the following duties:

- To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
- To eliminate all possibilities which tend to destroy the best values of the game.
- To stress the values derived from playing the game fairly.
- To show cordiality to visiting team and officials.
- To establish a happy relationship between visitors and hosts.
- To respect the integrity and judgment of sports.
- To achieve a thorough understanding and acceptance of the rules of the game and the standard of eligibility.
- To encourage leadership, use of initiative, and good judgment by players on the team.
- To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual player.
- To remember that an athletic contest is only a game – it is not a matter of life or death for player, coach, school official, fan, community, state, or nation.
- To avoid unfavorable criticism of other coaches and school officials, except that formally

presented to the proper authorities.

- To report to the proper authorities matters which are detrimental to the welfare of the Conference.
- To study and practice the Sportsmanship Code of the N.C.H.S.A.A.
- To be familiar with and to adhere all local, regional, and state rules and regulations.

Coach Carter and I believe the safety of the student-athletes is our top priority. Thank you for your interest in the program and we look forward to seeing you on deck.

Bill Davis

Eddie Carter

Swim Tryouts

Tryouts will be held over three days, October 30 - November 1. Students will need to be on the pool deck no later than 2:35 and ready to participate. If a swimmer is late they are not guaranteed a tryout. Tryouts will be run quickly and efficiently but they will last a full 80 minutes each day. The team will be posted on November 4 and the first team workout will be November 5.

Providence Swimming – 2013/2014 Cut Times

Distance – yards	Girl's Time Required	Boy's Time Required
500 free	9:00(1:48/100 pace)	8:30 (1:42/100 pace)
50 free	:40	:35
50 fly	:45	:40
50 back	:45	:40
50 breast	:50	:45

Details:

- The 500 free must be continuous and must include flip-turns. It will be an in-water start.
- The 50s will be from the blocks
- All distances must be legal for start, swim, and turns
- Swimmer must meet every time requirement to make the team *
- Year-round and/or regional/state swimmers may email me time proof (link to meet results or full USA Swimming name) from sanctioned meets in the past 12 months for the 50 free, 500 and 200 IM which meet above standards. 50 time splits from the 200 IM or 100/200 events must meet the above time requirements to be excused from PHS try-outs.
- Summer league times will not be accepted as proof
- Coaches retain final discretion for determining team eligibility
- *Children with special needs and/or ability restrictions will be managed separately and with

compassion and care

Dive Tryouts

There is no tryout requirement for members of the dive team. A diver must attend two practices per week downtown with Coach Roy Botsko and compete in at least two dive meets during the season.

Head Coach - Roy Botsko

Email - roy.botsko@duke-energy.com

Phone - 704-382-9442

Year Round Swimmers

Year round swimmers are an important part of the success of the PHS swim and dive team. Having both club requirements and high school requirements is challenging. For this reason the requirements of year round swimmers on the PHS swim and dive team are reduced from non year rounders. However, participation, enthusiasm, and a sense of teamwork are essential.

What is a year rounder? A year rounder is a member of a USA Swimming club (i.e. - NSS, ATOM, SwimMAC, Stingray Aquatics, etc). As part of this membership you are required to attend club workouts at least five days a week from approximately late August until July. You regularly participate in USA Swimming sanctioned meets. Typically this means you will swim 2 - 3 in-season meets and one or two season-ending championship meets, depending on which time standards you have achieved.

What will not be considered a year rounder:

- Summer league
- Membership on a USA Swimming team that does not require attendance of at least five workouts a week
- Membership on a USA Swimming team but failure to swim in meets, unless due to injury or illness
- Seasonal stroke-clubs or fitness clubs
- Swimmers who leave their club team after short course season and only swim summer league or take the summer off from swimming may or may not be considered a year rounder. Those cases will be handled individually.

If a swimmer has any questions about their year round team and requirements for PHS swim and dive they should talk to Coach Davis.

Attendance and Team Expectations

Being a team member of a varsity sport at PHS is a privilege. Varsity athletes reflect the pride of the school and are expected to conduct themselves at team functions, school, and the public as ambassadors of PHS.

Non year round swimming student-athletes on the swim and dive team have the following team expectations:

- Attend 100% of all scheduled workouts
- Attend 100% of all local swim/dive meets, regardless of eligibility. You must stay until the end of every swim meet.
- Attend 100% of all team meetings
- Assist with the setup and teardown of meets if needed
- Respect fellow team members, parents, volunteers, administrators of CMS, and officials
- Keep our pool deck and locker rooms as neat as possible
- Wear team apparel on designated days and at all meets
- Any use of social media (Facebook, Twitter, Instagram, Vine, etc) which disparages teammates, coaches, other teams, officials, or is vulgar or demeaning will result in substantial penalties, and can include immediate removal from the team. It is highly suggested that social media be disabled during the season.

Year round swimming student-athletes on the swim and dive team have the following team expectations:

- Attend 1 scheduled workout a week. You may or may not be called upon to swim that day but be prepared to get in the water
- Attend 100% of all local swim/dive meets, regardless of eligibility. You must warm-up with the team, no exceptions. You must stay until the end of every swim meet.
- Attend 100% of all team meetings
- Assist with the setup and teardown of meets if needed
- Respect fellow team members, parents, volunteers, administrators of CMS, and officials
- Keep our pool deck and locker rooms as neat as possible
- Wear team apparel on designated days and at all meets
- Any use of social media (Facebook, Twitter, Instagram, Vine, etc) which disparages teammates, coaches, other teams, officials, or is vulgar or demeaning will result in substantial penalties, and can include immediate removal from the team. It is highly suggested that social media be disabled during the season.

Additionally, all athletes on the team are bound by the following and will be required to sign a contract stating they will abide by these rules:

General Guidelines for all Providence High School Athletes

1. Athletes must be students first and athletes second. Class work must be maintained on as high a level as the athlete is capable of performing.
2. Profanity will not be tolerated at any time or place.

3. The use of alcohol or other drugs or other controlled substance will result in a suspension from the team for the remainder of the sports season.
4. Athletes are to be at practice everyday. Every practice is important; even if injured, an athlete can learn from observation.
5. An athlete being placed in I.S.S. will result in the athlete not participating in a contest during the entire time the athlete is assigned to I.S.S. An athlete that is assigned OSS is subject to be removed from the team.
6. Any flagrant violation or verbal or physical confrontation with a game official will result in suspension from the team for the remainder of the season. Less serious violations will be dealt with on an individual basis by a committee composed of the coach, athletic director, and principal.
7. Any time an athlete is in uniform or on a team trip, he/she is representing Providence High School and must act with responsibility and good character.
8. If an athlete becomes ineligible during a sports season for any reason he/she also becomes ineligible to letter in that sport for that season.
9. Any comments, pictures, or other electronic posts are subject to administrative review. Penalty may range from suspension to immediate removal from the current season. Serious infractions can result in being banned from all PHS Athletic Teams. Please encourage athletes to disable accounts in- season.

Swim Workouts

Workouts will be held daily at the PHS pool. Workout times are 2:30-3:30 pm. The workout will start precisely at 2:30. The workouts will end at 3:30 for the pool portion. Dryland will be incorporated as well, schedule TBD.

Because so many teams use the PHS pool for meets, many workouts will be shortened on meet days. These changes will be communicated weekly via email.

Thanksgiving and Holiday workouts will be held. The exact schedule of these will be posted at a later date. Swimmers who are in town are expected to attend these workouts as taking two weeks off in the middle of the season will adversely impact conditioning and meet performance.

Workouts are not optional. All swimmers are expected to attend all workouts. Swimmers who regularly skip workouts will be excused from the team. Obvious exceptions are illness (not the sniffles) and other significant life events. A swimmer who needs to miss a workout should discuss this in advance, when possible, with the coaches.

Letter Requirements

Obtaining a letter for high school athletics is a notable accomplishment. It reflects your commitment to excellence for your sport and team. A letter is not given for making the team, but making the team

better.

For non year-round swimmers the requirements for lettering are as follows:

- Attend 100% of all scheduled workouts
- Attend 100% of all local swim/dive meets, regardless of eligibility
- Attend 100% of all team meetings
- Arrive on-time to workouts
- Swim two individual events at every meet
- Demonstrate leadership, respect for teammates, and sportsmanship

For year-round swimmers the requirements for lettering are as follows:

- Attend 1 scheduled workout a week. You may or may not be called upon to swim that day but be prepared to get in the water
- Attend 100% of all local swim/dive meets, regardless of eligibility. You must warm-up with the team, no exceptions.
- Attend 100% of all team meetings
- Swim two individual events at every meet
- Demonstrate leadership, respect for teammates, and sportsmanship

Booster Club

The PHS Booster Club is a vital part of the success of PHS athletics. Their contributions to the swim team have been substantial over the years, including the 2013 - 2014 season already. Every PHS swim and dive family is expected to join the PHS Booster Club.

Every team member will sell at least 10 Homecoming BBQ tickets. Student athletes will be periodically asked how they are doing and excused from workouts to sell any remaining tickets instead of swim. The swim team will sell 100% of our tickets this year.

Volunteers

All PHS swim and dive parents should be registered CMS volunteers. This is a quick and simple process. It will allow you to be part of the team and assist with the myriad of tasks that need to be done to operate a successful swim and dive program.

The volunteer link can be found here - <https://www.cmsvolunteers.com/>

The following volunteer positions are needed:

- Volunteer coordinator
- Meet Director
- 16 timers - would like to have same timers at same lane every meet

- Officials
- Score Table
- Computer Operator
- Publicity
- Team Parent(s)
- Banquet Chair and Volunteers - should be a parent of a Junior
- Concessions (4)
- Team Activities and Dinners Committee

Parents may not participate in any team activities, other than spectating and the banquet, if they are not volunteers. The coaches, administration, and athletic department are committed to a safe atmosphere for all the student athletes and that includes making sure all volunteers have been registered with CMS. Please take the 3 minutes necessary to register.

Meet Schedule

The 2013 - 2014 meet schedule can be found on our [website](#).

First Contest (Meet) Date: Nov 18, 2013

*Reporting Deadline: Jan. 23, 2014

Regional Round of Playoffs: Jan. 31-Feb. 1, 2014

State Championships: Feb. 6-8, 2014