



PRABC SWIMMER & PARENT HANDBOOK



As a program of the Porter Ridge Athletic Booster Club, we would like to welcome you to the PR family. Should you have any questions, feel free to contact us at prabcathleticdirector@gmail.com

OUR PURPOSE

Create an environment that nurtures and develops student athletes to be outstanding young athletes in and out of the water, at home and in the classroom; to be leaders, encouraging teammates, successful students and excellent athletes.

Build a program that aligns with the principles of our community, school and culture of Porter Ridge.

Provide opportunities to grow in athletics, build relationships with peers, participate in teamwork and have fun.

Prepare our student athletes for the rigor, work and competition of a high school student athlete, with the hopes of ensuring success at higher levels within Porter Ridge.

Grow good athletes, impart knowledge, resources and developmental opportunities to grow your student athlete's ability, skill set and knowledge base for their sports.

OUR COACHING PHILOSOPHY

- Each athlete has the opportunity to participate and the coaches will encourage them, coach them and train them up to have the best opportunity we can provide to be successful.
- Fundamentals are key. Wins are made in the water when they know their position, their place, their job and how to execute it well.
- This is a team sport. Being a good teammate will always be required. Collaboration, cooperation, teamwork and listening skills are a requirement for participation.
- We will ask your athlete to work on behalf of their team, above their own ambition or need. We recognize each swimmer has their own skills, and "team" will come first.
- Respect between the swimmers and coach and staff is key. We will do our best to foster a team that teaches the importance of reciprocal respect.

- We are a student-athlete organization and the coaches will support them as students first, athletes second. We thrive as a program when the athlete is mindful of their obligation as a student first.

What is provided?

Each swimmer will receive one swim cap with registration.

What do I have to purchase?

Each swimmer must have their own goggles and know how to tighten/loosen them. It is a good idea to have a backup pair in the event that they break at a meet or practice.

Each swimmer must have the appropriate swimsuit. Coach and Commissioner will provide a link to what suite so they are uniform as a team. Extra swim caps may be purchased from Athletic Booster if you want your athlete to have a backup.

Student First: Academics

- PRMS Booster Club aligns itself with this academic standard of PRMS athlete eligibility and will hold our athletes to this expectation.
- All students must have and maintain a combined average of 70% or better in ALL classes for the previous semester. Attendance must meet at least 85% for the previous semester. The student must have been promoted successfully to the next grade.
- We are here to support you. As their parents, if you need coach and program support to encourage academics at home, please let us know.
- If your athlete falls below the academic expectations of the team, it will result in loss of participation in meets.

Registration Requirements

- Family ID Registration (this is done annually): [Family ID Registration](#)
- Current physical on the most up to date NCHSAA form for the current academic year (valid for 365 days + 30 days). ALL PAGES must be completed in its entirety and uploaded into Family ID during registration
 - English Version of Physical Form: [Physical Form \(English\)](#)

- Spanish Version of Physical Form: [Physical Form \(Spanish\)](#)
- FamilyID MUST be filled out to attend tryouts
- FamilyID MUST be completed and approved to participate in mandatory practice
- Link will be provided to Pay the season dues when the team is formed
 - If you need to make payment arrangements please reach out to our treasurer at prabctreasurer@gmail.com
 - There will be no reimbursement for season dues after the first practice
 - Season Dues are due in full by November 8th
- Parent and Player handbook agreement contract signed by parent and player. There is a Google form at the end of this document for your signed agreement.

Volunteer Opportunities

- Volunteer opportunities will be announced by the team commissioner
 - Team Commissioner will provide Sign Up requests for the season
- Volunteer Opportunity needs
 - Two Deck Parents for each meet: both parents will assist in making sure swimmers are in the right place for their specific swimming events and will also manage swimmers on the deck for safe behavior
 - Timers: Assigned to a lane and responsible to time swimmers in their event
 - Snacks for swim meet: assign various families to take turns bringing drinks and simply snacks to have poolside.
 - Be sure the team area is clean and any trash is picked up after the meet. Your swimmer is expected to clean up after themselves.
 - Team party at the end of the season if you are planning on doing one.
 - Coaches appreciation gift if your team is choosing to provide
- All Booster Club sponsored sports are run by volunteers
 - In order to have Booster Sports, participation requires parents to volunteer.
- Please complete the required UCPS Volunteer Form
<https://www.ucpsvolunteers.com/>

Practice Days and Times

Practice is mandatory for all non year-round swimmers. If you are a year-round competitive swimmer, practice is optional but must be relayed to the Coach. Summer Community Leagues are not considered year-round. Practice will always be in the evenings as our coaches are all volunteers with full time jobs and this is also when we have available swim lanes. The live calendar, once it is set, will be made available on the Band App. You will receive an invite from your Commissioner. The practices are always subject to change due to weather, pool conditions, and any other circumstance

that could arise. We do our very best to keep practices as scheduled. You will be notified of any changes via the Band App.

Pirates in the Water

- **Stay in shape:** Athletes are encouraged to take good care of themselves to keep in good shape, eat well, drink lots of water to stay hydrated and come prepared for every practice ready to swim.
- **Injury:** Injuries happen and we take them seriously. Please notify coaches about injury; if they're able, please send them to practice/meets to watch if they cannot participate. We're all better when we are all together.
- **Sickness concerns:** We take this very seriously. If you have any suspicion that your child is sick, please do not send them to practice. If your child is sick with a fever, vomiting, diarrhea or other contagious illnesses, please keep them home and do not return to practice until they are symptom free for 24 hours.
- **Practice cancellation:** Canceling practice is only done in the most extreme circumstances. Practices can only be called and canceled by the admin and coaching staff. Parents that "call" an unofficial practice will have their child lose swim event opportunities and or could be removed from the team.
- **Heat and Weather-Related concerns:** In the event of inclement weather, practice may be canceled. Your understanding is appreciated when changes have to occur, even at the last minute. Being that this is a Winter Sport, please be sure your swimmer is dressed accordingly for when they get out of the pool.
- **Absences from practice or games:** please notify coaches of absences, sickness, injury that will prevent attendance at practice or meets as soon as you're able. Absences can directly impact your athlete's event opportunities and those decisions are made at the discretion of the coach. Excused school absences will be excused absences from practice; unexcused absences from school will not be excused absences from practice. **If your student is not at school on the day of practice, they are not allowed to attend practice.**
- **School Behavior:** To the best of its ability PRABC Athletics follows the UCPS behavior matrix in regards to discipline and event opportunities. If continued behavior problems are present possible team removal may be necessary.
- **Swim Events:** Events are EARNED. Swimmers are not guaranteed multiple events at a meet, however our goal is to get each swimmer opportunities at each meet. Each swimmer will be put in events that best support their strengths and the team. These events may change at each meet. Event assignments and substitutions are done at the coach's discretion. If your athlete would like to discuss event participation, please encourage them to do so with their coaches. This age is a formative time in who they become as an athlete, it is important for them to learn to advocate for themselves.

- **Concerns:** Respectfully, we request that parents follow the 24 hour rule. If you're upset or have a concern that isn't immediately pressing or in regards to your athlete's health and safety, we ask that you wait 24 hours before reaching out with a concern to our admin staff. We understand the need for a healthy dialogue and the "open door" policy with regards to your swimmer's events, number of events, development, etc. is in place. Our only request is that you bear in mind that our staff are all volunteers so please reach out to set up a time to have a meeting or schedule a phone call. If a separate meeting with a coach becomes necessary, the staff will coordinate with you to set up a meeting. If any concern is necessary to escalate we ask that you follow the process of escalation: Coach, Commission, Booster Club Athletic Director, Booster Club President. *In most cases escalation beyond the coach and/or commissioner is not necessary as concerns are usually addressed successfully at that level.*

We believe in your student athlete! Our journey together as a swim family starts today, here's to all the great places we will go. Go Pirates!

Swimmer & Parent Signatures are done by completing this Google Form

<https://forms.gle/Dds7aZBvrU6zAJqa9>