

CHS Swimming and Diving Team Rules and Expectations

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1. **Team Selection:** During the 1st week of practice:

All swimmers will be timed in the following events: 50 freestyle, 50 backstroke, 50 breaststroke, 50 butterfly and 100 freestyle. Swimmers will be ranked in each event, and cumulative rankings will be used to cut the team total to 48 swimmers. In addition, 6 spots will be available for divers.

2. **Varsity Letters**

To earn a Varsity letter, you must be selected to compete in the Varsity conference meet (30 individual entries available) or Sectional meet (18 individual entries available).

Swimming Varsity in dual meets or Invites does not guarantee a Varsity letter, and swimming JV in dual meets does not disqualify you from earning a Varsity letter. Consistency and improvement are taken into consideration.

Tentative Conference and Sectional Team rosters will be posted after the Bulldog Invite in October. Final rosters will be announced the Monday before the meet.

3. **Practice**

a. Tardiness

If you are late, you must stay after practice and do extra work.

To excuse tardiness, you must have a pass from a teacher or note or email from a parent or doctor, or ask a parent to leave a message on Coach's voice mail.

b. Absence

To excuse absence, you must have a note or email from a teacher, parent, or doctor, or ask a parent to leave a message on Coach's voice mail.

After one unexcused absence, the coach will call your parents, and you will be expected to make up the practice on the Tuesday before a meet. For each unexcused absence thereafter, Coach will remove the athlete from upcoming meets.

4. Meets

a. Parkas

Everyone will receive a parka or warm up to wear during meets. You will be held financially responsible for the parka that *you* are assigned, and you cannot take exams until it has been accounted for!!

Cost of each parka is \$100

All equipment must be returned and checked off immediately after your final meet of the season. If you fail to do so, you will be placed on the exam fine list.

b. Bus Departure

Bus departure times will be announced and posted just before each meet. Buses will leave from the south entrance.

c. Travel Release

All swimmers are expected to ride home with the team. To ride home with your parents, we must receive a signed **Travel Release Form**, available online, or in the Athletic Office. If not coming home on the team bus, athletes are allowed to ride home with *their* parents only!

d. Events

Event assignments for all meets will be posted outside the pool office. After posting, it is the swimmer's responsibility to know in what events he or she is entered.

e. Bulldog Invitational

All those not competing in the Bulldog Invite are expected to help host the meet by timing, working in the concession stand, or in any other way.

f. Dressing up

On the day of competition, captains will communicate what everyone should wear to school. **Note: If the chosen attire is not CHS gear, it must be approved by a coach and by administration!**