

2023 East Ridge High School Girls Swimming & Diving Handbook

Who we are

We are the East Ridge Raptors - a team who will support one another, treat each other with utmost respect and grow together into better swimmers and better people. As a team, we seek to model discipline, respect and integrity in and out of the pool. Our goal is to swim faster than we ever have before and to find more joy in the sport of swimming than we have in seasons past.

We always understand that we represent not only ourselves individually but our East Ridge Swimming & Diving program, East Ridge High School, the city of Woodbury and the entire sport of swimming, and those are responsibilities we take very seriously - our conduct in and out of the pool reflects on a much wider community, and we as a team agree to act in ways that reflect positively on all of those we represent.

We will train hard. We will persevere through the ups and downs that come with any athletic season. We will improve our times and our scores, and we will swim fast and dive well. And through it all, we will all together be part of something we'll remember for the rest of our lives. Welcome to the team.

Discipline

Do What Has To Be Done

When It Has To Be Done

As Well As It Can Be Done

Do It That Way Every Time

If we can reach excellence in one area this season, let's make it discipline.

The quote above should be our guiding principle this season as swimmers,
as divers, as students and as people. That means:

- When we are at practice or a meet, we're mentally engaged in what we're doing. We're making a conscious effort to do the little things right - tight streamlines, crisp turns, perfect technique. We are focused on becoming better swimmers and divers, helping our teammates better themselves and helping us become a better team.
- When we are in school, we're focused on being the best students we can be. We do not skip classes; we do not give half-efforts on assignments and tests, and we do not use swimming/diving as an excuse for poor academic performance or a lack of attention while in class.
- When we are outside of the pool or classroom, we're doing the things we need to do before the things we want to do. We're finishing homework. We're preparing for tests. We're taking care of our responsibilities to family - chores, housework, helping family members - and other responsibilities we've agreed to. And we make sure to create time for fun and relaxation without compromising the outside responsibilities we've committed to. In short, we budget our time in a focused, disciplined way.
- Outside of the pool, we do the small things that make the biggest difference in the pool: eating right, hydrating regularly, and getting enough sleep each night to recover from training.

My Philosophy

*Teach every student/athlete life lessons about hard work, dedication, and dealing with success and failure with grace, because every athlete will experience both. The common trend in **TEAM** effort is doing positive actions together, supporting each other and doing your best to create a positive team culture. I believe in the completion of goals one has set and then learning to understand and appreciate the process so you can use these principles in everything you do in life. Always give it your best, set goals to achieve, yet take the process of achieving those goals one day at a time.*

Team Rules

1. Equipment

You are responsible for your team warmups. Do not lose them. You will not receive replacements. There will be a fine for warmups not turned in at the end of the season.

2. Transportation

You are required to ride the bus to all away meets where you will be competing, unless you have been cleared with the coaching staff ahead of time or there is no bus. Parents who wish to drive their own child home from an away meet must inform the coach in writing, and the coach must see the swimmer leave with their parent.

3. Cell Phones

Athletes are allowed to use cell phones up until practice or a meet, but when it is time to swim or dive, cell phones should not be a distraction to us. No cell phone use is allowed on deck during practices or meets.

4. Conduct On Bus Trips

We treat our bus drivers with the utmost respect, abiding by their rules and respecting their authority. We will clean up after ourselves before getting off the bus.

5. School Attendance

You are expected to attend all your classes. Unexcused absences from class can result in you being forced to sit out of practices or meets. If you miss school the day of a meet, you are not allowed to compete in the meet.

6. Club Activities

On the day our season begins, you are not allowed to participate in swim/dive club practices or meets. Competing in a club meet during high school season can render you ineligible for high school competition. You are allowed to return to your club after your high school season is over - for some, JV Championships, for others the Section Championships and for others the State meet.

7. Academic Eligibility

All swimmers and divers must stay academically eligible per district and state rules to compete. In joining our team, you agree to the difficult task of balancing academic excellence with team requirements. If you cannot maintain academic progress while keeping up with team requirements, you should not be participating in swimming & diving. Being a student-athlete requires great management of time - not everyone can do it. That said, if you are struggling academically, please be proactive in talking to a coach. We are willing to be flexible with our schedule to allow you to schedule study sessions, test retakes or meetings with teachers to maintain academic progress.

8. Cyberbullying/Hazing

Hazing will not be tolerated on this team. We are a family, regardless of age, grade, swimming/diving experience or any other differences. This goes for our conduct in-person as well as online. Remember that social media is public. Make sure anything you post reflects well on our school, our program, our community and yourself.

9. Punctuality

You are expected to be on time to practices and to meets. Being on time means being ready to start practice when our time begins. That means being changed into a swimsuit with caps and goggles on and ready to dive in when practice begins, or in workout clothes with shoes on and water bottles filled for dryland sessions.

10. Chemical Violations

Drugs, alcohol, tobacco, and e-cigs have no place in the life of any high school student, not to mention a student-athlete. As a team member, you agree not to use any illegal substances and to immediately remove yourself from any situation in which any peers are using.

Team members breaking district chemical rules (which includes banning alcohol, chew, snuff, smokeless tobacco, e-cigarettes, pipes, vaping, sniffing and huffing among others) will be subject to the following penalties at minimum:

A. First Violation Penalty: The student shall lose eligibility for the next two consecutive interscholastic contests or two weeks, 14 calendar days, whichever is greater, of a season in which the student is a participant.

B. Second Violation Penalty: The student shall lose eligibility for the next six consecutive interscholastic contests or three weeks, 21 calendar days, whichever is greater, in which the student is a participant.

C. Third or Subsequent Violation Penalty

a. The student shall lose eligibility for the next 12 consecutive interscholastic contests or four weeks, 28 calendar days, whichever is greater, in which the student is a participant.

b. A student who chooses to become a participant in a treatment program may become eligible for participation after a minimum period of six weeks after entering treatment if all the following conditions are met:

- i. The student is assessed as chemically dependent,
- ii. enters treatment voluntarily, and

- iii. the director of the treatment center certifies that the student has successfully completed the treatment program.
- iv. The treatment option cannot be used for the first or second violation.
- c. Successful completion of a chemical dependency treatment program will satisfy only the most recent violation. Any other violations for which the penalty has not been satisfied must still be served in full.

The above is direct from the MSHSL Bylaws. In addition, a student athlete who gets a chemical violation will also be (1) ineligible to be a captain during the year or suspension and/or the next season, (2) ineligible for a varsity letter in the year of suspension and (3) ineligible for the athletic department's Apollo Award.

11. Meet Expectations

- No cell phones on deck.
- The team stays together on deck throughout the meet. During the meet, we do not go into the stands to talk to parents, siblings or romantic partners. There is time to talk to spectators after the meet.
During meets, we are focused on the task at hand.
- At a meet, you are always doing 1 of 3 things: (1) competing, (2) warming up or warming down or (3) cheering for teammates. That includes swimmers during diving events and divers during swimming events.
- Sportsmanship: You represent your team, your school and your community when you compete. We treat opponents, officials, coaches, teammates, and spectators with respect. We do not use foul language. We do not throw caps or goggles in anger.

12. Practice Attendance

Coming to practice and attendance has a direct correlation to success as a swimmer or diver. By committing to the East Ridge Swimming & Diving team, athletes are expected to be at all practices and meets.

Attendance Policies:

A. Practice is REQUIRED.

B. Athletes are allowed two personal days to use at their own discretion. Athletes are encouraged to avoid taking these personal days as they will count against their attendance for lettering opportunities. However, personal days can be used for things like extra time to complete big school assignments, family events (Grandma's birthday), mental/physical breaks from the pool, etc. Personal days may not be taken once the season ending taper begins. Personal days need to be communicated to the head coach in writing (email) at least 24 hours in advance.

C. Excused Absences include (an absence that is scheduled in advance with the coaching staff):

1. **Illness** - Athlete or parent/guardian WILL contact coach as early as possible of all illness related absences. (Note: This is especially imperative on meet days!)
2. **School Related Activities** - ACT, college visits, additional classes, rehearsals, concerts
*Student-athletes must provide the coach with a written note listing the dates they will be gone from practice due to a school related event.
3. Pre-Arranged **Family Vacation** - PLEASE try not to schedule these during the season!
4. **Religious Events**

D. If a swimmer or diver is not at practice the day before a meet, they will not compete in the meet. An exception is if the absence is caused by a school-related event where attendance is counted as a part of the student's grade (ie. required attendance at a band concert). If an athlete is absent the day before a meet, they may warm-up during the meet, but will not compete. The head coach will use their personal discretion and have final say on individual circumstances.

E. Unexcused Absence Consequences:

- 1st unexcused absence - Athlete will have limited events at next scheduled meet
- 2nd unexcused absence - Athlete will not be allowed to compete in next meet
- 3rd unexcused absence - Athlete will have a meeting with coaching staff regarding their future as a member of the East Ridge Girls' Swimming & Diving program

F. The head coach has final say on all attendance based issues.

****A student-athlete MUST be in school at least 50% of the day in order to attend practice or to compete in a meet. The only exception is absence due to a school-related event (ie field trip).**

13. Lettering Policy

In order to attain a varsity letter in Swimming & Diving at East Ridge High School, a student-athlete shall:

1. Complete the season in good standing, return all issued equipment and receive the coaching staff's recommendation based on hard work, dedication to the team, positive attitude, sportsmanship, good academic standing, and participation/attendance.
2. Adhere to the rules and regulations of the Minnesota State High School League, and East Ridge High School Athletic Department, and the East Ridge High School swim and dive team.
3. Maintain a scholastic grade point average of greater than or equal to a C average (2.0 GPA) during the swimming and diving season.

In addition, ***must meet at least one of the following criteria:***

1. Perfect Attendance - Athlete attends ALL scheduled practices and meets.
 - The only exception will be in the event of a required school sponsored activity for which an absence would result in a reduction of a class grade (i.e. a band, orchestra or choir concert).
2. Swimming Time Standards - These times can be achieved any time throughout the season by athletes of any grade.

Event	Time
200 Freestyle	2:12.49
200 IM	2:34.99
50 Freestyle	27.49
100 Butterfly	1:09.99
100 Freestyle	59.99
500 Freestyle	5:59.99
100 Backstroke	1:09.99
100 Breaststroke	1:19.99

3. Diving Standards -
 - **Complete a full 11 dive list** in competition or...
 - Earn a **6 dive score of 155 points** or higher during a dual meet competition.
4. Earn a Top 16 individual event finish at the Section Meet.
5. Any senior who has been a part of the team for at least two seasons, is in good standing with MSHSL rules, but has not met the above listed criteria will earn a varsity letter at the end of the season.