**Helena Swimming 22-23**

Team Handbook

Welcome, everyone, to the 22-23 High School Swim Season. We are excited to see all of the returning swimmers, and anxious to meet those new swimmers that will be joining the team. High school athletic programs can and should be an important part of every student’s high school experience. To make this a positive experience simply requires a commitment by everyone to the athletes, the school, the program, the coaching staff. It is our clear objective to create the best team and team environment possible through commitment, discipline, integrity, and spirit. With a committed staff, unparalleled parent group, and great group of athletes, we believe this will be a fantastic year for all!

 **Commitment/Attendance:**

Swimming is a training intensive sport, and the high school season is relatively short in terms of preparing to compete at a high level. Swimmers are expected to attend all practices, participate in all meets, and attend all meetings and activities. An academic conflict is the only acceptable reason (other than illness) for missing practice or a meet, and should be arranged with the coaching staff prior to the event.

Attendance involves not only timely arrival and preparation, but also full attention and participation in all drills and activities. Athletes are expected to participate to the best of their ability - listening carefully to all instruction and completing each practice set as outlined by the coaching staff. Failure to begin practice in a timely manner, failure to follow direction or complete sets as directed, displays of poor attitude towards teammates or coaches, and other behaviors disruptive to team practices will not be tolerated. Anyone displaying such behaviors will be asked to leave, and that practice will be counted as an unexcused absence.

\*\* Cell phones WILL NOT BE ALLOWED on deck during practice or meets \*\*

Club swimmers: Those athletes that belong to the Helena Lions or Dolphins Swim Teams must attend 10 high school scheduled practices before their participation in a high school swim meet. Thereafter, some club practices may be counted toward high school attendance.

Club swimmers will be required to practice 2-3 times per week with the high school team to help foster team unity. (One swim day, one dry land day, pre-meet practice the day before a meet)

**Swim Meets:**

All swimmers are expected to attend all meets. High school swimming is, first and foremost, a team sport. The team relies on each swimmer’s participation, and meets are seeded accordingly. Any unexcused absence harms the team as a whole.

Athletes must attend school and practice the day of (or in the event of a weekend meet, the day before), and the day after a meet. An unexcused absence will result in ineligibility for that meet. This includes all remote learning commitments.

All athletes must travel to away meets on the bus with the team. If an athlete misses the bus for a scheduled trip, participation in the meet will not be allowed.

All swimmers are expected to stay for the entire meet to cheer on teammates.

Students will be allowed to leave away meets after being signed out by parents or legal guardians only. Permission to leave with grandparents or other relatives must be approved in writing by the school principal prior to the meet.

**Dress:**

You are representing your team, your school, your town – DRESS TO IMPRESS!

Athletes must dress up at school on days of meets, and in the event of weekend meets, on the day before a meet.

At meets, all athletes must wear the team suit and the team cap.

Equipment bags will be issued to athletes at the beginning of the season. These will be numbered and signed for. Failure to return this equipment at the end of season will result in a school fine and will affect your ability to receive your letter award as well as your diploma –

**All meet entries**, individual as well as relay assignments, will be based on swimmers’ best times, meet entry limits, and team goals. Relay positions are earned, and “A” relays will be filled with athletes that provide the best scoring opportunities for the team.

**Team Captains** will be chosen by the coaching staff based on the idea of captains as leaders who outwardly demonstrate our vision for the team and prove themselves a positive role model both in and out of the water. Captains will be expected to provide assistance to teammates as needed, lead and organize cheers, foster team spirit, and help plan end of season awards

**State Meet:**

Athletes will be invited to participate in the Montana State Swim Meet based on swim times as well as participation and conduct at practices and meets.

**Letter Requirements:**

In order to qualify for a letter, a swimmer must fulfil the following requirements:

1. Display good sportsmanship and conduct in practice, at meets, and on trips, as determined by the coaching staff
2. Meet all school and state requirements for conduct and standards as outlined in the school district policy handbook. Violations will result in ineligibility for a letter award.
3. Meet the training requirements (pool and dry land) of at least 85% attendance of practices (including excused absences)
4. Attend all meets. One meet may be missed due to illness or conflicts approved by coaching staff prior to competition date. However, more than one missed meet will leave an athlete at less than 80% meet participation, and ineligible for a letter award.
5. Qualify for the Montana State Swim Meet – or attend by invitation of coaching staff

**\*\*\*** A swimming letter may be awarded to a junior or senior only, who has satisfied the first 4 requirements, has participated on the school team a minimum of 3 years, and has, at the swim coaches’ discretion, displayed extraordinary effort **\*\*\***

**Inherent Dangers:**

As with all activities, there are inherent dangers associated with swimming. Coaching staff will make every effort to inform athletes and parents of proper procedures for safe participation in and out of the pool. It is crucial that all activities are performed as instructed and that any perceived injury or potential danger is reported to the coaching staff immediately.

Participation in group activities increases all dangers associated with COVID-19.

**Prerequisite Skills:**

Athletes must be able to swim 100 yards freestyle in under 1:50, and tread water for 3 minutes, the first minute without using hands.

**Cut Policy:**

As pool space and time is limited, it may become necessary to cut the number of participating athletes to a number that will allow for effective practice time. In the event that cuts become necessary, selection will be based on swim times for a set of 10 @ 50 freestyle, and on 100 yard sprints of each of the four competitive strokes.

**Practice Schedule**: Athletes will all practice for the full practice time for the first week. Athletes should come prepared to participate in both swimming and dry land exercises all days. After the first week, athletes will be divided into practice groups based on ability and strengths. Schedule is subject to change based on facility availability and athlete school scheduling. The team will have Saturday practice on both December 3rd and 10th, with the possibility of Saturday practices later in the season.

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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  3:00-5:30 |  3:45-5:30 |  3:45-5:30 |  3:45-5:30 |  3:45-5:30 |

**21-22 MEET SCHEDULE**

Dec 9 Butte 4:00

Dec 17 Missoula 11:00

Jan 7 Butte Invite noon

Jan 14 Great Falls 4:00

Jan 21 Great Falls noon

Jan 27 Butte 4:00

Jan 28 Missoula 11:00

Jan 31 Crosstown 4:00

Feb 10-11 State Championship @ Great Falls

Feb 27 Banquet 6:00-8:00

**We are committed to making this a wonderful swim season for all.**

**Please contact us with any questions or concerns -**

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