

2009-2010 Alpharetta Raider Swim and Dive Team Procedures & Rules Agreement

Purpose of the Swim Team

The purpose of the swim team is to enjoy the sport of swimming in a competitive environment. We will work on technique; however, swimmers should already be competent and comfortable in the water with all strokes. The AHS swim team must be very competitive in order to race against some of the best swimmers in the Atlanta area.

Minimum Requirements

Swimmers must have basic skills of swimming to make the team. Swimmers will be asked to complete 200 yards freestyle, 100 yard backstroke, 100 yard breaststroke, 100 Individual Medley and 50 yard butterfly. ALL STROKES MUST BE LEGAL. Swimmers must know how to do a racing dive and a flip turn. Swimmers who do not meet the minimum requirements will be ineligible for the swim team.

Costs of the Swim Team

The cost of the swim team is \$350.00. There will be an additional cost for the team swim suit. Every swimmer will receive a swim cap and a short sleeve shirt at no additional cost. The \$350.00 will also cover the pool for practices, fees for all meets, officials' fees, bus costs, the banquet and awards.

After the roster is named there will be no refund of fees for any reason, at any time during the season.

Team Uniform

The AHS Swim Team uniform is the AHS Team T-shirt, AHS swim suit and AHS Swim cap. All swimmers will be given an AHS T-shirt and AHS cap. If lost, these two items must be replaced at the swimmers expense. AHS caps and goggles are mandatory to wear for all meets as well as practices. Swimmers should have more than one pair of goggles, in case they break or get misplaced. No jewelry of any kind can be worn in the pool; even a hair band on the wrist is considered jewelry. No slogans or mascots of any kind can be on the swim caps or swim suits, except for the Alpharetta Raiders logo and name.

The AHS swim suit will be made available for purchase and is a mandatory purchase for all swim team members.

Items that are not required, but are helpful include the following: waterproof bag, drag suit for practice, sweatshirts, and extra caps. Remember this is a winter sport, so swimmers need to stay warm.

Practices

All practices and meets are mandatory. We will have four practices per week, Monday through Thursday. Swimmers must attend three of the four practices in order to compete in the swim meet on Saturday. If you leave practice before it is over, it will be counted as an absence. Every absence must be accompanied by a parent note.

Swim Atlanta and Dynamo Swimmers may use their swim practices in lieu of AHS practices as long as proof of attendance is provided from the coach.

Meets

All meets are mandatory. No unexcused absences from meets will be tolerated. The coach will deal with any foreseen absences individually.

To contact Coach Santowski:

Email: santowskie@fultonschools.org

Cell number: 770-356-0841

To contact Coach Marshall:

Email: klacmarshall@comcast.net

Cell number: 404-308-6656

Snacks

All swimmers are expected to bring their all own food and drinks to swim meets. Also, bring money in case the bus stops at a restaurant on the way home from the meet.

Valuables

Do not bring valuables to swim meets. If you bring any valuables, make sure they are secure. It is your responsibility for their safety. We had problems with items getting stolen at meets last year.

Buses

All swimmers are to ride the bus both to and from the school. Only with 24 hour notice will swimmers be allowed to ride home with parents.

Swimmers need to follow all of the behavior rules on the bus. No trash should be left behind. Swimmers are to stay seated during the bus trip. No horse playing will be tolerated.

Safety at the Pool

Swimmers are to follow all rules of the pool. Safety is very important. If a swimmer horse plays in or around the pool, they will not be permitted to swim. In the event that there is an emergency, a lifeguard will be present to assist.

Good Sportsmanship & Team Etiquette

Swimmers should display good sportsmanship in and out of the pool. As a representative of Alpharetta High School we will only tolerate good representation. No taunting or name-calling will be tolerated. You are encouraged to cheer for your teammates, but remain respectful to the opponents.

Letters

Swimmers will be eligible to earn letters if they attend practice and meets, follow procedures, AND make points for the team. Swimmers should also display good sportsmanship in and out of the pool. **Earning a letter is an honor, not a right.** All letters will be given at the sole discretion of the coaches.

Academic Eligibility

Swimmers must have passed five (5) courses the semester immediately preceding participation. **No refunds** will be given for swimmers determined ineligible in Jan 2009.

ISS, OSS and Alcohol or Drug Issues

Any student receiving an ISS will not be in the line up for the following swim meet. Any student receiving an OSS will be removed from the team. Any drug or alcohol use will result in the swimmer being removed from the team. **No refunds** will be given for any of the above situations.

09-10 Handbook Signature Page

Print this page, sign and return to Coach Emily by October 12, 2009. Every swimmer must have this form on file.

Parent Signature

Swimmer Signature

Date