

## RRHS Girls Swimming 22 – 23

### Practice Schedule –

Monday-Friday 2:30pm – 4:30pm  
Saturdays/ Holiday Schedule TBD

#### ○ Communication –

- Remind app Hawks Girls Swim. code: 2823b6 will be used for most communication. Otherwise, I will email through Final Forms if it is a lot of information.

#### ○ Swim Team Overview –

- River Ridge Swim and Dive Team is a competitive swim program requiring athletes to balance schoolwork and practices efficiently.
- I work hard to make their experience memorable but also improve their swimming ability, I want swimmers to succeed and have the desire to return.
- Swimmers will be placed on academic suspension if they are failing more than one class at the time the AD pulls grades. Swimmers will be able to attend practices but will not be eligible for meets until grades are raised. I do my best to monitor grades and encourage kids to keep them eligible.

#### ○ Attendance Overall –

- Swimmers must make **10 practices** before they can compete. This is a WIAA Rule, not mine.
- Please do your best to schedule appointments outside of practice hours, I do understand it happens and will work with students if communicated in advance.
- Students who miss the day before a meet without communicating to the coach will **NOT** be put on the meet sheet for the following day.
- For our safety doors will be closed and locked **10 min** after the start of practice. Just knock loudly if you are late.

#### ○ \*\*\*\*\*Injuries and Illness –

- Swimmers with an injury will be sent to the Athletic Trainer for evaluation during practice. Swimmers must return with a note or a text from the AT regarding swim status. Verbal swimmer status will not be accepted. When in doubt, you will sit out.
- If a swimmer is cleared through the Athletic Trainer swimmer will be expected to complete the workout as usual. Modified workout can be made if suggested by trainer

○ **Meets –**

- We will have both home and away events for this season, please ensure that you are on time. As the bus departure time varies depending on location, I will let you know what time you should arrive.
- Unless it is one of the meets deemed “Local” I prefer students to ride the bus unless a parent lets me know they will be driving separately. The appropriate form must be turned in beforehand.
- Local meets require self-transport these include NTHS, THS
- Swimmers will be expected to encourage and support the team through the entirety of the meet. Cheer for your teammates, be excited, have fun.
- Meet sheet will be posted right before a meet, please be ready to swim anything. I will not put you in an event I don't think you are capable of. I believe in you and see your work at practice. I know you can do it, be willing to try new things.
- **Swimmers are REQUIRED to alert coaches if they are not attending a meet a minimum of 24 hours before as I am required to submit meet information to the other coach no later than the night before.**

○ **VARSIY LETTERING –**

- Varsity Lettering will be decided by the coaches. Things that are considered are:
  - Attendance
  - Attitude and effort in the water during practices and meets.
  - Points earned during season at meets.
  - Seniors will not automatically receive a letter unless earned.

○ **Team Captains –**

- Team captain/s will be appointed 2 weeks into the season.
- Team captains will be responsible to ensure all communication is passed to all swimmers. Please ensure that you have all swimmers' numbers or a way to contact them at the beginning of season.
- They will be responsible for promoting a welcoming environment to all swimmers. Captains may be asked to assist with or communicate conflicts within the team to the coach.