

## RRHS Girls Swimming 23-24

### Practice Schedule –

Monday-Friday: Watch email for updates  
Saturdays/ Holiday Schedule TBD

#### ○ Swim Team Overview –

- River Ridge Swim and Dive Team is a competitive swim program requiring athletes to balance schoolwork and practices efficiently. You are a student athlete, student responsibilities come first.
- We work hard to make their experience memorable but also improve their swimming ability, we 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, we follow WIAA guidelines. Swimmers will be able to attend practices but will not be eligible for meets until grades are raised. We do our best to monitor grades and encourage kids to keep them eligible.
- If you are at practice, you are expected to be in the pool swimming. If you are sick or injured notify one of the coaches and stay home, please rest, and get well.

#### ○ Communication –

- We use the Remind app **class name: Hawks Girls Swim. code: 2823b6**
- Remind will be used for most communication. Otherwise, if there is a lot of info, we will use Remind to ask that you check your email that will come through Final Forms. You can easily contact me through Remind or my email at [nviehweg@nthurston.k12.wa.us](mailto:nviehweg@nthurston.k12.wa.us)

#### ○ Attendance Overall –

- The WIAA requires swimmers attend **10 practices** before they can compete.
- Please do your best to schedule appointments outside of practice hours, we 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. Too much goes into scheduling all the events, we can not add you if we don't know if you are well and able to attend.
- For our safety doors will be closed and locked **10 min** after the start of practice. Do not be late! Just like school attendance, more than 10 min late and you are considered absent.

○ **\*\*\*\*Injuries and Illness –**

- Swimmers with an injury will be sent to the Athletic Trainer for evaluation during practice. We will be sharing an Athletic Trainer with NTHS, they won't always be available.
- If a swimmer is fully cleared through the Athletic Trainer or personal doctor, swimmer will be expected to complete the workout as usual. Modified workout will be made if suggested by medical professional.

○ **Meets –**

- We will have both home and away events for the season, please ensure that you are on time. Bus departure time varies depending on meet location. I will use Remind to let you know times.
- For away meets, we prefer students to ride the bus to ensure they arrive with the team on time. We do understand there might be situations that require them to drive, this would need to be communicated beforehand.
- Local meets require self-transport these include NTHS and 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.
- Athletes are required to help set up for and clean up after each home meet, no leaving early without permission.
- Meet sheet will be posted right before a meet, please be ready to swim anything. Due to any number of unforeseen events, adjustments might need to be made. We will not put you in an event we don't think you are capable of. We believe in you and see your work at practice. We 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 (if possible) as we are required to submit meet information to the other coach no later than the night before.**

○ **VARSITY LETTERING –**

- Varsity Lettering will be decided by the coaches based on the following criteria:
  - 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 chosen from the Captains Applications that we receive.
- Captains' responsibilities and expectations are outlined on the Captains Application.

