**Dickinson High School**

**Swimming and diving**

**Mission Statement**

 The purpose of the Dickinson High School Swimming and Diving program is to develop **student** athletes and positive attitudes, learn how to work in a team environment, set short and long-term goals, and better oneself through discipline, accountability and responsibility. The expectation is that all members of the team always represent Dickinson High School in a positive manner. **Have fun!**

**Swimming**

Coach: John M Bruysschaard, jbruysschaard@dickinsonisd.org, 281.229.6420

Rules and Procedures

**General:**

1. Respect yourself
2. Respect others
3. Respect all facilities
4. Be on time
5. Be prepared
6. Pass all classes
7. Come to class everyday (discuss any conflicts before the conflict occurs)

**Dry Lands:**

Dry lands are a time that we are not able to swim. During this time swimmers will run, lift weights, do core/AB work and a variety of other exercises that increase strength and flexibility. All swimmers are expected to give 100% during this training, whether we are in season or out of season. Students must:

1. Come every day with the following equipment: athletic shoes, athletic shorts, t-shirt and a water bottle.
2. Stretch as a team. The team Captains will lead the stretches every day.
3. Participate in all team activities.

**Swimming:**

The pool portion of our season is long. We start at the beginning of September and do not finish until the middle of February. Students must:

1. Come every day with the following equipment: athletic shoes, athletic shorts, t-shirt and a water bottle, practice suit, goggles, towel, swim equipment (mesh bag, bull buoy, kickboard and fins)
2. We will stretch as a team. The team Captains will lead the stretches every day.
3. Participate in all team activities.

**Bus Riding:**

Behavior and expectations while on the bus:

1. Be on time to the bus every day for every event.
2. Stay seated while on the bus.
3. Keep all body parts in the bus at all times.
4. No disrespectful motions or gestures towards other vehicles near or around the bus.

**Swim meets:**

Swim meets are for competition and are an important part of the season. This is a time to focus mentally and prepare yourself to swim the best that you can by giving 100% effort 100% of the time. Swimmers are expected to:

1. Respect all facilities.
2. Not miss any of their events.
3. Stretch as a team before the meet starts.
4. Warm up as a team in our assigned lane.
5. Be respectful to all officials, coaches and other teams.
6. Cheer for your team mates!
7. Finish all races, never quit.
8. Relays – be on time and swim in the order assigned.

**Requirements for Lettering:**

The requirements for lettering for Dickinson High School swimming and diving are as follows:

1. Athlete must attend 90% of practices
2. Athlete cannot miss any meets
3. Athlete cannot fail any class for a nine weeks during the entire season
4. Athlete cannot be sent to ISS or suspended from school
5. Athlete must qualify for Regionals in an individual event.
6. Any athlete that swims for three consecutive years, may also letter.

**Grades:**

Academics are the first part of being a **student** athlete. If you must attend tutorials, **you** must inform the coach prior to missing practice. If you miss the bus for any reason or must miss practice for any reason you must contact the coach and report to S-216 with Mrs. Bruysschaard.

Swim grade is calculated weekly. 20 points each day, 10 for participation and 10 for proper attire.

**General information:**

Fee - There is a $50.00 athletic fee for all DISD athletes. This must be paid at the field house. Make checks payable to **DHS Athletics**. Cannot swim in the meets until this is paid.

Practice – starting 9/5/2017, we will ride a bus to the pool in Texas City. The bus will leave at 1:50 PM. The bus will return to DHS about 4:45 PM. All swimmers must have a current DISD physical on file with Athletic Trainers, by 9/1/2017 to participate in tryouts, practice and meets, if this requirement is not fulfilled the student will be removed from the class.

Monday – Friday:

2:20 – 2:30 stretch

2:30 – 2:45 Dry lands

3:00 – 4:15 swim

**Removal from team:**

Swimming for the high school is a privilege. Students will abide by all the rules and meet all the expectations mentioned in this packet.

Breaking any of the rules or not following all the expectations are grounds for removal. An assignment to DALC is immediate removal from team. Excessive days in ISS (for any reason) is grounds for removal. Excessive failing grades (ineligibility) is grounds for removal.

**Failure to comply with the above rules and expectations will result in one of the following consequences: extra hard swim set at the end of practice, extra dry land exercises after practice, suspension from a meet or removal from team.**

I have read and understand the Dickinson High School swim team rules, policies and guidelines and agree to follow all rules, policies and guidelines.

**Dickinson High Swim team student/parent agreement.**

Student (printed name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Cell\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent (printed name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Cell \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Remind 101 information.

Text message: @gatorz

To number: 81010