

How do you make the District Team/Varsity

- Last year's Regional Qualifier.
- Based on times performed at HS competitions, post a top four time in an individual event.

1. Times that are considered to make the District team must come from HS competitions.

2. Individuals may be moved to or from the District Team based on performance during the season at the coaching staff's discretion.

- A member or alternate for varsity team relays.

1. The teams are restricted to one relay for each of the three relay events at district/region/state competitions.

2. Most competitions before district, the team fields 2 – 4 relays for each of the three relay events. Because of these additional relays, we do use many JV swimmers at those varsity events.

Attendance and conduct

· Swimmers are required to attend all team training sessions and team events. Swimmers are also expected to attend all team fund raising activities.

· Swimmers are expected to follow rules established in the LISD Student Code of Conduct. Infractions of the Code of Conduct will carry consequences for participating with the team including being cut.

· Academics come first! Swimmers performance in academia will supersede any athletic or team event.

The Head coach will determine team members and team size.

Grading Policy

Swimmers will be graded on their Attendance.

Un-excused absence: minus 5 points

Un-excused tardy: minus 2 points

Bonus points available

Training facilities

Community activity Center 120 Gerault Rd. 972-874-PARK

FMHS Weight Room

FMHS Athletic fields

Team Transportation

Transportation to competitions:

- The school district does not allow parents or other individuals to use private cars at any time to transport students **TO** school related and school sponsored activities. For all Swim competitions, team travel will be accomplished in school buses. A coach will accompany athletes in the bus to and from competitions.
- Parents may transport their own child **FROM** a school activity, but other children cannot ride with this parent. Parents that want to take their student home from an event must sign them out from the Coach.

Transportation to Practice:

- The team will travel during school days from school to practice at the Community Activity Center in school provided busses.
- Students that drive to school may drive to practice daily but may not take other students with them.
- Students that drive to school may have their siblings ride with them to practice.
- Students will arrange their own transportation from practice.

Work out equipment

Swim

All training swim wear must be free of holes and may not be see through. Swimmers that wish to use these suits as drag may, as long as they wear a serviceable suit underneath it. All Swimmers will wear a drag suit to every swim practice. Swimmers need to have a pair of fins; and may also use their own paddles; kick board; and pull buoy. Swimmers should have a mesh bag to keep all of their personal workout equipment in and everything must have their name clearly written on it. Swimmers are responsible to provide their own goggles and practice cap, a team cap will be provided for competitions.

Dry land

Tennis/running shoes; t-shirt (that conforms to the dress code policies); appropriate under garments; and athletic shorts (not cutoffs) will be required for every dry land session.

I recommend all swimmers use gloves for weightlifting sessions.

Training schedules

Strength Training M, W, and Th 6AM – 7AM

Swimmers who train with their club team in the morning will be exempt on mornings they attend practice with their club!

Required team practice M – F 2:30 - 4:30

Thanksgiving training schedule:

11 - 21st, 22nd, and 23rd Time: 7AM - 9AM

Christmas training schedule:

12 - 26th, 27th, 28th, 29th, and 30th Time: 9AM - 11AM

Earning a Letter Jacket

Athletes will earn a letter jacket by accomplishing at least one of the following:

- Compete in 60% of the Varsity competitions.
- Score points in the District Championship.
- Compete at the Region Championship.

• Injuries

- From time to time, our athletes do get injured. If an athlete is injured during a training session, coaches will direct athletes to be seen by the trainers. It is the athlete's responsibility to inform the coaching staff of any injury they sustain in or out of school. An athlete may not return to training once they are restricted in any way by the school trainers or a physician until they bring written confirmation of them being cleared to participate.

• Team uniforms and equipment

- Athletes will be issued a team bag; team t-shirt; team warm ups; and a team parka. The head coach will determine which uniform the team will wear for each competition. Athletes are not allowed to wear the team's issued warm ups; or team issued Parkas any where except to FMHS swim and dive competitions. Team Bags are for competition uses only and are not to be brought to practice. Destruction or mis-use of team equipment will result in disciplinary actions.

• Study Hall

- FMHS Swim and Dive team will conduct study hall the following days and times at the CAC:
- Tuesdays; 2:00 - 2:30
- Fridays: 2:00 - 3:30

Team apparel for competitions

Team attire for school on days of competition.

Home meet days: Our men and women will dress up on days when have home meets. Boys will wear dress slacks and belt (no jeans); button up shirt; Tie; and dress shoes (with socks). Girls will wear a dress, or a skirt with a blouse, or dress pants with a blouse, and dress shoes. No flip flops!

Away meets: The team will wear our team shirt with school appropriate pants or shorts on days we have away meets. For TISCA; Non-TISCA; District and Region competitions, the team will wear team warm-ups to school along with their team shirt.