

# 2017-18 Boys Swimming and Diving Team Handbook

## Mission Statement

- To provide a fun, safe, and competitive environment where student-athletes can develop the skills necessary to be successful both in and out of the water.

## Coaches Contact/Information

- Head Coach                      Joe Bollinger  
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- Assistant Coaches              Justin Haycraft  
   Andy Weis
- Diving Coach                      Karla Rapp  
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## Team Expectations

Participation on the Prior Lake Boys Swimming and Diving Team is a privilege, not a right. Athletes must accept all responsibilities in order to be on the team.

- Responsibilities of the athlete
  - Put the team's goals, welfare, and success before your own
  - Attend all practices, meets, and other team activities
  - Be receptive to coaching
  - Be responsible for all suits, warm ups, and equipment
  - Represent Prior Lake well and follow team rules
  - Report all injuries to the trainer AND coach
- Responsibilities of the coach
  - Establish team rules
  - Write and conduct daily practices
  - Teach at practices
  - Create meet line ups that maximize team success
  - Communicate to athletes/parents regularly
  - Create a team atmosphere that reflects our mission statement
  - Always make safety and the athlete's welfare first

- Responsibilities of the captains
  - Lead the team at practice and during warm ups before meets
  - Be a channel of communication between players and coaches
  - Support the development of all players in the program
  - Stay positive at all times (even when we're down)
  - Be willing to put the team's needs before your own (being a captain is a position of Service, not a position of Privilege)
  - Uphold the high standards expected of a Prior Lake student-athlete in the pool, in the classroom, and in the community

## Parent Involvement

**Communication** - Make note of important dates (these will be listed on the [team website](#))

Using proper lines of communication:

- Talk to your son
- Have your son talk to their teammates/captains
- Have your son talk to the coaches
- Schedule a time to talk with your son and the coaches
- Schedule a time to talk with your son, the Head Coach, and the Athletic Director

## **Support**

- Positive encouragement for your son
- Provide support to academic success
- Provide a chemically-free social alternative for players and teammates
- Be a respectful fan
- Volunteer at meets/pasta dinners/booster club opportunities, etc.

## **Motivate**

- Encourage your son to be as active as he can and work to maximize his potential
- Encourage your son to take full advantage of any opportunity to make himself a better athlete. This includes both:
  - Off-season: Weight room/speed and agility, summer camps, club teams
  - In-season: Work hard at practice, in the weight room, and in the classroom.

## **Promote Positive Growth Characteristics**

- Team Orientated
- Good Sportsmanship
- Strong work ethic
- Respect for the sport and all those involved
- Dedication/Commitment
- Responsibility
- Positive Self Image

## Attendance Policy

Being a member of the team demonstrates that you have made a commitment to the success of the program. This success requires each member to be reliable and work towards our goals. Attending all practices, meets, and team activities is the first part of this commitment. The head coach has the final say on all absences and any repercussions.

- All team members must arrive on time for all practices, meets, and team activities.
- The coaching staff must be notified as soon as possible or by noon the day of an absence.
- If an athlete is not making an honest effort at practice they will be asked to leave the pool area for the remainder of the day. The coaches will decide whether the dismissal will count as an absence.
- Excused absences are defined as the following:
  - Illness/injury requiring the athlete to miss school or leave school early or not physically be able to complete the workout.
  - Other school or swimming and diving reasons communicated and approved in advance with the head coach.
- Unexcused absences can result in the athlete not being able to compete and removal from the team.
  - Following the 1<sup>st</sup> and 2<sup>nd</sup> unexcused absences, the athlete and head coach will meet. The athlete will not be able to compete in the next meet.
  - Following the 3<sup>rd</sup> unexcused absence, the athlete and head coach will meet to determine the consequences. Team removal is likely following the 3<sup>rd</sup> unexcused absence.
- Meet Eligibility – in order to be eligible to compete, an athlete must
  - attend and complete practice the day prior to competition
  - attend and complete practices at least 3 of the 5 days prior to competition
- Serious injury or illness
  - If an athlete suffers a serious injury or illness that requires a visit to the doctor, a note from the doctor must be given to the trainer and the coach before they will be allowed to return to practices or competition.
- Recruiting visits or other absences approved by coach
  - Athletes are required to practice during the time away. If expectations of the head coach are met, no competitions will be missed.

## Equipment/Warm Ups

### **Required Equipment**

- One practice suit (minimum)
- One competition suit (minimum)
- Cap and goggles (swimmers only)
- Team Issued Warm Ups (\$100 deposit)
- Water bottle
- T-shirt, athletic shorts, athletic shoes, and socks???

*At meets:* Please only wear Prior Lake apparel at meets. Any t-shirt that you wear underneath the team warmups must be Laker related. All team members will be required to wear team warmups during the national anthem at all meets.

## Meets

- Meet line-ups will be posted no later than the morning of competition on the team Schoology page. Please do not share this information with friends from opposing teams prior to the competition.
- Swimmers are expected to know which events they are swimming and be at the blocks prior to their event.
- All newer swimmers will be assigned a mentor who will help them navigate the meet schedule.
- The bus will leave from HOMS for all away meets. Make sure you are on time for the bus. ALL athletes are expected to ride the bus TO and FROM away meets unless prior permission is received from the coaches.
- All eligible athletes will be expected to participate in dual meets. For each event there will be one varsity race (last heat), one JV race (2<sup>nd</sup> to last heat), and exhibition heats as needed (1st heat(s)).
- For Invitational, JV Conference, Section, and State meets we are only allowed a certain number of entrants. Line-ups for these meets are usually posted several days in advance. If you are unable to compete in one of these meets you **MUST** inform the coaches no less than **ONE WEEK** prior to competition as entries are often due several days prior.
- During the meet athletes should be engaged in the competition at all times (warming up, racing, cooling down, or supporting their teammates). Cell Phones will not be allowed on the pool deck during the meet.

## Social Media

Student-athletes are encouraged to always exercise the utmost caution when participating in any form of social media or online communications, both within the PLHS community and beyond. This policy is meant to protect students from unintended issues and consequences. Student-athletes who participate in online interactions must remember that their posts reflect on the entire Prior Lake High School community and, as such, are subject to the same behavioral standards set forth in the Student Handbook as well as the Rules Meeting.

Student-athletes are expected to abide by the following:

- Social media sites may not be used to publish disparaging or harassing remarks about PLHS community members, faculty, coaches, teammates, opponents, referees, athletic or academic contest rivals, etc.
- Those who choose to post editorial content to websites or other forms of online media must ensure that their submission does not reflect poorly upon the school.
- To protect the privacy of PLHS students and faculty, students may not, under any circumstances, create digital video recordings of PLHS community members either on campus or at off-campus PLHS events for online publication or distribution.
- You should assume anything you post on your personal account could be read by staff, opposing teams, coaches, alumni, or future employers. Be smart because your choice to participate in athletics or activities means that you are always "on the clock" when it comes to the rules and representing PLHS. General athletics content may be posted, but social media should not be used to speak poorly about another athlete/coach/team/etc.

Failure to abide by this Policy, as with other policies at PLHS, may result in disciplinary action.

### **Best Practices when using Social Media**

- Think twice before posting. If you wouldn't want your boss, parents, coaches, or future employer to see your post, don't post it. Don't post anything that you wouldn't say openly in a classroom setting.
- Be respectful. Be positive. Treat others the way you would like to be treated. It's the Golden Rule!
- Be honest. Be transparent. Always tell the truth.
- Remember many different audiences will see your posts including fans, alumni, kids, student athletes, parents, staff, faculty
- Remember that the internet is permanent. Even if you delete something, it's still out there somewhere.
- Avoid topics that may be considered objectionable or inflammatory, like politics and religion.
- Social media outlets can be very effective when used strategically but they can also be huge time-burners. Have a plan for your social media activity. Whenever you post something, make sure it adds value so that there is a return on your investment of time.
- Be in the right state of mind when you make a post. Don't post when you're angry or upset. Remember, the internet is permanent!
- Have PL Pride! Link back to other PLHS and Athletics postings

## Lettering Standards

A letter is an honor to receive and must be earned by the athlete. In order to be eligible to earn a letter an athlete must successfully complete the season and warm ups must be returned or paid for in the event one is lost. In addition, at least one of the following criteria must be met to earn a varsity letter.

- An athlete is a member of the Section Team at the end of the season (This does not include True Team Sections)
- An athlete meets the [time/score standard](#) in an individual event at any sanctioned meet during the season. If the standard is achieved while competing at the JV or Exhibition level it will still qualify.
- The coaching staff reserves the right to letter any athlete, or manager that does not meet the above requirements if they deem it worthy.