

BAC High School Swimming Handbook



(As of 8/14/2019)

INTRODUCTION

The purpose of this handbook is to give student athletes and parents information about the high school swimming programs for the Ruston area high schools.

The 2018 season has a great deal of promise, and we here at BAC are excited to help all of our swimmers achieve their goals. Some of you will work to increase your speed, while others will work to learn and improve strokes. The bottom line is that you will only achieve your goals if you make a commitment, not only to your coach and your team, but also to yourself and choose to approach each new day with a positive attitude ready to work hard. While the coaches are fully committed to helping you reach your goals, we expect every swimmer to give their utmost attention and cooperation throughout training while, inevitably, being challenged physically as well as mentally.

PURPOSE OF THE TEAM

The purpose of high school swimming is to provide the opportunity for each swimmer to reach their potential in the sport of competitive swimming, while having fun competing as a part of the team. Our team provides a healthy environment in which each swimmer can enjoy the sport, make lasting friendships, and develop a positive self-image. Our coaching staff helps facilitate the development of each swimmer by focusing on stroke technique, training, and competition. The ultimate goal of the program is to provide an opportunity for each swimmer to enjoy and learn about the sport of competitive swimming.

VARISTY OR JUNIOR VARSITY

Varsity team member expectations:

- Attend all scheduled practices barring conflicting school functions/events deemed legitimate by the coach
- Attend all scheduled meets barring conflicting school functions/events deemed legitimate by the coach

Junior Varsity team member expectations:

- Junior-Varsity team members are expected to:
 - Attend 4-5 practices per week for a total of 9 hours per week with the Pre-Senior practice group
 - Attend 2 dryland practices per week
 - Attend all home meets

**Variations to the practice schedule and requirements may vary depending on the meet schedule.

**All decisions by the coaching staff are final and are ultimately up to the coach's discretion.

REGISTRATION FEE

All swimmers who choose to be on the swim team will need to pay a team registration/participation fee. This fee will cover the swimmer's pool usage fee for Louisiana Tech University, meet fees, swimmer's banquet fees, and uniform costs.

Varsity team swimmers	\$400
Junior-Varsity team swimmers	\$350

If a Junior Varsity swimmer wishes to attend away meets, they must pay additional meet fees. It is an additional \$10 per regular meet and \$20 for the state meet. You may declare at the beginning of the season to attend them all and pay \$350 instead of the \$300 Junior-Varsity team fee. You must notify us before Thursday, August 30 if you wish to pay the \$350 for Junior Varsity.

Half of the team fee must be paid to BAC by Friday, August 31 – to order uniforms and pay fees. The remaining balance must be paid to BAC by Friday, September 28. Payment may be made by cash, check or the office staff can issue a one time charge to a credit card through the BAC website.

If you are a current BAC member, you can declare to have half of the amount automatically deducted (by credit card or ACH) on September 1 and the other half on October 1.

REFUND POLICY

The following policies are in place because of the fees each swimmer must pay to be on the team:

- If a swimmer voluntarily leaves the team after the first half of the fee is paid, there will be no refund.
- If a swimmer voluntarily leaves the team after the entire team fee is paid and before September 21, half of the fee paid will be refunded.
- Beginning September 22, NO refunds will be given.

**If a swimmer is cut from the team due to disciplinary action, no refund will be given.

PARTICIPANT REQUIREMENTS

Each swimmer must be a student of their school to be on the team. Only those swimmers who have completed the mandatory paperwork required by their school will be allowed to compete. Additionally, each participant needs to register their information through the Bulldog Aquatics Club team website.

SWIMMER CONDUCT

Swimmers are reminded that their behavior reflects the entire team, and their team is a representation of the school. The coaching staff expects that all swimmers will act in a considerate and sportsman-like manner to all teammates, coaches, parents, officials, and others at ALL meets as well as at ALL practices.

All of the athletic department and LHSAA codes of conduct for each respective school will be strictly enforced.

School rules are in effect at all team functions including meets, practices, and social activities.

PRACTICE POLICIES & PROCEDURES

1. Team members will remain in the pool areas at all times during practices, unless otherwise approved by the coach.
2. Team members are expected to attend all scheduled practices throughout the season. The coaching staff must excuse all absences before they occur. Emergency illness and academic excuses will be accepted with a doctor or teacher's note.
3. There may be conflicts with practices if you are involved in another sport or activity. You are required to approach the coach so we may work out any scheduling issues.
4. Arrive at the pool 10 – 15 minutes ahead of time so you are ready on time. Swimmers should be dressed and ready to begin at the scheduled starting time.
5. Horseplay around the pool and locker rooms is strictly prohibited.
6. If a swimmer attends school, they are expected to be at practice – even if they are unable to get in the water due to illness or injury.
7. Swimmers must attend the practice in its entirety the day before a meet- a swimmer will be taken out of a meet trying to skip the practice before a meet.
8. Unexcused absences include schoolwork, relationship problems, detention, club meetings, personal appointments, etc. and will ultimately be up to the coach's discretion as to whether they will be considered "excused" or not.

PARENTS

Encourage the swimmers to talk to their coach if they have a problem.

Let the coach be the coach. Be there to support and applaud the swimmer's efforts.

Understand that high school swimming is a team sport. As little as half a point can determine the team's placing in a meet.

Volunteers at meets (home or away) are ALWAYS needed – typically as a timer. You are expected to volunteer at home meets as needed – there will be a job signups listed on the BAC website. You must login through your account to sign up. While we welcome anyone who wants to volunteer, only accounts with year-round swimmers can earn volunteer service credits.

TRANSPORTATION

The school does NOT provide transportation for practices or meets. Each swimmer is SOLELY responsible for transportation TO and FROM practices and meets. Parents and family members should be in communication with each other in order to set up carpool/transportation arrangements. This responsibility does NOT fall on the coaching staff in ANY capacity.

Please pick up your swimmer within 15 minutes of the practice ending time. The staff cannot wait excessively for swimmers to get a ride.

Directions and the timeline for a meet will be emailed to each parent approximately 2 days before the meet. All of the meet information will also be available on the BAC website.

MEET POLICIES & PROCEDURES

1. Swimmers must attend school at least half of the day on the day of the meet (excludes Saturdays).
2. All swimmers are expected to attend all meets throughout the season. High school swimming is a team sport; therefore the team counts on each swimmer's participation to earn every point possible.
3. All swimmers are expected to stay for the entire meet, unless special permission is given by the coach for a swimmer to leave.
4. Injured swimmers, or other swimmers not able to participate in a meet, should still attend the meets to support fellow teammates and to help work the meet.
5. Swimmers are expected to swim the events that the coach puts them in. Failure to comply with entries is unacceptable and will result in a swimmer being cut from the team
6. In regards to meet uniforms/attire, we ask all swimmers to remember they are representing their school and to adhere to the following rules:
 - Only the team purchased suit may worn. At the State meet, swimmers may wear individual competition suits.
 - Team cap must be worn for all races.

MEET ENTRIES

1. All swimmers are expected to attend and will be entered in all swim meets for their respective groups. If a swimmer needs to miss a meet AND it is deemed permissible by the coaching staff, swimmers are expected to decline the meet through the BAC website themselves. All swimmers will be entered in a meet unless they are marked as "declined" by the deadline.
2. A swimmer is allowed to enter a maximum of four events in any meet, no more than two of which may be individual events.
3. Missing an event can result in a swimmer being eliminated from the rest of the meet.
4. Swimmers may request certain events, but will ultimately be entered in what the coaching staff deems appropriate.

MEET EVENTS

All meets swim the following events in the same order, with girls competing first and boys second.

- 200 Medley Relay
- 200 Freestyle
- 200 Individual Medley
- 50 Freestyle
- 100 Butterfly
- 100 Freestyle
- 500 Freestyle
- 200 Freestyle Relay
- 100 Backstroke
- 100 Breaststroke
- 400 Freestyle Relay

**All swimmers will be asked to swim events that are not their primary or favorite event at some point throughout the season. This gives all swimmers the opportunity to try different events.

TEAM UNIFORM

The team uniform consists of a team suit, cap, and a t-shirt. The team uniform is included in the registration fees each season. All team members (male & female) are required to wear the team cap and team suit when competing at meets. If a swimmer loses, rips, or ruins any team uniform item, they are responsible for its replacement. Team gear orders will be taken – these are available at your discretion and cost and will be ordered once in the season.

STATE TIMES

Every year the LSHAA determines what the state qualifying time is for each event. A swimmer must achieve the time at any meet to attend State. In addition, a swimmer must maintain 80% practice attendance to attend State. State qualifying times are posted on the BAC website under “Swimmers”, “Times”.

Swimmers may also attend state as a member of a relay, regardless of achieving an individual state time. All swimmers who earn a state qualifying time in an individual event are expected to attend the state meet.