

LHY Swim Team's Philosophy Re: HS Swimming

The LHY philosophy is that swimming for one's high school and the YMCA can be compatible. and is important for each high school age athlete. However, an athlete must recognize the level of commitment necessary to achieve the goals he/she has set.

An LHY athlete should make *every* effort to attend all LHY practices, even on days of HS meets. **80% attendance at all practices is mandatory.** Too many meets and not enough training will result in a poor season, especially at championships. Both these factors could jeopardize the athlete's position on the LHY team the following season.

An LHY athlete should be aware of balancing/maintaining school grades, training with LHY during the HS season, and competing for his/her HS swim team. Too many late nights spent doing homework could create a downward spiral of health as well as performance, which could affect grades, training and ultimately season-end meets/goals.

No LHY athlete is to do any weight lifting or dry land program outside of LHY's practices unless with a certified personal trainer and prior permission from the practice group coach.

Tech suits and shaving at any other time except for LHY Championship meets are not permitted unless approved by an LHY senior coach. To shave and wear tech suits multiple times within a short period of time diminishes the effect of these two crucial components of a taper meet.

Swimmers competing in high school meets should always try their hardest not only to get the best place for the high school team, but also to better their previous times. They should use the designated warm-up/loosen times to do a complete warm-up/warm down when available, which will help to avoid injury and prepare them to race as well as recover properly.

Times achieved at high school meets will not be accepted unless an electronic timing system is used. A printed report from the timing system computer with the meet referee's signature should be given to the Head Coach for acceptance. High School times will not be entered into the team computer, but may be used for meet entries. Times achieved in high school meets that are to be used for a national championship meet, will not be accepted unless the meet is approved by the appropriate LSC and officiated as such.

Questions concerning high school swimming should be addressed to the Head Coach.