1. Welcome Statement

Welcome to the Brunswick High School Swimming & Diving Team! The coaching staff is full of anticipation and excitement for this upcoming season and we can’t wait to have every swimmer and diver as part of this coming year. We look forward to helping everyone not only in the pool, but also out of the pool. It is our goal to teach and reinforce the values of Respect, Discipline, Hard Work, Time Management, and Commitment to every member of this team, every single day. When these values are practiced daily, amazing things can happen.

1. Pre-season

Before our **FIRST practice** there are forms that must be completed in order to participate.

* 1. Physical – submit online on FinalForms.
  2. Concussion Course, every two years
  3. Pay to Participate ($120) - can be paid online or in the Athletic Office made out to “Brunswick Board of Education.”
     1. If you have any further questions in regards to Pay to Participate please contact the Treasurer’s Office at (330) 225-7731.

1. Tryouts
   1. Tryouts will be held Nov. 3rd from 230-330 for all new swimmers and returning swimmers who did not achieve a Varsity Letter.
2. Behavioral Expectations and Consequences

All Brunswick students are bound by the Brunswick Code of Conduct which may be found on the Athletic Department Website. Please read this over before the season starts as it is very thorough and contains specific information regarding what is not permitted of a student in Brunswick City Schools and the consequences for violating these rules. I would like to emphasize a few points found in the Code of Conduct and also add in a few extra expectations.

* 1. Purchase, possession, and/or consumption of alcohol, tobacco and/or drugs are strictly prohibited.
  2. Derogatory comments, pictures, videos etc. made via social media, text or e-mail will result in disciplinary action.
  3. All athletes must have a passing grade in **FIVE** classes in order to participate in a sport. Also, 9th graders must have a GPA 1.8, 10th-12th graders must have a 2.0 GPA in order to remain on the team.
  4. All Brunswick Swimmers and Divers will treat officials, fellow competitors, coaches and meet workers with respect and courtesy. The first violation of this rule will result in a verbal warning; a second offense will result in disciplinary action to be determined by the coaching staff.

1. Practice Expectations
   1. Inappropriate Conduct
      1. Insubordination – Swimmers will be insubordinate if they refuse to follow the directives of the coaching staff.
      2. Physical Contact – There should be no physical contact between swimmers that would be considered unreasonable. Slapping, hitting or punching any swimmer, even jokingly, will be considered a violation of team rules.
      3. Profanity/Inappropriate Language – The use of profanity or **ANY** language that is **derogatory** to a teammate, coach, parent, volunteer or official will not be tolerated.
   2. Rule Violation Consequences
      1. First offense – A verbal warning and explanation of the rule being violated will be given clearly to the swimmer by the coaching staff.
      2. Second offense – The athlete will be dismissed from the practice and the coaching staff will make a note of the date of the offense.
      3. Third offense – A conference will be scheduled between the parent(s), coaching staff, and swimmer to discuss the repeated violations and a one meet suspension will be enacted.
   3. Attendance
      1. Attendance for ALL practices is MANDATORY. This includes over Thanksgiving and Winter Breaks. Only 10th-12th graders will attend AM weightlifting sessions. All swim practices marked with an asterisk (\*) are only for those whom the coaches have selected.
      2. If a practice (lifting or swimming) is unexcused the swimmer will be held out of the next dual meet. If there are 3 unexcused absences the swimmer will not be eligible for a Varsity Letter. If there are 5 unexcused absences the athlete will be held out of practice until a meeting is held between the coaching staff, parents and athlete.
      3. Excused absences are:
         1. Student is absent from school that day.
         2. Death or serious illness in the family.
         3. Doctor’s note excusing swimmer from practice.
      4. If a swimmer is not on deck/in the weight room by the start of practice time they will be considered tardy. If a swimmer is tardy 3 times that will be considered an absence. If a swimmer is tardy for a reason (academic help, teacher meeting etc.) they must bring a note with them to practice.
      5. When there is a snow day, practice will be offered at the regular time at the Rec Center. This is NOT mandatory but will be offered for those who would like to keep up with their training.
      6. Team practice caps are to be worn at every practice session. If you lose or break yours, ask a coach for a replacement.
      7. In order to attend practice or a meet you must attend at least ½ day of school. If the meet is on Saturday you must attend a ½ day on Friday. This is an OHSAA rule and can result in serious consequences if not followed.
      8. Once the season starts on Nov. 3rd, all swimmers are to attend Brunswick High School practices only. No outside dryland, lifting, swimming or training of any sort is permitted. Swimmers may attend USA swimming meets up until Dec. 1st. Any violation of this rule will result in disciplinary action.
2. Swim Meets
   1. All swim meets are mandatory. Some meets have a Time Standard that you must achieve in order to participate. Only those swimmers who have achieved those time standards are required to attend those meets. Also, if a swimmer is not entered into an away meet due to the size of the team, they are not required to attend that meet. The coaches will inform any swimmer of this occurring at least 2 days in advance.
   2. When traveling to a meet all swimmers must ride the bus to AND from the meet. We are a team and we will travel as a team. If there is an urgent need to leave the meet then a written request must be submitted to Coach Vince and the Athletic Department 24 hours in advance.
   3. During a swim meet all team members are to remain on deck for the entirety of the meet. As teammates you are expected to support each other.
   4. Cell phone use is not permitted during any swim meet except for emergency communication. If you find you have nothing to do between your swims, go cheer for a teammate! Anyone found to be texting, tweeting, snapchatting, taking selfies etc. during a meet will be first issued a warning and then will have the phone taken and placed in a specified, safe, accessible area in case of emergency.
   5. Team suits are to be worn at every meet (no fast suits or caps) unless given permission by the coaching staff. \*\*This does not pertain to JV Championships and the State Tournament where fast suits and caps are encouraged\*\*
   6. The team t-shirt, shorts & warm-ups are the only apparel to be worn on deck at meets.
   7. We will warm-up before the meet AND cool down after each meet as a team.
3. Lettering
   1. Score at the OHSAA Sectional Meet (Individual or Relay)
   2. Qualify for the OHSAA District Meet (Individual or Relay)
   3. Times based: You must achieve 1 automatic time or 2 Consideration times in the high school season in order to letter.



1. Diving
   1. Practices will take place at Middleburg Heights Junior High School.
   2. All practices are mandatory, if you cannot attend a practice you must notify the coach.
   3. Be on time and ready to dive at the start of practice.
2. Line-ups
   1. A great deal of time and thought is put into the line-ups for each and every meet. There are many different factors that go into what events that swimmers will be in and they will be discussed at length within the coaching staff. They will not always be the same.
   2. Line-ups for the state tournament will be determined by the coaches. We will do what we have determined is best for the team and the individual.
   3. Relays will be determined by the coaching staff based on what is best for the team at that specific meet. Relays may change from prelims to finals at some meets. This also includes the state tournament, where the relays may change from sectionals to districts, districts to states, state prelims to state finals, based on what is best for the team.
3. Communications
   1. “Remind” and e-mails will mainly be used for communication from the coaching staff to the parents/athletes. To join our Remind Group and send the text @vcolw to 81010. You can also go to <https://www.remind.com/join/vcolw>. The team also has a Twitter account @swimdiveBHS which will have announcements posted.
   2. E-mails are the best way to contact all of the coaches. If you would like to meet and discuss something with the coaches we request that you schedule a meeting. On the spot meetings before/after a practice or meet are not conducive to a productive conversation.

Contact Information

Coach Vince Colwell – [vcolwell@bcsoh.org](mailto:vcolwell@bcsoh.org)

Coach Travis Lombardozzi – [tlombardozzi@bcsoh.org](mailto:tlombardozzi@bcsoh.org)

Coach Megan Jakubczak – [meganjakubczak@gmail.com](mailto:meganjakubczak@gmail.com)

Coach Ryan Kmet – [ryanjk@wowway.com](mailto:ryanjk@wowway.com)

Coach Tim Croy – [tim@bereadivingclub.com](mailto:tim@bereadivingclub.com)

Every member of the team is responsible for understanding everything that is stated in this Welcome Packet. If you have ANY questions about what is contained in this document please contact Coach Vince for clarification. Failure to understand, or be aware of, any rules or policies in this document does not exclude an athlete from the policy or consequences. Please have the Student-Athlete, and a Parent/Guardian sign below along with a contact e-mail address for the Parent/Guardian below and return to Coach Vince by November 9th.

Student-Athlete\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian contact email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_