



STRONGSVILLE HIGH SCHOOL

SWIMMING & DIVING

2019 – 2020



Team Policies

Start Date: Friday October 25th, 2019

Coaching Staff:

Head Coach -	Tom Stacy	tstacy@scsmustangs.org
Diving Coach -	Nicole Craft	craftnm@miamioh.edu
Assistant Coach -	Molly Washko	washkomolly@yahoo.com
Assistant Coach -	Tim Doyle	tdoyle@scsmustangs.org

Practice Schedule:

- Practice times for groups may vary, a season practice schedule is posted online on <https://www.teamunify.com/team/ohss/page/about-us/strongsville-hs>

Practice Attendance:

- Attendance is mandatory for all practices scheduled for a particular swimmer, from the beginning until the end. This includes practices held during Thanksgiving and Winter Break.
- Athletes must be on time for practice
 - This means being ready to enter the pool at the designated start time
- The coach must be notified of any absence or late arrival due to illness or other emergencies
 - A note from a doctor, teacher, or parent is required to excuse any absence or tardy
 - Athletes absent or tardy without an excuse may;
 - Be held out of a meet
 - Repeated unexcused absences or tardiness may result in forfeiture of a varsity letter
- Athletes missing practice or competitions for any reason other than illness (note from doctor/trainer) or an emergency (medical, academic, or family) will be subject to the following
 - Unexcused absence for practice;
 - First unexcused absence - Warning issued to athlete or parent
 - Any further unexcused absence – May be held out of a meet
 - Repeated unexcused absences may result in forfeiture of a varsity letter
 - Unexcused absence for competition/meet;
 - First unexcused absence – May be held out of the next scheduled meet
 - Any further unexcused absence – may result in removal from team and forfeiture of a varsity letter
- Athletes dismissed from practice for behavior problems may lose the opportunity to compete in the next scheduled meet
- Weight training is an integral part of a swimmer's overall conditioning. Appropriate attire must be worn for all weight training practice sessions
- It is a privilege to practice at the Ehrnfelt Recreation Center.
 - Please clean up after yourself. Do not leave water bottles or other trash laying around
 - Check in at the Front Desk
 - Please respect all employees and patrons
 - Any damage to the facility property may result in financial responsibility of the athlete's parents
 - Any damage may also result in the athlete being asked to leave the team permanently
 - **NO EATING ON DECK OR IN THE LOCKER ROOMS!**

Swim Meets:

- Home Dual Meets:
 - Everyone will participate (minimum 1 event)
 - Swimmers should arrive at the pool no later than 10 minutes prior to Warm-up time
- Away Dual Meets:
 - A roster of the swimmers/divers attending each away dual meet will be posted at the pool and/or online at least one (1) day prior to the meet
 - Bus departure times will be available on the practice schedule
- Invitational/Relay/Championship Meets
 - A roster of the swimmers/divers attending will be posted at the pool or online at least two (2) days prior to the meet
 - Attendance is based upon qualifications or selection by the coaching staff
 - Bus departure times will be available on the practice schedule
- Final decisions on Meet line-ups/entries, including relays and individual events, are determined by the coaching staff
- All Swimmers and Divers should wear only Strongsville High School warm-ups and/or apparel on deck at meets
- Athletes should remain on deck at all times at all meets
- No cell phones allowed during meets and bus rides (except on the return trip to call parents for a ride)
 - Athletes caught using a cell phone during a meet may;
 - Be held out of the next scheduled meet

Injuries/Illnesses:

- The coach should be informed as soon as possible of an illness or injury
- If a swimmer/diver misses time because of an injury they should have a note from a doctor giving them permission to compete again

STRONGSVILLE CITY SCHOOLS CODE OF CONDUCT FOR EXTRACURRICULAR
ACTIVITIES

Violations of any Rule or Regulation may result in Disciplinary Action, Including Denial of Participation in the Activity.

1. Unexcused absence from any competitive activity.
2. Use or possession of tobacco in any form during the season. (The season starts with the first practice.)
3. Drinking or possession of alcoholic beverages during the season.
4. Using or possession of drugs during the season.
5. Stealing.
6. Hazing.
7. Abusive treatment of school property and equipment.
8. Violation of appearance code, as published.
9. Violation of bus behavior code.
10. Use of profane, vulgar, or improper language at any activity.
11. Insubordination to advisor or teacher.
12. Violation of activity rules, activity requirements (i.e. attendance), sportsmanship, and proper etiquette.
13. Violation of published rules, regulations or requirements unique to a particular group (i.e. academic standing for honor societies).
14. Violations of the Board Adopted Policy on the code of conduct or Student/Parent Handbook codes of student conduct.

Fees:

- Required:
 - Participation Fee - \$200.00 (per sport)
 - Trainer/Activity Fee - \$20.00 (once per school year)
 - Make checks payable to **STRONGSVILLE CITY SCHOOLS**

Lettering Guidelines:

- The Varsity Letter represents commitment and contribution to a high school athletic team
- Accordingly, the following guidelines will determine whether or not a swimmer/diver receives a varsity letter:
 - A swimmer/diver may earn a varsity letter if they finish in the top 16 at the sectional meet or achieve one of the following qualifying times/scores;

Event	Qualifying Time/Score Girls	Qualifying Time/Score Boys
200 Freestyle	2:09.16	1:59.45
200 Individual Medley	2:25.12	2:12.33
50 Freestyle	26.30	24.01
Diving (6/11 dive)	Any completed 11 Dive Score	Any Completed 11 Dive Score
100 Butterfly	1:05.20	57.82
100 Freestyle	58.08	52.54
500 Freestyle	5:43.39	5:27.03
100 Backstroke	1:07.80	1:00.20
100 Breaststroke	1:15.51	1:07.46

- Divers may earn a letter once they have completed an entire 11 dive program with an official score
- To earn a letter, Athletes must remain in good standing with the team for the entire season. Athletes must uphold team policies.
- Letters may be awarded to senior athletes if they have demonstrated dedication to the team.
- Letters may be awarded to a swimmer/diver who has participated in the Sectional Tournament for at least two separate seasons
- All final determinations of letter awards are under the auspices of the Strongsville High School Athletic Director