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Welcome to the Lassiter High School Swim and Dive Team 2022-2023 season! I’m Coach Hughes, and I am honored and ready to be the head coach for the team this year. We had great season last year finishing third for boys and second for girls in the County and doing very well at the State meet (Boys finished 10th and Girls were STATE CHAMPIONS!—3rd year in a row!) We also had two individual state champions and 3 relay team champions. Looking forward to another season with some high finishes. I am fortunate to have the assistance of two amazing ladies returning in the coaching department: Melissa Massey as Assistant Coach and Morgan Prestera as Community Coach.

**Practices**

**Swimming**

Monday 4:00 – 5:15pm Mountain View Aquatic Center

Tuesday 4:00 – 5:15pm Mountain View Aquatic Center

Wednesday 8:00 – 9:00pm Mountain View Aquatic Center

Thursday 8:00 – 9:00pm Mountain View Aquatic Center

**Diving**

Monday 7:00 – 9:00pm Central Aquatic Center

Tuesday 7:00 – 9:00pm Central Aquatic Center

Thursday 7:00 – 9:00pm Central Aquatic Center

\*Diving practice will be Monday, Tuesday and Thursday for 1 hour (either 7-8 or 8-9). Times will be given after tryouts depending on numbers across the county.

Swimmers are expected to be at 3 of the 4 practices each week and divers 2 of the 3. An absence will be excused when the absence is a result of illness or family emergency; otherwise, it will be considered unexcused and may prohibit the swimmer from swimming in a meet and/or lettering. Please make sure to communicate with coaches when you cannot be at practice.

Since we have to rent our practice space and time is limited, it is very important that swimmers and divers are at practice on time and prepared to stretch and get into the water immediately.

There will be no bus transportation to/from practices, so it is the responsibility of the parent and student athlete to get to practice.

**Mandatory Team Meetings**

Throughout the season we will have a few mandatory Team Meetings. The first one is on Monday, October 17th before school at 750am in the New Gym. We will also have one in conjunction with our Team Picture in November. Date TBD

We also have a Remind 101 for the team. Every athlete needs to join to get important announcements from coaches. To Join--- Send a text to 81010 with the message @2g9e7d6

**Meets**

For many swimmers, divers, and their parents, this will be your first experience with high school competition. A high school swim meet is broken down into 24 events – 12 for boys, 12 for girls, and including diving – and each event is broken down into heats to allow more swimmers to swim an event. The big difference between high school swimming and summer or recreational league swimming is that there are no guarantees. We swim to win the meet, so everyone may not get to swim every meet and some may just swim one or two events. Each swimmer is allowed to swim in up to four events each meet (include individuals and relays), but no more than two individual events. The fastest swimmers on the team will be scheduled to swim in four events, and the slower swimmers will be used to fill holes in the events. With practice and determination, however, you will have the opportunity to get faster and earn spots in more events later in the season.

**Away Meets**

The team is fortunate to be able to use county-provided buses to attend away meets. If an athlete rides a bus to an event, he/she is required to ride the bus home as well. The only way an athlete may go home with a parent is if the coach has **written** permission from the parent.

**Meet Schedule**

Please see the documents tab on the website for the meet schedule.

**Captains**

There are six captains for the team this year. Captain positions are reserved for senior athletes. Captains are voted on by the team and then approved by the coaches. They must meet the following criteria:

* Set an example for all team members to be proud of
* Fulfill all responsibilities and duties assigned to them
* Display mutual respect for fellow team members and coaches
* Work to their fullest to achieve team and personal goals
* Always believe in themselves and make the season as successful as possible

\*\*This year’s captains are **Carter Loftin, Grace Moor, Sophia Parker, Gavin Suchan, Parker Tanke and Elizabeth Tilt.**

**Lettering Requirements**

There are *three* ways for a swimmer or diver to letter this season:

1. Qualify for the State Championship meet in at least one event, even in a relay.
2. Place in the top 20 at the Cobb County Championships, even in a relay.
3. As a junior or senior, attend 90% of all practices and have quality meet attendance.

**Academic Policy**

Lassiter Swim and Dive has a history of great athletic and academic success, and we maintain a strict academic policy. You are required to be passing all classes during the semester. The consequences for not passing are listed below.

1. If you are failing ONE class on a progress report, you are placed on academic watch list. You are required to communicate with Coach Hughes on your progress in the course.
2. If you are failing TWO or more classes on a progress report, you will be required to attend help sessions with your teacher and your progress will be monitored and may include sitting out of meets until grades are up.

It is GHSA policy that if you do not pass at least five of your six classes at the end of the semester, you are ineligible to compete in any sport the next semester. Seniors taking 5 classes, must pass all to remain eligible. Athletes must earn 2.5 credits during the fall semester to continue eligibility in the Spring.

**Disciplinary Actions**

Since athletes are expected to be positive role models in school and in the pool, they are expected to abide by the rules and regulations of Lassiter High School. For the athletes that choose to disobey and, as a result, hurt themselves and the entire team, the coaching staff has selected the following consequences for school-related discipline problems:

* If a student receives ISS, he or she is suspended from the next meet and is not allowed to participate in any practices or team activities during the time assigned to ISS.
* If a student receives Saturday School, he or she is not allowed to participate in a meet if scheduled on the same day.
* If a student is suspended, his or her case will be evaluated individually and may be considered grounds for suspension or dismissal from the team.

Any issues that arise related to misconduct outside of school (inappropriate social media, cyberbullying/harassment, drugs/alcohol, etc) will also result in disciplinary action with the team and consequences will be determined by coaches and if needed, Athletic Director.

**Parent Information**

In addition to Registration at the beginning of the season, there will be other Booster Club meetings for parents throughout the season. More information about exact dates and location will be communicated through the website as we get closer.

**Communication**

Team communication will be mainly through our website. Please make sure that you have an active account and that your athlete is attached to it and not only receives but reads weekly emails. Coach Hughes will send out emails every Sunday with important information for the week. The website is also how athletes sign up to participate in meets. If you do not sign up, you will not participate. Parents also sign up to volunteer through the website and will receive email communication about selected duties. Please check the website frequently!

**Final Thoughts**

I am very excited for the upcoming Swim and Dive season. We always have such great athletes both in and out of the water and typically that is a testament to the parents. Please take advantage of any and all ways to get involved and help out with the team as you can- it is a great opportunity! If you have any questions during the season, please contact me at Brittany.Hughes@cobbk12.org Thank you, and GO TROJANS!!!