**North Central Swimming & Diving 2015-2016**

**Coaching Staff**

**Matt Papachronis- Head Coach**

**Josh Saylor- Assistant Swim Coach**

**Lindsay Bradshaw- Assistant Swim Coach**

**Dan King- Head Junior Varsity Coach**

**Sarah Bacon- Diving Coach**

*“For the courageous nothing is unattainable.”*

*Alexander the Great*

**All info & forms at www.ncswimanddive.org**

**Notes:**

A. Girls 1st practice is October 26th. Boys 1st practice is November 9th. Please consult the calendar for specific training dates and times. Students have until Friday of their opening week to be fully registered on the team.

B. On Wednesday October 21st from 5 to 7PM we will host an Open House/Team Kickoff meeting at NCHS Natatorium entrance (Door #24) & adjacent meeting rooms for both swimmers and parents. This meeting serves several purposes. Itinerary:

1) Swimmer/diver meeting at 5:45pm

2) Coach/Parent meeting at 5:45pm- we will do introductions, go over volunteer needs, and explain fee structures

3) Suit and warm up sizing for athletes 5 to 7pm

4) FAQ-duration of the event

C. Picture Day: for both men & women is November 14th. Please be ready with your NC Warm-ups for pictures. Upperclassmen will loan out warm ups to freshman of the opposite gender, so all will have appropriate attire for the picture.

D. **NC Athletic Director Paul Loggan holds a MANDATORY MEETING that must be attended by the swimmers, divers, and at LEAST ONE PARENT per family - on November 14th in the main auditorium. Full details TBA on the team website and via email.**

E. **IN ORDER TO PARTICIPATE THIS SEASON, YOU MUST TURN IN YOUR PHYSICAL FOLDER ON OR BEFORE YOUR FIRST DAY OF PRACTICE!!!** This is handled through the NC Athletic Office – you cannot practice unless you have turned in all of your paperwork. REPEAT – NC & the IHSAA will not allow us to allow you to practice unless you have turned in your folder in its entirety. PLEASE REMEMBER THAT THIS INFORMATION MUST BE TURNED IN TO THE ATHLETIC OFFICE – NOT THE COACHING STAFF.

F. This year all optional sportswear/spiritwear will be handled via our team online apparel store. You can find the link on our team website ([www.ncswimanddive.org](http://www.ncswimanddive.org)). Samples will be available at the October 21st Open House event, and the online store will close by November 1st. Swimmer suits and warm ups are ordered at the Open House date or by visiting Circle City Swimwear (located at 71st and Binford) and letting them know you need to order for NC Swimming & Diving. It is imperative that even if you know your team suit size, you check in with Circle City to leave your suit size with them on Open House night.

G. The seniors and the coaching staff will decide what we wear to school on days of meets, so please be attentive when announcements are made.

H. You will receive your season schedule at the call-out. THE OFFICIAL START DATES ARE AS FOLLOWS:

**GIRLS 1st OFFICAL PRACTICE – October 26th, 2015**

**BOYS 1ST OFFICIAL PRACTICE – November 9th, 2015**

I. Times for meets will be listed on the practice schedule, as well as estimated Bus Departure Times. Changes to the

 schedule will be communicated by website, email, & through announcements at practice. Before departing for a meet, we will have either 1) mandatory study time 2) practice time or 3) leave ASAP, in addition to a quick meal. This will be handled on a meet by meet basis and will be communicated in advance of each meet.

J. Parents of Upperclassmen (juniors and seniors that participated on last year’s team) will be part of our Leadership Team. This is a team effort on their part and we all owe them a large debt for the service and time they put in to help organize the swimming & diving season. They are AWESOME. Please assist me in showing a huge thanks to these parents & USE THEM AS A RESOURCE!!! Parent Leadership meeting is scheduled for Thursday, October 15th at 6pm in the NC Pool Classroom.

K. Depending upon team size, we will most likely have travel squads this year for away meets. Due to ever increasing gas prices & tightening budgets, we have been encouraged to limit the number of school vehicles that go to these meets. The travel teams will be announced as early as possible before any away meets. Please keep in mind that HOST TEAMS DICTATE THE NUMBER OF SWIMMERS WE ENTER AT AWAY MEETS; BECAUSE OF THIS THE MAKE UP OF THE “VARSITY” SQUAD OR “TRAVEL” SQUAD MAY CHANGE FROM MEET TO MEET. All team members in upstanding order will compete at Home meets.

L. If you have any questions, please contact Head Coach Matt Papachronis capstone22@hotmail.com or contact one of our Parent Leaders. Junior Varsity team members and families are encouraged to go through Head JV Coach Dan King by contacting him at danrking10@gmail.com. **A JV Specific parent meeting will be held in November- date TBA.**

M. Supplemental insurance is available and encouraged for those that do not have adequate family coverage. Please see Head Coach if you are interested in this very affordable (~$60) program.

N. Thanks for all of your support for the program and have fun this year.

**Team Rules**

The following are the Team Rules for the North Central High School Swimming & Diving Team. These rules are in place so that the TEAM may function at its highest level. The list includes letter requirements as well as team rules. All situations that involve any of the following rules will be handled in a fair and consistent manner. The head coach has the final word on all matters.

**Attendance Policy***- please note that we believe that excellent attendance is one of the keys to our success. We are attempting to accomplish great things and we will therefore need to be prepared to the best of our ability. You can find ways around any attendance policy, but it is our hope that you will choose to show an outstanding work ethic and commit to being at practice at all times..*

1. All Varsity swimming attendance matters are handled by Coach Josh Saylor (jsaylor5@yahoo.com) and all Junior Varsity attendance matters are handled by Coach Dan King (danrking10@gmail.com) – you may contact them by email or in person before or following practice. All diving attendance matters are handled by Coach Bacon– you may contact her via email or in person.

2. Attendance at all meets is mandatory. If you miss a meet and your absence is not excused, you will be dropped from the team. There are two notable exceptions to this rule: 1) if you do not make the travel squad for an away meet, you are not expected to attend the meet, and 2) any championship meets that we attend but do not provide transportation to, you are excused as well.

3. All swimmers are entitled to three (3) unexcused absences per semester. If these absences fall on the day of a meet or any practice the day preceding a meet (i.e. Friday before a Saturday meet), the swimmer will not participate in that meet. A fourth unexcused absence will result in the loss of attaining a varsity letter and the athlete will be barred from up to the next three competitions. Any unexcused absences over four will result in a conference between the athlete, athlete’s parents, athletic director, and coaching staff, and will most likely result in the athlete being dropped from the team. **An “absence” is defined as not being present for the duration of the practice (from 3:15 to 5:45PM). Late arrivals and early departures from the standard practice time will be considered an absence.**

4. By the end of the first week of practice, all athletes will be told whether they are a varsity athlete or a junior varsity athlete. The VARSITY team will have 8 to 9 mandatory practices a week (3 or 4 mornings, 4 afternoons, and Saturday). The JUNIOR VARSITY will have 5 mandatory practices a week (1 morning, 3 afternoons and Saturday).

5. Being a VARSITY or JUNIOR VARSITY athlete could fluctuate throughout the season and it is entirely possible that athletes will be moved based upon their work ethic and meet performances. For example, the coaching staff could decide to call you up to the VARSITY team in the middle of the season if you are working hard and swimming at the VARSITY level in meets.

6. Being absent from practice falls into three categories: **EXCUSED, PRE-EXCUSED, or UNEXCUSED**. The only excused absences are the same absences that the school will accept for missing a day of school or pre-excused absences. Pre-excused absences are absences that you have set up with the coach at least **7 days in advance**, which includes scheduled doctor’s appointments & college visits. Illness is only an excused absence if the athlete is absent from school. If an athlete is present for first period, they will not be excused from AM practice, and likewise, if an athlete is in school when classes are dismissed, they will not be excused from PM practice. When determining whether or not an absence is excused, we will consult the school attendance office.

7. When missing a Saturday practice, YOU MUST HAVE A SIGNED NOTE FROM YOUR DOCTOR or other appropriate paperwork!

8. You need to know that we will go to great efforts this year to insure that you have plenty of family time over the holidays while at the same time having enough practice so that we can remain competitive at the state and national level.

9. Swimmers or divers participating in other regular, scheduled, after school activities by choice may be required to attend Thursday morning and/or Friday afternoon practices in order to remain eligible for the team. Such activities may include Junior class Spec, band, choir, etc. **That said, swimming or diving during a time slot when the team is not scheduled to train together cannot replicate the atmosphere, instruction, or intensity of a regularly scheduled team workout. Participating in another activity on a regular basis may jeopardize your roster spot for meets, including the championship meets, as well as your place on the team altogether.**

Lettering Policy:

An NC Swimmer or Diver, in upstanding position on the team, will receive a NCHS Athletics Letter for any of the following accomplishments:

a) Scoring at Sectionals or State.

b) Achieving a time in 2 events at the JV invite or other dual/invite that is equal to or better than the 16 place time at Sectional prelims (scoring position).

c) Other noteworthy contribution to the team as determined by the Coaching Staff. Coaching staff will strongly consider attendance, academics, work ethic, teammate support, and determination in its calculations.

**GO PANTHERS!!!!**