**North Central Swimming & Diving**

**2019-2020**

**Team Website –** www.ncswimminganddiving.org

**North Central Athletics** – www.nchsathletics.com

**Head Coach –** Josh Saylor (jsaylor5@yahoo.com)

**Diving Coach –** Kevin White (kevinwhitediving@gmail.com)

**JV Coach –** Connor Fisher (ctjfisher@gmail.com)

**Assistant Coach –** Megan Casey

**Assistant Coach –** Ben Freeman

**Assistant Coach –** Ashley Gilchrist

**Important Dates**

1. Girls 1st Practice – Monday, October 28; Boys 1st Practice – Monday, November 11
2. NC Swimming & Diving Open House – Wednesday, October 16 – 5-7pm
3. Mandatory Winter Sports Parent Meeting – Thursday, November 14 – 6pm (PAC)
4. Picture Day – Saturday, November 16 – 7:15am

**Physicals –** Physicals ***must be on file with the NC Athletic Department*** before the first day of practice to participate. No physical = no practice. Physical packets are picked up at and returned to the NC Athletic Department only, not to the coaches. Physicals must be signed by a health professional; no stamps. In addition to physicals, all team members must have a completed Healthy Roster account with the NC trainers. Just like physicals, no Healthy Roster = no practice or meets. Information on how to complete your Healthy Roster account is included with the physical packet. Please direct all questions about Healthy Roster to NC Head Trainer Miho Sayles (miho.sayles@franciscianalliance.org).

**Open House –** The NCSD Open House is a must attend event for all team members. Open House will be held at the NC Natatorium and surrounding areas (use Door 24). ***Team fees are due at Open House*** so parents, bring your checkbook. ***Varsity team fees ($260) will include new red warmups for this season. Red warmups are optional for JV team members, making team fees $260 with warmups; $180 without warmups.*** Open House schedule is as follows:

* Parent meeting / Q&A – 5:15-6pm – Introductions, volunteer needs, team fees
* Athlete warmup, windbreaker and suit sizing – Any time from 5-7pm
* Team website account setup – Any time from 5-7pm
* Completion of team registration and payment of team fees – Any time from 5-7pm

**Spiritwear –** Optional spiritwear will be handled via our team online apparel store. You can find the link on our team website **(www.ncswimanddive.org)** after the Open House**.** Samples will be available at the October 16 Open House, and the online store will close shortly thereafter (estimated date November 1). Swimmer suits and warmups are ordered at the Open House or by visiting Elsmore Swim Shop (located on 96th Street) and letting them know you need to order for NC Swimming & Diving. Even if you know your suit size, you MUST check in with Elsmore during the Open House, so it is on file. The correct suit size cannot be guaranteed after October 16.

**Meets & Meet Participation –** A 2019-20 NCSD meet schedule is attached to this packet. All times and dates are subject to change (weather, etc.). Changes will be communicated ASAP via announcements at practice, the website and a variety of other means. Before all meets, we will either have practice time, study time or a quick departure, in addition to a quick meal. This will be handled on a meet-by-meet basis and announced in advance by the coaches.

* **Dual Meets –** NC versus one other school. No limit to the number of athletes that may participate.
* **Invitationals –** Multi-team meets including championship meets (County, MIC, JV Invite, Sectionals, State). Generally limited to a certain number of participants.
* **Home Meets –** All eligible team members will participate in all home dual meets. For home invitationals, the lineup will be determined by the coaching staff and posted in advance. Team members who are not participating are encouraged to attend and support the team.
* **Away Meets –** Due to ever increasing travel costs, we have been encouraged to limit the number of buses for away meets to one (approximately 40 seats for athletes and coaches). Travel teams will be announced ASAP before away meets and may change from meet to meet.
* **Team Bus –** All team members must ride the team bus to away meets and are strongly encouraged to ride the bus home from the meet. If you wish to take your athlete home from an away meet there is a waiver form available on the NC Athletics website that must be filled out and turned into the NC Athletics office 24 hours in advance.

**Practice Attendance –** There is no secret to success in sports. Hard work works and great attendance pays off. If you are making every effort to be a team member in good standing, the coaches will work with you to help you achieve success.

* Attendance at all practices is expected.
* Team members are allowed 5 missed practices for any reason in the first semester,including Thanksgiving and Christmas break.A sixth missed practice will result in that team member missing the next meet and the team member will no longer be eligible for a varsity letter and/or PE credit. Missed practices beyond six may result in dismissal from the team. Exceptions to this rule are medical absences corroborated by a doctor’s note and/or communication by the NC trainers. Depending on the length of the medical absence, the team member may be required to miss the next meet to comply with IHSAA rules on meet participation.
* Team members are allowed 3 absences for any reason in the second semester. A fourth absence will result in that team member missing the next meet and the team member will no longer be eligible for a varsity letter and/or PE credit. Absences beyond four may result in dismissal from the team. No absences are allowed for varsity girls after January 26 (10 days prior to the State Tournament) and for varsity boys after February 9 (10 days prior to the State Tournament). Exceptions to this rule are the same as noted above.
* Team members must be present at practice the day before a meet to be eligible to participate in that meet.

**Sample Practice Schedules**

**Varsity**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 5:15-6:45am(Dryland)3:15-5:30pm(Swim) | 3:15-5:30pm(Swim) | 5:15-6:45am(Dryland)3:15-5:30pm(Swim) | 3:15-5:30pm(Swim) | 5:15-6:45am(Swim) | 7-9:30am(Dry & Swim) |

**JV**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 3:15-5:30pm(Swim) | 3:15-5:30pm(Swim) | 3:15-5:30pm(Swim) | 3:15-5:30pm(Swim) | 5:15-6:45am(Dryland) | 7-9:30am(Dry & Swim) |

**Eligibility & Conduct –** All NCSD team members are subject to the eligibility requirements and expectations described in the NC Student Athlete Handbook and the contained Code of Conduct. There are two important rules all team members must abide by in addition to the Code of Conduct:

* Your social media presence is expected to positively reflect your membership on the NCSD team. As stated in the Student Athlete Handbook, the good of the team is first and foremost. Any social media behavior considered detrimental to the team will be subject to the rules contained in the Student Athlete Handbook.
* In addition to drugs, alcohol and tobacco, all vapor devices and e-cigarettes (Juul, etc.) are also prohibited. Use of these devices is subject to the rules contained in the Student Athlete Handbook.

Registering for the team implies understanding of and consent to these requirements, expectations and consequences. A digital copy of the NC Student Athlete Handbook is available on the team website and a hard copy can be provided if necessary.

**Lettering Policy –** An NC team member in good standing with the team will receive a NCHS Athletics letter for any of the following accomplishments:

1. Scoring at the IHSAA Sectionals or State Finals
2. Achieving a time in 2 events at the JV Championships that is equal to or better than the 16th place time at Sectional prelims
3. Other significant contributions to the team as determined by the coaches. Attendance, academics, work ethic, teammate support and a variety of other metrics will be considered.