

TEAM RULES AND EXPECTATIONS
PIKE HIGH SCHOOL SWIMMING & DIVING

Team Rules are in place so that the TEAM may function at its highest level. This 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 final word on all matters.

ATTENDANCE POLICY: Attendance plays a crucial role for any team. We expect our athletes to attend every practice unless they have good reasoning. We hope that you will show an outstanding work ethic, dedication and commitment to being at practice at all times.

1. All attendance matters are handled by Head Coach Thomas Moore.
2. Attendance to all meets is mandatory.
 - a. If you miss a meet and your absence is not excused, you will be dropped from the team.
3. All swimmers are entitled to **FOUR (4)** unexcused absences for the season.
 - a. An "absence" is defined as not being present for the duration of practice. Late arrivals and early departures will be considered an absence.
 - b. The only absences that are considered excused are the same that the school will accept for missing a day of school.
 - c. You are only excused from being "sick" from practice if you missed school due to illness that same day. Attending school and missing practice will count as an unexcused absence.
 - d. We will consult the school to confirm your attendance or absence.
 - e. On the **FIFTH** unexcused absence you will forfeit your varsity letter and will be suspended from the team. On the **FIFTH** absence the athlete and parent must have a conference with the coaching staff to be considered for re-instatement.
4. Any Extra Curricular conflicts must be discussed at the beginning of the season. I am willing to be flexible within reason. If you are in another activity that will not be flexible and come to a reasonable compromise. You may have to make a decision on what activity you wish to be involved in.
 - a. This discussion must take place at the beginning of the season. Not the day before/of the event/conflict.
5. If you miss a Saturday or Vacation practice due to illness you **MUST** have a doctor's note or it will be considered unexcused.

LETTERING POLICY:

A Pike Swimmer or Diver in good team standing will receive a PHS Athletics Letter for any of the following accomplishments:

1. Scoring at County, Conference, Sectionals or State.
2. Scoring a minimum of 10 Individual points in dual meets.
3. Noteworthy contributions to the team as determined by the Coaching Staff. The Coaching Staff will strongly consider attendance, academics, work ethic, teammate support and attitude in their evaluation.

I have read and understand the team rules and expectations.

Athlete(s) _____

Parent(s) _____