

SAY SWIM TEAM

High School Swimming Philosophy/Team Policy

Our team philosophy is that swimming for one's high school and SAY can be compatible as long as there is a plan in place and communication between coaches and swimmers maintained. Our Senior group swimmers must recognize the level of commitment necessary to achieve the goals he/she has set. Too many meets and not enough training will result in a poor season, especially at Y championships. Simply put: We do not want kids to disappear during the high school swim season.

- Our swimmers should make every effort to attend SAY practices, **even on days of high school meets**.
- An SAY swimmer should be aware of balancing/maintaining school grades, training with SAY during the HS season, and competing for his/her HS swim team. Too many late nights spent doing homework could create a downward spiral of health as well as performance, which could affect grades, training and ultimately season-end meets/goals.
- No SAY swimmer is to do any weight lifting or dry land program outside of SAY's practices unless with a certified personal trainer and prior permission from the Head Coach.
- **Tech suits may only be worn ONCE** during the high school season and approved by the Head Coach. Suggested meet: County or Prep Championships.
- **Resting/tapering and shaving** at any other time except for SAY designated meets is **not permitted**. To taper, shave, and wear tech suits multiple times within a short period of time diminishes the effect of these crucial components of a taper meet.
- SAY swimmers competing in high school meets **should always use** the designated **warm-up/warm-down** times when available, which will help to avoid injury and prepare them to race as well as recover properly.
- Times achieved at high school meets will not be accepted unless an electronic timing system is used. A printed report from the timing system computer with the meet referee's signature should be given to the Head Coach for acceptance. High School times will not be entered into our team database, but may be used for meet entries. Times achieved in high school meets that are to be used for a national championship meet, will not be accepted unless the meet is approved by the appropriate LSC and officiated as such.

Questions concerning high school swimming should be addressed to the Head Coach.