

# Park City HS Swimming

## **2019-20 Team Information & Lettering Requirements**

The first day of practice for the PCHS Swim Team will be Monday, September 30<sup>th</sup>. The Miners practice at the Park City Aquatic Center located at Ecker Hill Middle School, 2465 W. Kilby Rd, PC, UT 84098.

All paperwork and fees must be turned in by Tuesday, October 29<sup>th</sup>. Registration is done online through RegisterMyAthlete.com. Please see the Registration checklist for more registration details.

### **Swimming Fees**

- PCHS Athletic Fee for Swimming is \$200. This includes the PCSD athletic fee for swimming (\$150) and the team fee (\$50) that goes towards state t-shirts, state dinner, region/state snacks, etc.
- Fees can either be paid online or at the main office at the HS. Fees paid at the HS can either be cash or check made out to PCHS.

### **Parent Info**

Parent Meeting: Mon, Oct 14<sup>th</sup> at 6:45 PM in the Blue Room at the PCAC.

### **Practice Schedule**

The PCHS Swim Team practice will be from 3-5 PM everyday afterschool. If there isn't school, with the exception of Martin Luther King Day, there isn't practice. Please see the Team Calendar for the complete season schedule.

Please make sure you are prepared for both dry-land and pool practice every day.

- Dryland: running shoes, shorts/athletic pants, t-shirt/jacket, WATER BOTTLE
- Pool: suits, drag suits (if assigned), gear, WATER BOTTLE

### **Attendance**

*The PCHS Swim Team expectation is that you will attend all practices.* Swimming is not a sport where you can show up when you choose. The MINERS swim team is a family unit working together for a common goal. Each team member is a vital piece of the team chemistry and family unit. The actions of one team member affect everyone. You have CHOSEN to COMMIT to the best sports team, the PCHS Swim Team, and participate in all of the practices, meets and activities associated with the team for the season.

Regarding attendance:

- Communication is critical to being a team member. If you are going to be late, or are sick, or have an emergency, please let me know.
- It is the swimmer's responsibility, NOT the parents or friends, to inform me if they are unable to attend practice or going to be late. If you are sick for a week, you will notify me every day that you are unable to attend. If you are injured, you should still attend practice to learn, help and interact with the team.
- If you need to stay after school to make up a test, lab or assignment, you are welcome to join the PCS practice with my permission if you schedule with me *in advance*. Absences that are class related may be excused. I highly suggest coming to swim afterwards though.
- *Elective club and/or non-school related absences are not excused.*
- Please do not schedule doctor's appointments during practice time. We have a set time that we have the pool available to us.
- If a team member is consistently missing practice/meets, and it's unexcused, there may disciplinary measures taken, including meet suspension, and/or dismissal from the team.
- If a team member is consistently late to practice, and it's unexcused, there may disciplinary measures taken, including meet suspension, and or dismissal from the team.

**If you communicate with me, we can work together to find a solution for any situation.**

## **Meet Participation & Info**

In order to compete in PCHS Swim Meets, student athletes will:

- Have 90% attendance to be eligible for participation.
- Have an end of quarter minimum GPA of 2.0, and no F's in any class.
- **To participate in travel meets, swimmers must have a GPA of 2.5 or higher.**

Failure to maintain the above criteria will result in affected student athletes deemed ineligible for further swim meets.

- If you miss the day before a meet, you will be out of the next day's meet.
- At all swim meets, you are there to swim and represent your team/school. Please stay off of your phone, or visit with outside friends/family until after the meet is over. This policy is to ensure focus on the TEAM.
- All swimmers are expected to set-up/cleanup after every home meet. No exceptions. Do not ask to leave early from a home meet!
- For away meets, you ride the bus to and from the meet.

## **PCHS Policy Regarding Tardies and Unexcused absences that effect Early Release**

- Students are allowed 3 tardies in a class per quarter. From the 4<sup>th</sup> tardy on, it counts as an unexcused absence.
- Students get 3 un-excused absences in a class per quarter. 4 or more makes you ineligible for early release to any and all travel meets for the remainder of the quarter.
- Any excused absence for PCHS requires a note (i.e. doctor's note, not a parent's note).

## **Lettering**

In order to be eligible to earn your PCHS Varsity Swim Team Letter, the following requirements need to be met:

- 90% Attendance.
- Place in the top 8 in an individual event at Region or swim in an individual event at State.
- Swimmers must be an active part of the team and contribute both in and out of the pool. Swimmers must show dedication, hard work, positive attitude, team spirit, sportsmanship and integrity.
- Coach's approval.\*
- Team Captain's approval.\*

\*Coach's approval and Team Captain approval may supersede the individual event-placing requirement.

## **Team Website**

You can follow all Miners athletics at <http://parkcityminers.us>, PCHS Swimming at <http://parkcityminers.us/swimming>.

Also, there is PCHS Swimming page at [www.parkcityswim.net](http://www.parkcityswim.net). Near the top, there will be a tab on the right side that says PCHS Swim. The website will have all information pertaining to the PCHS Swim Team and 2019-20 season.

## **Sports Medicine at PCHS**

Included in your athletic fees at PCHS is access to the onsite athletic trainer at the HS. This is a great resource for our swimmers that have an ailment/injury that needs to be looked at. Please use him!

Jared Romero: [jromero@pcschoools.us](mailto:jromero@pcschoools.us)

## **Miscellaneous**

Officiating:

PCHS is known for offering the best swim meets. In order to run successful and fair swim meets, we need volunteers to serve as officials for the PCHS Swim Team. It takes at least 4 officials to run each home swim meet. And, officials get paid! More information will be provided at the Parent Meeting. Or by contacting Coach Mike.

Email List:

With the new online registration system that PCHS is using, parents will be added on to the team email list and will receive emails from Coach Mike.

Volunteering: There are several meets and activities throughout the year that the team will need help with. If you are willing to help, please sign-up at the Parent Meeting. If you are interested in hosting a team dinner/activity, please contact Coach Mike.

### **Contact Info**

Listed below is my contact information. Please don't ever hesitate to contact me. Communication is vital to the team and successful relationship between coach and athlete. You may call, text or e-mail me. If you need me right before practice, please call as I don't text and drive.

- Phone Number (801) 949-5281
- E-Mail: [mwerner@pcschoools.us](mailto:mwerner@pcschoools.us)