

Indian Creek Swimming and Diving Team Policies

Revised 01/2020

Goals of our program:

- 1) To have swimmers and divers qualify, compete, and place at the County Championships and other top level meets. The County Championship is our top team goal.
- 2) To continually improve the level of swimming and diving so that each individual makes improvement and achieves personal success
- 3) To continually learn, teach, and reinforce correct swimming and diving fundamentals
- 4) To have swimmers and divers continue their aquatic careers into high school and eventually college
- 5) To be the best student athletes possible, both in and out of the pool

In order to achieve these goals the following rules/policies will be followed.

- 1) In compliance with the Indian Creek Middle School Athletic Department Handbook, an athlete **must** have a physical, concussion form, and team rules signature on file before they are allowed to participate on the team
- 2) Academics
 - a) Homework and/or exam preparation will NOT be accepted as an excuse to miss practice or to leave early. You should plan ahead and not procrastinate until the last minute.
 - b) Watch your attitude and conduct in the classroom – be polite and positive. If you disagree with a teacher, talk to the teacher or leave it alone. Remember you are a role model.
- 3) Conduct – both in and out of the pool
 - a) **Your attitude/conduct does directly influence your participation.** As an Indian Creek swimmer or diver, you are regarded as one of the area's finest; therefore, you should act accordingly both in and out of the pool.
 - b) Smoking, alcohol, and illegal drugs will NOT be tolerated. Remember that even if you are not using any of these substances, but are with people who are – you can and will be penalized. These substances seriously alter your body, thus you will compromise the hard work in training you have done. Don't mess it up. The athletic handbook will be followed in such cases that violate this rule.
 - c) Use appropriate language at all times.
 - d) Wear team clothing with pride. Don't be "screwing around" with team apparel on and then expect people to respect us. Do not loan others team apparel.
 - e) Respect teammates, coaches, and opponents at all times. If disrespect is shown, penalties will occur beginning with a meet suspension.
- 4) Practices
 - a) All practices are mandatory unless otherwise stated. You are responsible to be at every practice unless you have made previous arrangements with the coaches or you were absent from school. If you miss a practice with an unexcused reason, you will be suspended one meet. If there continues to be a problem, dismissal from the team may be necessary. If you are at school – you are expected to stay for practice. (Detentions will be counted as a missed practice)
 - b) No jewelry may be worn.
 - c) Arrive promptly for the beginning of practice, change quickly, and be prepared to begin activation by posted time.
 - d) If you are sick or injured, please notify a coach as soon as possible. If the illness or injury keeps you from practicing, you may be given an alternative practice or you may be sent home.

- 5) Meets
- a) You must be in school from lunch until the end of school in order to participate in a meet. If you have an appointment, the coach and athletic director needs to be notified and verification from your appointment will be necessary.
 - b) Dress for the school day and to a meet will be determined prior to each meet by captains and coaching staff. Team members will follow dress code for each meet.
 - c) Always conduct yourself in a manner that you, your teammates, coaches, and school would be proud of. Cheer and show positive encouragement to your team during meets.
 - d) You will ride the bus to and from all away meets. Follow all bus rules when traveling to way meets.
 - e) Absolutely no boyfriends/girlfriends with team during meets.
 - f) No jewelry may be worn.
 - g) No phones will be allowed to be used during swim meets with the exception for music.
 - h) During the diving competition, swimmers will stay together as a team and support their team. At times, it may be necessary for the team not to be on deck during diving. The head coach will decide. Likewise, divers will stay on deck during the swimming events to support their team. Divers are team members and may need to participate in swimming events.
 - i) Any violation of these guidelines will result in penalties beginning with a meet suspension.

detach, submit signatures to coaching staff

I have read the “Indian Creek Swimming and Diving Team Policies”, understand them, and willing to follow the guidelines set forth in them.

Athlete’s Signature

Date

Parent’s Signature

Date