

Campbell High School Swim and Dive Team Handbook



Spartan's Swim & Dive Team Manual

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I: Campbell High School Swim & Dive - Welcome

Dear Team Member:

Welcome to the Campbell High School Swim & Dive Team. The purpose of this manual is to provide swimmers, divers, and parents the essential information necessary for us to have a successful season. We will continue to provide you with updated information as it becomes available.

The Mission of the Booster Club is to support the athletes and the coaching staff of our Swim & Dive Team. It is our responsibility to provide the services to make the Team run efficiently. We strive to make the swim & dive season as turnkey as possible for our athletes and parents. To do so we ask 3 things of all of you: attendance at scheduled meetings, prompt payment of all fees and working at Meets when requested, i.e. Volunteering Your Time!

We are fortunate that once again this year our athletes will train at the Cobb Aquatic Center (CAC) pool. The facility is centrally located and allows our athletes to obtain the maximum number of hours in the water. The rental of pool time at the facility is a great benefit for our team, however it requires that all athletes pay dues so that we can pay rental fees for the facility. Our goal is to operate our budget based on athlete dues received and meet attendance fees so that you never have to fundraise on behalf of our program. Our team needs your support. We challenge you to come out and support our swimmers and divers.

We are looking forward to this season with high expectations that our kids will once again excel and bring new laurels to our High School. If you have any questions or suggestions, please feel free email either Coach or Booster Club Member.

Jonathan Laird
Head Coach Girls – Swim & Dive

Spencer Tolbert
Head Coach Boys – Swim & Dive

Meredith Yahne
Booster Club President

Dan Ruehle
Booster Club Vice President

Booster Club

The Campbell Swim and Dive Booster Club, Inc. formed to support the Team and Coaching staff. Officer positions include President, Vice President, Treasurer & Secretary. Additional positions include Volunteer Coordinator, Hospitality Coordinator, Sponsorship Coordinator, Spirit Wear, Banquet Coordinator, Dive Coordinator, Middle School Team Coordinator and Communications/Website.

Questions for the Booster Club are to be emailed to campbellswimdive@gmail.com

II: Team Dues

Because we practice and compete off-site, dues are required. The team must pay for each practice and Meet.

New Swimmer/Diver's Dues:

All Athletes are required to have Team Uniforms. Team Uniforms include: Competition Suit (must be ordered separately), Competition Cap (provided), Team T-Shirt (provided annually), & Warm-Ups (provided first year on the team).

Because we practice/compete away from CHS, payment is critical. Payment plans are welcomed as well, simply contact our board to make arrangements.

- **SWIMMERS: \$300**
- **DIVERS: \$250**
- **YEAR-ROUND SWIMMERS: \$225**
- **YEAR-ROUND DIVERS: \$200**

*Competition swimsuits can be ordered via the link on our Team's webpage.

Returning Swimmer/Diver's Dues:

- **SWIMMERS: \$250**
- **DIVERS: \$200**
- **YEAR-ROUND SWIMMERS: \$175**
- **YEAR-ROUND DIVERS: \$150**

Checks should be made payable to: *Campbell Swim & Dive Team Booster Club*. You may also pay dues via the website using PayPal or credit card.

Required Equipment

- Team Competition suit (may NOT be worn to practice)
- Practice suit
- Goggles (swimmers only)
- Cap (swimmers only)

Optional Equipment

- Kickboard
- Pull Buoy
- Fins

III: Team Information

Practices

Team Practices take place at the Central/Cobb Aquatic Center (CAC) in Marietta.

Because practices are off-site, transportation is often left up to each athlete to secure their own ride.

Seniors and Juniors who drive can transport swimmers to practices with parental consent.

Practice Equipment

- Swimsuit - (Not the Team Suit!)
- Drag Suit - If Available
- Swim Cap - (Not the Team Cap!)
- Swim Goggles - 2 Pairs if Possible
- Kickboard - If Personal
- Pull-Buoy - If Personal
- 2 Towels
- Individual Workouts when Assigned
- WATER, WATER, WATER

Attendance & Attitude

Attendance at practice is mandatory for all members of the Swim & Dive Team. The Coaches will use school definitions to determine excused and unexcused absences. Unexcused absences will result in disciplinary action. A fourth unexcused absence could result in dismissal from the team. We will not tolerate any negative attitude towards swimmers/divers, Coaches, parents, or staff. Negative attitude at any point can result in removal from the Meet or Team. Athletics are a privilege.

When scheduling tutoring, doctor/dental appointments, etc., team members should try to work around the practice schedule. This does not imply that students should miss school instead of practice. Instead, the parent and student should attempt to schedule appointments that cause minimal disruption towards practices.

Nutrition

Simply put, WATER is essential, and all Soda & Carbonated beverages should be eliminated from the athlete's diet. Athletes should also monitor their good-carb and protein intake. Front-loading on carbs before a Meet is important, but not to be overdone. Pasta, rice, pancakes, etc., several hours prior to a Meet will supply the body with additional energy. Good Protein is also suggested throughout the season.

Swim & Dive Meets

Most Meets will occur on the weekends, and depending on the Meet, may last anywhere from 3 hours to 5 hours. All information will be posted on the Team's website.

Swim & Dive Meets only occur because of Volunteer help. Therefore, for each Meet, the Booster Club will ask for parent volunteers. Volunteer positions include Timers, Runner, Announcer, Dive Table, Gate & Hospitality set-up.

Additionally, due to the length of individual Meets, the Booster Club will provide a food table for our athletes so that they may stay properly fueled throughout the Meet. Please keep in mind that this table is provided for athletes & coaches ONLY.

Communication

The Coaches and Booster Club will communicate all pertinent Team information via the following sources:

- Email
- Team Website
- Remind (parents/guardians: @chscsd20 to 81010, athletes: @sdchs20 to 81010)
- Facebook Group - *Campbell Swim & Dive*

The Facebook Group is a 'Closed' group administered by the Booster Club and only Athletes and Parents may join. By Joining this group, athletes ARE NOT becoming automatic 'Friends' with any other member of the group.

Coaches will adhere to strict Cobb County Ethics and Professional standards with the Campbell High School Swim & Dive Team Facebook Group, and all other communication outlets.

Team Website

Our Swim & Dive has its own website:

<http://campbellswimdive.com>

Included on the Website are the following pages:

- About Campbell's Swim & Dive Program
- Registration Information & Links for Team Gear
- Championship Qualifying Times
- Lettering Standards
- Meet Info
- Meet Results
- Middle School Team Info
- School Records
- State & County Qualifiers
- Swim Workouts

Please check this website often to stay up to date throughout the season!

IV: Coach's Corner

PRACTICES

Swimming: The practice schedule is posted on our website. Swimming practices are held at the Central Aquatic Center (CAC) pool. There are no busses or other school transportation to or from practices, so parents will need to plan to ensure their child has a means of getting to and from practice. This is usually done through carpooling with other parents or arranging with upperclassmen for a ride.

Swimmers are expected to attend all scheduled practices. **Excessive absences from practice will result in a swimmer/diver losing his or her varsity letter or being dropped from the Team entirely.** *An absence from practice will only be excused when the absence is the result of illness or family emergency that results in an absence from school.* If a swimmer/diver attended school, he/she is expected to be at practice.

*USS swimmers are encouraged to continue to practice with their year-round teams. On the occasion they are asked by Coaches to attend a CHS practice, their attendance is required.

Since we must rent our practice time, and that time is limited, it is very important that swimmers/divers are at practice promptly and prepared to get into the water. Every athlete should arrive at the pool at least 15 minutes before the beginning of practice to stretch and be ready to jump in the for warm-ups at the beginning of practice. Remember, if you are late getting in to warm up, the others (who were there on time) will have to wait on you and will be "cooled-down" before you finish. This means they will have to warm up again or risk injury for swimming with tight muscles. This is not fair to your fellow teammates and shows a complete lack of respect for them on your part. Chronic tardiness to practice will result in disciplinary action, including possible dismissal from the Team.

After practices, those swimmers/divers who are being picked up by a parent should ensure that their parents are there on time to pick them up. **Coaches are not responsible for athletes after practices have concluded for the day.** *Parents who are picking up their children should be waiting for them at the end of practice.*

Diving: Diving practices are held at the Cobb Aquatic Center. Practices will be between 7:00pm & 9:00pm on weeknights, TBD. Since we are only allowed a limited number of divers at each practice, USD divers will only be required to attend high school practices when requested (such as to decide which dives to use for a particular meet).

MEETS:

The Meet schedule is posted on our website. We realize that for many swimmers/divers and parents this is their first experience with high school swimming, so here are some facts about high school Swim & Dive Meets:

GHSA (Georgia High School Association) rules only allow Swim & Dive Teams to compete for a maximum of 10 times during the season, plus the potential 11th time at the State Meet.

A Meet is broken down into 24 events (12 boys' events and 12 girls' events). Each event is broken down in heats (to allow more swimmers to swim in an event - it's hard to fit 12 or more swimmers into 6 lanes otherwise).

For those who are experiencing high school swimming for the first time and have only been involved in summer league swimming, there are some significant differences. The biggest difference between high school and summer league swimming is the fact that **there is no guarantee that everyone will get to swim/dive in every Meet.** We swim to win every Meet, so everyone may not get to swim in every Meet and many of those who do compete may only have one event in a Meet.

Each athlete can compete in a maximum of four events (no more than two may be individual events) in any Meet. Typically, the fastest swimmers on the Team will be scheduled to compete in four events (to give the Team the greatest chance of winning the meet).

There are three different types of Meets.

The first is a "Dual" Meet. This type of Meet is the kind where two (or often three) Teams swim head-to-head and each Team tries to win by outscoring the other Team(s). We make every attempt to schedule every swimmer to swim at least one event in these Meets.

The second type of Meet is an "Invitational". These Meets are much larger and much more competitive. Often there will be 10 or more Teams competing (like "tournaments" in other sports). We are also usually required to pay an entry fee for every swimmer/diver on the roster for these Meets, as well as another entry fee for each event they are entered in. The events in these Meets are also broken down into multiple heats. Everyone who competes could potentially score points. In these Meets, the swimmers/divers in an event are swimming/diving against all others in all heats of that event.

The third type of Meet is a "Championship" Meet. These Meets are limited to swimmers and divers who have met qualification standards, which are posted on our website. Therefore, only those swimmers/divers who 'qualified' will compete. These Meets often have a preliminary round, with the fastest 20, or 30, swimmers returning the next day to compete again in the finals. Diving prelims and finals will occur during the same session. The results of the finals are then used to determine individual, and Team finishes for each event.

Out of County Meets.

First, **all team members must ride the team bus to and from all 'Out of County' Meets when available.** We will not allow athletes to drive themselves, ride with parents, etc. This is because the drive to a Meet is a very important time: it allows us to share any last-minute information with the Team, make any necessary changes to the line-up, share the line-up with everyone (this is usually the first time they will find out what they are scheduled to compete in that Meet), and for them to have some "Team" time. Coming back from an away Meet allows time for individual accolades, recaps, and concerns that arose at the Meet. Directions are provided for parents to all away Meets (or they are welcome to follow the Team bus) and parents are encouraged to come to every Meet to cheer for their athlete(s) and the Team.

Second, during the Meet, athletes are expected to stay with the Team, and **no one is allowed to leave until the last event is over, unless approved by a Coach.** We wonder about the dedication a swimmer/diver has to the Team when he/she asks if they can leave because "their" last event is finished. We expect everyone to stay and cheer for his or her teammates. The Coaches, for everyone's safety, will release all swimmers & divers at the completion of Meets.

Athletes & Parents should bring some type of snack food with them to all Meets. There is a "snack table" at our Meets, but this food is devoured quickly, and athletes need energy for the entire Meet. They should also have enough money with them to buy a meal if necessary.

We hope you are all looking forward to a successful Swim and Dive season!

Best,

-Coach Laird, Coach Tolbert, and Coach Dorrough

I have read, understand, and will adhere to the rules and regulations for participating on the Campbell Swim and Dive Team.

X _____ Date: _____
(Parent/Guardian Printed Name)

X _____ Date: _____
(Parent/Guardian Signature)

X _____ Date: _____
(Athlete Printed Name)

X _____ Date: _____
(Athlete Signature)