TBHS Boys Swimming

2015/2016 Season

Head Coach – Jen Larsen  
Cell: (206) 714-2528   
E-Mail: jdl2988@yahoo.com

Before the first practice on Monday, November 16th, you need to have ALL of your paperwork turned in to Athletic Director Mr. Brett, OR YOU WILL BE UNABLE TO GET IN THE WATER. This includes your participation form, physical form, and your payment to Mrs. Barlow at the finance window for athletic participation. If you need these forms, you may pick them up in the Resource Office or in Mr. Brett’s office.

Your Captains this year are: Stuart Prince and Nathan Ventura

Our practices this year will be held Monday-Friday at the King County Aquatic Center. Dryland practice is from 2:30pm-3:00pm, and water practice is from 3:00pm-4:30pm. You need to be at the pool by 2:30pm so you are ready to go and stretched out before practice begins. Practice will always end at 4:30pm, unless the coach decides to end practice earlier.

**Do not plan any appointments or be put on the schedule at your work during practice times if at all possible!**

It is your responsibility to get to the pool on time each day. If you do not have a ride please arrange to carpool with someone on the team who drives.

Our home meets will be held at the King County Aquatic Center. Meet warm ups start at 3:00pm, with a meet start time of 3:30pm. You will need to be at the King County Aquatic Center by 2:45pm for any meets held there.

Away meets normally begin with 3:00pm warm ups and 3:30pm start time. Depending on which school we are traveling to for our meet, we will need to leave the school by bus between 1:45pm and 2:00pm. Times may vary depending on the school; I will let you know at practice the day before the meet when you will need to be excused from class to meet at the bus.

On meet days you will need to check in with Mrs. Bergman (Assistant Coach) BEFORE lunch. If you do not check in, I will assume that you are not at school which results in you not being able to participate in the meet.

**All meets up through Non-Quals are mandatory for all members of the team.** If you are not able to attend a meet, it may affect your varsity status. You must communicate with me prior to the meet to maintain your eligibility if you won’t be attending. **If you do not come to practice the day before a meet you will be ineligible to swim at the meet!**

**Varsity Letter Requirements**

1. Do not have more than 3 unexcused absences during the season. If you are going to miss a practice or a meet, you must let me know the day before. If I do not find your explanation acceptable, it will be counted as unexcused.
2. You must score at least 5 points over the course of the season.
3. You must attend and swim at the Non-Qual meet unless you qualify for the League, District, or State Meet.
4. You must maintain a positive attitude throughout the season by showing team spirit and sportsmanship at all practices and meets.
5. Divers must have mastered all 11 dives and participated in at least one 11 dive meet and scored points in at least one of our dual meets.

**Becoming A Captain**

I pick my Captains for the next season out of the existing junior group. However, just because you are a junior does not automatically make you a captain for the next year. If you do not show good sportsmanship, responsibility, and accountability, I will pick underclassmen to be Captains.

The Dive Coach is Kelly Roberts. If you are planning on diving, practice will be held at the King County Aquatic Center from 2:30pm-4:00pm Monday-Friday.

Transportation is provided only for meets held outside of the school district boundaries. **ALL athletes will ride the bus with the team.** If you wish to get a ride home with a family member or friend’s parents, I will need a written note that is dated and signed by the adult taking you home before you leave the meet. For all of the meets held at the King County Aquatic Center, you must provide your own transportation.

If school is canceled during normal operation hours, practice will also be canceled. If school is delayed, practice will still be held at the normal time unless you are otherwise informed by me.

Please have both you and your parents read through this form and sign, date, and return the bottom portion to me on your first day of practice.

Student’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student’s Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parental Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_