

Welcome to Highline/Evergreen/Tyee Swim & Dive Co-op Team

Head Swim Coach: Rachel Loy

(206) 755-0079. rachelloy@comcast.net

Head Dive Coach: Todd Wollenweber

(253) 376-0001. Todd.Wollenweber@highlineschools.org

Assistant Coach: Megan Reynolds (360) 608-7859 megan.reynolds@highlineschools.org,

Team Captains: (Highline) Sophia Cassam, Suzanna Cate; (Evergreen) Emma Murray; (Tyee) Taylor Blatter

Coaches Mission Statement: To challenge students to pursue athletic excellence in the sport of swimming and dive through skill development, teamwork, and sportsmanship.

Coach Expectations:

1. Athlete Is Enthusiastic About Swimming or Diving & Development
 - a. Wants to learn skills, strives to improve swim times/dives
 - b. Is interested in more than one stroke/dive
 - c. Works hard at practice and understands that every element of practice prepares her for meet time
 - d. Has a positive attitude and encourages other students to join swim or dive
2. Athlete Supports Teammates In And Out Of The Water
 - a. Encourages her teammates to work hard in practice, avoids distracting other teammates from their workout
 - b. Social time should be on the bus, during designated times set by the team captains, in between events at swim meets, on team website, but never during practice
 - c. Teammates are encouraged to have social events planned for team bonding
 - d. Teammates are encouraged to talk positively about teammates at all times, show loyalty, and create friendships in and out of practice
 - e. Encourage teammates to achieve personal goals
3. Athletes Are Expected To Practice Safety At All Times
 - a. Horsing around the pool deck is dangerous and discouraged at all times (i.e. Never throw a teammate in the water, never dunk a teammate)
 - b. Athletes are encouraged to take a break if feeling weak or lightheaded
 - c. Athletes are expected to yell for Help when in trouble in the water or other emergency situations
 - d. Only lifeguards or qualified swim coaches may approach a swimmer in a drowning situation. A drowning victim can easily overtake the untrained. Again, swimmers are encouraged to yell for help.
 - e. Athletes should follow pool rules and practice safety in the shower areas
4. Athletes Are Encouraged To Be Healthy
 - a. Have good grades, academics always come first
 - b. Other sport activities recommended for cross conditioning and reduction of injuries.
 - c. Participate in other school functions. This keeps an athlete well rounded.
 - d. Athlete should get plenty of sleep and eat healthy meals
 - e. Athletes are encouraged to drink plenty of water every day.

GENERAL RULES - In addition to the Swim & Dive Safety Guidelines, WIAA Eligibility, School Rules, and Coaches Expectations:

1. When missing practice, an athlete must notify the coach in writing. Any unexcused absence may disqualify an athlete from lettering.
2. If using an inhaler, inhaler should be located on the pool deck, and coaches as well as another athlete should be notified of the location.
3. If an athlete gets cut and bleeds, the swimmer should stay in one location and wait for assistance by the lifeguard. (Each spot of blood must be sanitized; even for a stubbed toe)
4. Water bottles should not be shared.
5. Valuables should not be kept in the locker room.
6. Negative comments of any type on the team Facebook website will not be acceptable. Coach will remove questionable comments immediately.
7. If injured at practice, the lifeguard must fill out an injury report and the coach will notify the swimmer's guardian.
8. If an athlete is sick the day before a swim meet, it will be assumed she will not be able to attend the swim meet and may be removed from previously discussed events.
9. An athlete experiencing fever, diarrhea, or any other contagious illness may not attend practice.
10. Swearing or negative talk will not be tolerated.
11. No sitting or pulling on the lane ropes.
12. Do not walk on the pool deck with flippers on. Flippers should only be worn in the water.
13. Honesty is always the best policy. Athletes caught lying may be asked to leave the team.
14. Please, do not share aspirin or Ibuprofen or other such pain relievers with other athlete. This is school policy.
15. The coach decides what an athlete will swim or dive in a meet based on skill, individual goals, and team goals. Swim coach decides on the Tuesday before the meet what event a swimmer will participate in.

Lettering Criteria for Swim & Dive

- Must compete in at least two different strokes for swimmers
- Must compete at League or higher
- 3.0 GPA (Or per coaches discretion)
- Compete in two Varsity Events
- No unexcused missed practices
- Must compete in at least three swim or dive meets
- Consistently improve times; dives
- Follow all Rules and Regulations as set by Highline Public School Athletics



Emergency Action Plan (EAP)

The primary lifeguard or head coach (if certified in lifeguarding) recognizes that someone needs immediate help and blows one long whistle indicating they are performing a rescue.

If further assistance is required, the primary lifeguard or coach will raise one fist in the air and yell for assistance. Coach or Captain will blow three long whistle blasts and inform the front desk guard who will then, activate the Emergency Action Plan and immediately assist the primary lifeguard/head coach.

Remaining coaches, captains, or pool personal will assist in clearing the pool of swimmers. Swimmers should walk to the benches and sit down, out of the way unless asked to assist. They are to remain on the benches until emergency has passed.

Coach or Captain will inform front desk to call 911 and assist in clearing pathways designated for EMS use. If the front desk guard is assisting in rescue, Coach/Captain is to call 911. If there no coaches, captains, or guards are available, have an able-bodied patron/swimmer perform this duty and immediately report back to the primary lifeguard or head coach that they have done so.

The coach, primary, and secondary lifeguards will follow the General Rescue Procedures, outlined by the Red Cross, and continue to administer care until EMS has arrived.

If team is at an away meet, follow the EAP procedures per that location.

Once EMS has arrived and taken over the situation:

Notify a manager and Athletic Director (if not already done)
 Fill out an Incident Report and a Medical Emergency Report
 Get witnesses to fill out a witness statement.
 DO NOT speak to the media under any circumstances!

Before re-opening the pool:

1. Check equipment. (Do not re-open pool with defective or missing equipment)
2. For any equipment issues notify management immediately (they will call on duty operations personnel).
3. Conduct a school debriefing about the incident, inform swim parents immediately.

OTHER IMPORTANT INFORMATION

Updated 8/24/2014 (Subject to Change)

1. If you haven't heard we are a co-op team Highline, Evergreen, and Tye. This will create a more competitive environment for Highline, Evergreen, and Tye as well as the teams we compete against. We compete as one team but points awarded will be divided.
2. We have Highline divers that practice at Mt. Rainier. The Evergreen pool is only 10'-0" deep. To dive, you must have 11'-0". Unfortunately, this means our divers cannot participate at home meets. We have 3 meets where this will be an issue. This means our divers may or may not be participating at home meets per the discretion of Coach Todd.
3. For those new to Swim and Dive – There are 12 events in a swim meet. Dive is event #5. All the other events are swim. A swim meet takes approximately 1.5 – 2 hours. Warm-ups are at 2:30 pm and the meet starts promptly at 3:00 pm and is almost always done by 4:30 pm.
4. Eligibility, Volunteering at Home Swim Meets.
 - a. Some swimmers will not be eligible to participate due to not having 10 practices, fines, or grades. This is a WIAA rule. Sorry. Swimmers not eligible to swim will be expected to come, help time, and cheer on their team mates.
 - b. Swim meets need volunteers in order to happen. We will need:
 - i. (12) volunteer timers
 - ii. (1) Starter/Announcer
 - iii. (1) Head Timer
 - iv. (1) Card runner
 - v. (2) Scorers
 - c. On Home Meets - Bus will pick up Highline swimmers and take them to Evergreen Pool but will not return them to the school. Same as a practice day. Evergreen will walk over from school.
5. Bus Schedules
 - a. Do not be late for the bus pick-up. We cannot wait for you. Make sure you inform teachers, especially the day of a meet.
 - b. You are expected to ride the bus to and from a meet. I pass out your events on the bus and I discuss the meet, i.e. times, individual successes, team successes on the trip back to the school.
 - c. While riding the bus to practice or meets, I expect the utmost respect given to the bus driver.

I, _____, (student) have read the Coaches Expectations, General Rules, Lettering Criteria, EAP and Other Important information. I agree to abide by these to the best of my ability.

Student Signature: _____ Dated: _____

Guardian's Printed Name: _____

Guardian's Signature: _____ Dated: _____

Guardians email address for important information:
