

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

Head Swim Coach: Megan Reynolds megan.reynolds@highlineschools.org

Head Dive Coach: Todd Wollenweber Todd.Wollenweber@highlineschools.org

Coach's Mission Statement: To challenge students to pursue athletic excellence in the sport of Swim and Dive through skill development, teamwork, and sportsmanship.

Swim Expectations:

1. Attitude—Student athlete:
 - a. ...is enthusiastic about improving personal and team skills.
 - b. ...supports all other teammates and maintains a positive attitude.
 - c. ...positively represents the swim team outside of practice, promoting team image at meets and encouraging others to join the team.
 - d. ...demonstrates safe and considerate behavior on the bus, in the locker room, on deck, and in the pool at all times.
2. Effort—Student athlete:
 - a. ...participates in more than one stroke.
 - b. ...maximizes practice time by arriving on time and coming prepared.
 - c. ...is focused on getting a good workout in during practice.
 - d. ...knows their body's capabilities on a day-to-day basis better than their coach, and will push themselves to improve without injuring themselves or making themselves feel ill.
 - e. Student athlete maintains a 2.0 or better GPA for the duration of the season.

Practice Procedures

1. When missing practice, an athlete must notify the coach in writing.
2. Water bottles should be brought to every practice and should not be shared.
3. Valuables are the student athlete's responsibility and should be secured during practice.
4. Lane lines and kick boards should remain on the surface at all times.
5. All gear should be either in bleachers off the floor or under the blocks.
6. Flippers will only be worn in the water unless the student athlete is seated.
7. If you are sick do not come to practice, submit a note to the coach to get an excused absence.
8. All drugs, even Tylenol or Claritin, are banned from being distributed in school athletics.

Swim Meets

1. If an athlete is sick the day before a swim meet, it will be assumed they will not be able to attend the swim meet and will be removed from all meet events.
2. The coach will assign each swimmer's events based on skill, individual goals, and team goals.
3. At swim meets student athletes will demonstrate outstanding sportsmanship at all times.
4. Warm ups are at 2:30 and the meet starts at 3:00. A meet will be 1.5-2 hours long.
5. Swimmers will be ineligible if they have less than 10 practices, have a GPA below 2.0, or have fines on their account. Ineligible swimmers are expected to attend meets to support their team.
6. Volunteers needed: timer (12), starter/announcer (1), head timer (1), card runner (1), Scorer (2)
7. Away meets: must ride bus to and from the meet. No food is allowed on the bus.

Lettering Criteria for Swim & Dive

- Must compete in at least two different strokes for swimmers, consistently showing improvement
- Must compete at League, Districts, or State
- 3.0 GPA
- Compete in two Varsity Events and participate in at least 3 meets
- No unexcused missed practices
- Follow all Rules and Regulations as set by Highline Public School Athletics

All current Swim and Dive team information will be updated daily at www.seamountathletics.com

Updated 11/16/2014 (Subject to Change)

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Emergency Situations:

1. Athletes are expected to yell for Help when in an emergency situation.
2. Only lifeguards or qualified swim coaches may approach a swimmer in a drowning situation.
3. If using an inhaler, inhaler should be located on the pool deck. Coaches, lifeguard, and swimmers in the athlete's lane should be notified of the location.
4. 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)
5. If injured at practice or a meet, the lifeguard must fill out an injury report and the coach will notify the swimmer's guardian.

Emergency Action Plan (EAP)

The primary lifeguard/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/coach will raise one fist in the air and yell for assistance.

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

Remaining coaches, captains, or pool personal will assist in clearing the pool of swimmers. Swimmers should exit the pool slowly without creating wake, 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.

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.

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 operations personnel).
3. Conduct a school debriefing about the incident, inform swim parents immediately.

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: _____

Student's Printed Name: _____

Guardian's Signature: _____ Dated: _____