

Boys' Swimming Parent Information Night



2019 Coaching Staff

- Head Coach: Coach Amy Ripley
(aripley@psd267.org)
- Assistant Coach: To Be Announced

Captain Introductions

- Simon Brannan
- Holden Ellsworth
- Noah Hopkins
- Alex Zhang
- Andrew Zhang

Communication

Email	<u>aripley@psd.267.org</u> <u>houndsswim@gmail.com</u>
Remind	Text: @eh64ab to 81010
Website	<u>http://www.greatnorthernleague.com</u>

Expectations

1. Be at practice every day, on time.
2. Be on task and aware of safety guidelines.
3. Follow the policies of PHS and PSD.
4. Respect your coaches, teammates, opponents, officials, and the facilities.

Pool Safety

- Coach present
- Feet first
- Supervised starts only (follow protocol)
- Horseplay is not acceptable
- Circle swim to avoid collisions
- Injured? Tell the coach ASAP
- Hydrate - bring your own water bottle

Facility Etiquette

- Community Aquatic Center
 - Clean
 - Safe
 - Appropriate
 - Positive reflection on our team/school
 - Lock up valuables/report missing items

General Policies

- Read the [PHS Athletic Handbook](#).
- Using drugs, alcohol, or tobacco = consequences.
 - *First time = 4 week suspension*
 - *Second time = 8 week suspension*
 - *Third time = exclusion from athletics/calendar year*
- Severe injuries require a doctor/trainer's release before resuming practice.
- Notify the coach before seeing the trainer.

Concussion Policy

- Make sure your Concussion Baseline Test is complete.
 - Swim will be in the library computer lab at PHS on Thursday, November 14 at 3:15pm (library).
- If a coach suspects a concussion, you will not be cleared to compete or practice until you have been cleared by a certified trainer or a doctor.

Attendance Policy

To Stay on the Team

- Maintain 70% attendance for ALL offered practices.

To Be Eligible for Districts, State, and Lettering

- Maintain 80% attendance for ALL offered practices through the meet that you are eligible to participate in.

* Attendance is defined as carrying out the activities planned for that practice session.

Attendance Policy

- Participate in 10 practice days prior to first meet ([WIAA Rule: 17.12.6](#))
 - *Q&A: Due to an illness, one of our soccer players missed three practices. The coach is willing to run two practices in a day, one early in the morning, and one later in the afternoon, in order for this player to be eligible for the first game. Will that be acceptable?*
 - *Each school has the authority to decide when, where, and how long practice sessions will be conducted. However, whether the student participates in one or two practices in a day, one day is equal to one practice for the purposes of meeting the minimum practice requirements.*
- Notify the coach prior to an absence/tardy
- When determining District/State eligibility attendance, early/late dismissals are considered
- Practice is required the day before a meet

Practices Expectations

- Attend all your classes, so that you can practice and compete.
- Inform your coach **prior** to ANY absence or tardy.
- *Monday and Friday: Dryland (6:15 - 7am)*
- *Tuesday and Thursday: Swim (5:30 - 7am)*
- *Monday through Friday: Swim (3:15 - 5:20pm)*
- *Saturdays (some): Times vary*

**Schedule changes will be communicated through Remind.*

Lettering Requirements

A swimmer must score an average of one (1) point per meet, place in the top eight at Districts, or qualify for the 2A State swim meet.

([PHS Athletic Handbook](#), p. 21).

Addressing Concerns

1. Athlete contacts the coach
2. Coach and Athlete my visit with the Athletic Director
3. Parent or guardian may then contact the coach
4. Parent or guardian may contact the Athletic Director



Don't Forget...



1. Order [Greyhound Gear](#) by 11:59pm on November 20.
2. Competition Suits by November 20 at 11:59pm (link coming).
3. Mark your calendar
 - a. Home Meets
 - i. December 7 and 14
 - ii. January 4 and 21
 - b. Tree Sales
 - i. Dec. 1 and 22: 1-5pm