



2019 - 2020

Pullman Greyhound Swim Expectations

A tradition of hardwork and sportsmanship

Before a swimmer begins the season, they need to read and be familiar with the [PHS athletic handbook](#), as well as this information. Due to safety considerations, the coaching staff will require each individual swimmer to have a certain level of independence and proficiency in the water.

Head Coach: Amy Ripley Email: aripley@psd267.org or houndsswim@gmail.com
PHS Boys' Swim (Remind): 81010, @eh64ab
[Great Northern League](#) website

General Understandings

1. You must be cleared by Ms. Lacy in the high school office prior to doing dryland or swimming on the first day. That means an athlete will need to present a yellow clearance card, if you were not cleared¹ during the registration period.
2. Swimmers must have ten practices before participating in the first swim meet on December 7.
3. Swimmers will not enter the water without the coach being present on the pool deck.
4. Swimmers will be alert during practices and meets to avoid accidents or concussions. Horseplay, running or pushing is never acceptable. Circle swimming is used to avoid collisions.
5. Swimmers will need to alert the coach immediately if there is an accident, injury, or other issue that needs attention. Athletes must let the coach know if they are planning on seeing our athletic trainer for any injury sustained during the swim season.
6. Swimmers will seek out the coach first if there is a problem or conflict. If the athlete speaks with the coach, and is not satisfied with the response, they can set up a meeting with the coach and PHS athletic director. If it still doesn't seem to be resolved, a parent can choose to meet with the coach, athletic director, and athlete during a scheduled meeting time.
7. Swimmers need to bring their own water bottle and/or snacks. Sharing is not acceptable.
8. You have logged on to Remind.com and are a part of our online messaging (enter 81010 and text @eh64ab). Swimmers will communicate absences and tardies through this messaging app or in writing. Communicating the absence as early as possible is expected.
9. Electronics should only be used to communicate with family or coaches. They are not to be on the deck near the pool, even if you are working through an injury. You may use them during dryland for music, but you still must be able to hear the coaches.

¹ *WIAA Handbook - Rule 17.12.6 - 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.*



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Attendance and Practice Policies

- The PHS swim season is approximately twelve weeks, and the staff has designed the program to gradually build the strength, speed, and endurance. Attendance is imperative to prevent injuries and maintain fitness levels that prepare swimmers for competition.
- A practice is defined by participating in the activities that have been prepared by your coach for that session.
- Practices only count if they are completed during Pullman High School's offerings. You can not substitute a practice for one with another team. The [Washington Interscholastic Activities Association Handbook](#) specifically address this issue in rules 18.23.1 and 18.23.3.
- A swimmer needs to be in the water during our water-based practices and completing the exercises on the deck during dryland training.
- Swimmers must have 50% of the practices accounted for by December 30, 2019 or they will be removed from the team ([WIAA 50% Rule](#)).
- A swimmer must maintain a minimum of 70% attendance for ALL offered practices (morning, afternoons, and holidays) to complete the season and earn a certificate.
- The swimmer must maintain a minimum of 80% attendance for ALL offered practices (morning, afternoons, and holidays) to be eligible for lettering, Districts, and State. If a swimmer qualifies for Districts or State, they must maintain 80% attendance through the end of that meet to receive a certificate or a Varsity letter.
- A swimmer must notify the coach **prior** to an absence or tardy. Failure to notify the coach will result in limited meet participation.
- Missing a practice (partial/whole) will be considered when determining eligibility for post-season events; exceptions are considered on a case-by-case basis.
- Swimmers with injuries, need to first notify a coach. Depending on the severity of the injury, a doctor/trainer's note will be required in order to practice. Even with injuries, the staff is trained to create workouts to support each swimmer's needs.
- A swimmer must attend practice the day before a meet in order to swim in the meet.
- Swimmers are required to stay during an entire meet. Cheering for teammates, helping each other prepare for races, and remaining on deck the entire time is our expectation. Please refrain from the use of electronics during our meets. Be present and support each other.
- If an athlete wishes to ride home with a parent, the parent must **sign out** with the coach. Other arrangements must be approved by the AD, Chris Franklin.



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Effort and Attitude

- Come to practice, every day, with a positive attitude aimed at getting stronger and faster. Since we are competitive program, you should be ready to start on time and work through each set, until finished.
- Represent Pullman High School with class and dignity. Adhere to the policies in the [PHS athletic handbook](#).
- Attend your classes, so that you can practice and compete. Maintain passing grades (pg. 13) and attend school (pg. 11). Remember that you may not participate in practice or meets if you have not attended all your classes for the day. Mr. Franklin may grant you permission on a case-by-case basis, but you must provide your coach with written documentation that this has been approved.
- Respect your teammates, opponents, officials, coaches, fans, parents, and bus drivers.
- Practice good sportsmanship! Following each competitive race, remain in the water until all of your opponents are finished. Avoid excessive celebration or displays of disappointment.
- If you choose to quit the team, please visit with the coach first. If your final decision is to quit, you always have a second chance. You must first visit with the team. The coach will then take a vote, as to whether or not the team wants you to return. If they affirm your decision, you will be reinstated; however, the attendance rules will still apply.

Equipment Distribution and Extra Purchases

- Each swimmer will be issued a warm-up set and a parka (as supplies permit) which are the property of PHS and must be returned in “good” condition (reasonable wear is acceptable). Swimmers are required to pay for lost or damaged uniforms.
- Due to hygiene considerations, the school does not distribute swimsuits for competition. Swimmers will need to purchase a team suit that is worn for competition. The suits cost between \$50-\$60, but are the property of the swimmer. Team suits generally do not change much, so a team suit can be used in subsequent years. Orders for the team suit will need to be made by the swimmer near the end of the first week of practice.
- It is suggested that the swimmer also have an extra suit for practice, a drag suit, a cap, and goggles for practice.



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Post-Season Understandings (District/State)

District Qualification For Individual Events

1. Meet the District qualifying times (at any meet during the season, relay splits do not count).
2. Qualify through a wild-card allocation, as determined by our league protocols.
3. Be one of the top four Pullman High School swimmers in that event.
4. Be in good standing (attitude/attendance) with the team.

State Qualification For Individual Events

1. Meet the State qualifying times (at any meet during the season, relay splits do not count).
2. Swim the event at Districts and place according to the state's allocation (it changes from year to year).
3. Qualify through a wild-card allocation, as determined by the WIAA officials.
4. Be one of the top four Pullman High School swimmers in that event.
5. Be in good standing (attitude/attendance) with the team.

District or State Qualifications For Relays

1. Be one of the top four swimmers in the 50 or 100 free to qualify for the 200/400 free relay.
2. Be the top swimmer in the 50, of said stroke, to qualify for the 200 medley relay.
3. Two alternates are chosen to support each relay. The alternates are selected by the coaching staff, and are considered to be suitable replacements for the team. Coaches will not only consider times, but also consistency of splits, ability to perform legal starts, attendance policy adherence, and overall standing on the team.
4. Relay alternates will attend the State meet if there is a good chance they will compete.

Other Considerations for District and State Bound Athletes

- Swimmers must swim an event at Districts in order to swim at State.
- Relay qualification times for State can be met at any time during the year by any four swimmers, but a given swimmer can only swim in two relays and two individual events. This may open up a position on a relay for another swimmer to compete.
- Swimmers who do not qualify for Districts or State may not travel with the team or stay in the hotels. The swimmer can attend the meet and stay at the hotel at their own expense.
- Managers will only travel to Districts and State when additional expenses are approved by the coaching staff and high school administration.
- Districts and State level competitions may result in overnight stays. The swimmer must agree to stay with the team on Friday (preliminaries) and Saturday (finals).
- Some extenuating circumstances will be reviewed by the coach and the Pullman High School Administration before being considered as exceptions.
- For more information about the State swim meet, please read the [WIAA Bound for State Regulations](#).



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District and State Qualifying Times (and school records)

Event	2019 District Qualification Time	2019 State Qualification Time	Pullman High School Record
200 Free	2:25.91	1:53.00	1:42.11
200 IM	2:53.82	2:08.50	1:58.10
50 Free	27.12	22.95	21.96
100 Fly	1:20.07	56.90	49.75
100 Free	1:03.13	50.90	46.28
500 Free	7:04.00	5:10.00	4:39.74
100 Back	1:18.39	58.50	50.31
100 Breast	1:21.03	1:04.50	1:00.48

State Relay Qualifying Times

Event	2019 State Qualification Time	Pullman School Record
200 Medley Relay	1:48.30	1:40.26
200 Free Relay	1:36.20	1:29.28
400 Free Relay	3:34.00	3:14.41



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Varsity Letter Requirements, League Honors & Awards

- 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. - [Pullman High School Athletic Handbook, page 21](#).
- Our tradition also states that a swimmer must be in good standing with the team by meeting the attendance requirements, following the team expectations, and adhering to the requirements stated in the [Pullman High School Athletic Handbook](#).
- League honors (1st Team, 2nd Team) in each event are determined by the league coaches.
- Signing the "Team Kickboard" will be an honor bestowed upon the swimmers that make it to ALL offered practices.
- Our program will recognize our most valuable, inspirational, and improved swimmers at the end-of-the-season banquet (to be held after swimmers return from State). The members will also vote on a JV and Varsity athlete that displays outstanding sportsmanship throughout the season and the captain(s) for the following year.

Notes or Questions