

# Mira Costa High Swim Team Handbook

2017

[www.mustangaquatics.com](http://www.mustangaquatics.com)

## **About the Team**

MCHS Swim Team, A Division II school, is committed to achieving high league standings and placing well at CIF. In 2016 MCHS won Bay League as well as qualifying numerous athletes for CIF. In 2017 we are hoping to win League again at all levels as well as sending as many athletes as possible to CIF as well as the State meet.

The swim season begins February 21, 2017.

Coaches reserve the right to swim Frosh/Soph, JV and Varsity swimmers in either Frosh/Soph or Varsity positions throughout the season based on team needs and swimmer talent. All swimmers are expected to:

- Attend practices and participate in all meets in the season (unless doctor excused)

- Arrive on time, show good sportsmanship, leadership, respect for others and work diligently.

- Swimmers not participating in a meet are expected to attend home meets to help with various tasks that may include timing, running admin postings, helping with set up/tear down.

- Some swimmers who are not entered in an away meet may be asked to attend the meet to help with various tasks such as timing, taking splits, etc. Swimmers not participating in an away meet are expected to remain in class.

Level placement is at the sole discretion of the Coaches and any or all requirements can be waived based on coach determination. Coaches may also give awards to recognize overall achievement, effort and contribution to the team throughout the season.

## **Swimmer Guidelines and Expectations**

### Practice

Swimmers must attend 100% of daily practices and Mandatory Practice the day before a meet. Students on the Disabled List (doctor certified) must attend practices and meets (unless physically unable to attend school) and will sit out.

### Practice Time and Place

Swimmers are expected to attend **every practice** during season. Season begins Feb 21 and ends in mid May. We practice in all weather unless lightning is observed. Practice updates are listed on the swim team website. In an extreme case where the pool is not available we will

supplement with dryland. Swimmers are expected to help with pool set up in a timely matter if needed which may include setting up backstroke flags, lane lines, pace clocks.

## Equipment

Students are expected to arrive at practice with their suits on and with the following equipment:

- two bottles of water
- **2 swim caps** (club caps are allowed but discouraged)
- **2 pair of working goggles**
- 2 piece “Jolyn” suits are allowed as long as they do not interfere with your practice. Incessant need to “retie” suits will be cause for them being banned across the team. Also please make sure they fit you correctly and cover your appropriately.

**DECK CHANGING IS NOT ALLOWED per CIF and SCHOOL rules.**

Attendance:

**All absences are registered with the MCHS attendance office. It is the swimmer's responsibility to clear it with the attendance office. Coaches CANNOT clear an absence/truant. During Season, we expect swim practice and swim meets to take priority over any other event.** This includes band, drama practices and performances, extra-credit assignments, other sport practices and games, driving lessons, work, personal celebrations, etc. Plan ahead. All swimmers must be cleared on 8to18 and have their proof of physical on file. Any swimmers not cleared will not be allowed to participate.

Varsity/JV practices are Monday-Friday from 2-4pm.

Frosh/Soph practices are Monday-Friday from 4-5:30pm.

There will be days with dryland workouts at the coaches discretion.

If a student leaves practice early, they forfeit half of their participation points

(1.5) for that day. Excessive absenteeism (5+ absences or more) may result in being dropped from the team, moved down a level, or “benched” during meets.

All swimmers must attend and swim **Mandatory Practice** the day before a meet to be eligible to swim. All swimmers must also attend a team meeting on the first day of the school week.

### Tardiness

Students who arrive five-plus minutes late to practice and/or who are not in the water swimming on time receive a tardy and lose a point. **A tardy is registered with the MCHS attendance office.**

### Illness/Sitting Out

If a student is not feeling well and plans to sit out practice, a parent note must accompany the swimmer that day. The parent note simply serves as notice that the parent is aware that the child is not participating. If a student attends school, he/she is expected to be at the pool and in the water.

**Extended Doctor’s Excuse (Disabled List):** If a student has a serious illness or injury that prevents him/her from participating in swim for more than 3 days, a doctor’s note that states the return to class date is required. Disabled Swimmers must attend practice daily, Mandatory Practices and all swim meets (if physically able to do so) and may sit on deck.

### Extra-curricular Swim Clubs

Club swimmers must submit a form to Coach Ali during the first week of practice regarding their club information including contact information for their club coach. Club swimmers must attend at least 5 practices a week, including all mandatory MCHS practices the day before meets and meets which do count towards this number. Gym sessions do not count; it needs to be a water based workout. If your club does not offer 5 practices a week you need to supplement this with MCHS practices. You must attend meets and the practices before meets along with mandatory practices on Friday Feb 24 & March 3 in order to meet PE requirements. There may be other mandatory practices that arise.

Club swimmers need to complete a weekly log of practices attended and have your coach sign off on it weekly. These will be checked on Mondays to verify you met the minimum requirements. **Allowing you to continue to attend club workouts is a privilege. Those found abusing this will no longer be allowed to supplement practices with club and will be required to attend all MCHS workouts.** Per CIF rules you cannot represent two teams at once. Please make sure you “unattach” from your club team before participating in any USA Swimming meets or Club Polo tournaments. This is your responsibility.

- **School and Team rules:** Swimmers are responsible for all other requirements and rules within the *MCHS Handbook* and MCHS school regulations. Infractions will lead to disciplinary action such as being asked to leave practice, sitting out a meet, being moved down a level, or removal from the team. Infractions may include, but are not limited to the following:

- Getting into the water late and/or “Disappearing” into the locker room during practice

- Inappropriate behavior on bus/meets and/or use of foul language

- Not following directions, “sitting out” for sets, and/or horseplay and not listening to Coaches

- Bullying and gossip about coaches or team members either in person, via text or on social media sites and/or any harassment of a sexual, racial or religious manner.

- Argumentative disrespectful attitude and/or derogatory comments toward coaches, lifeguards, referees or other adults, other teams, and swimmers

- Use of drugs, alcohol, tobacco or otherwise prohibited substances in accordance to MBUSD policy, and/or possession of a weapon or firearm

- Inappropriate behavior outside of Swim Team while wearing

team uniforms

## **Drug and Alcohol Policy**

MCHS Swim team is adapting the Team Costa drug and alcohol policy which is included at the end of this handbook. You are considered “in season” from Feb 21, 2017 until the end of your competition which may be League, CIF or State, May 20, 2017.

## **Swim Meets**

All swimmers attend and swim at all meets on the schedule, regardless of whether they are league or non-league events.

Event Placement: Coaches determine swimmer events based on time, strengths, practice performance, effort and team need. Requests are not guaranteed.

Swimmers participate in a maximum of four events: no more than 2 individual and/or 3 relays. Once an event has been seeded, entries are not changed and swimmers cannot switch events or swap relay placement order.

If you know ahead of time you cannot attend a meet please let your coach know as soon as possible. Coaches spend a lot of time making lineups and it creates a lot of extra work for coaches and admin to have to reseed and swap events.

## **Meet Expectations**

- Be on time for bus departure and have all equipment.
  - Wear team shirt/jacket/uniform only - Swimmers wear team suit and cap *at all times*.
  - Show sportsmanlike conduct and respectful behavior toward bus drivers and referees.
  - Pick up trash and leave venue cleaner than when we arrived.

- Avoid socializing with parents or guests. Sit with the team in the team area.
- No gum and no jewelry.
- Cheering on deck for teammates is expected and encouraged!
- Pay attention to the event progression. Don't miss your event.
- Follow all directions and swim a clean race...No DQs.
- Refrain from horseplay in the locker rooms or on deck and no displays of affection.
- Congratulate the opposing team in the lane next to you.
- Remain in the pool deck area at all times.

**--Give 100% in every race, regardless of what it is or your current place in the water. Splits/times will be kept throughout the season and used to determine Bay League Swims as well as CIF relay swimmers and alternates.**

Transportation to and from meets: Students are excused from classes at a predetermined time (depending on bus departure). All swimmers **MUST ATTEND** that period and **CHECK IN WITH TEACHERS** before going to the bus. All swimmers **must** take the school-provided bus to and from swim meets and must stay for the entirety of the meet. Students cannot drive themselves to meets or leave a meet with a parent/guardian **without a 24 hour prior notice** from the parent **via email and approval from Coach Ali**.

## **Grades**

The Swim Team is counted as period 6/7 PE class. Students receive regular PE credit. Students must be enrolled in the class to be on the team.

Students must be academically eligible according to district policy. If at any

reporting period (quarter/semester) GPA drops below a 2.0, the swimmer is prohibited from participating in any swim team activity and is removed from the team and class for the remainder of the season.

## Points Earned

5 points: Daily Attendance

4 points: Tardiness

2 points: Students not swimming but sitting on the deck.

2.5 points: Leaving practice early

0 points: Absent - no make up

## Team Life

### Captains

Team Captains are selected based on team vote, coach evaluation and a student's interest in the position. Some duties of Team Captains include:

- Represent the swimmers to coaches, presenting ideas, suggestions and concerns
- Organize team activities away from the athletic environment. All team members must be invited.
- Show leadership in and out of the pool, helping the team to make decisions
- Model hard work both academically and athletically; respect coach decisions
- Demonstrate sportsmanship and positive attitudes, encouraging other players to do the same and help resolve conflicts between swimmers
- Assist coaches during meets and help inexperienced



swimmers if needed.

## Banquet

At the end of the season, our Booster Club organizes a year-end banquet. The banquet is a dressy event and is usually held to honor swimmer accomplishments throughout the season.

## **Mira Costa High Swimming Booster Club**

MCHS Swim has an amazing Booster Club. The Booster Club is responsible for the financial aspects of the team including:

- Membership and fundraising
- Uniform orders and distribution
- Communication to members
- Providing funding for equipment and team necessities
- Planning activities and year-end banquet
- Scheduling parents for snacks and timers
- Assisting with coach stipends as needed.

## **Swim Meet and Practice Guidelines for Parents and Friends**

- Remain in the spectator areas during meets and practices. Parents and friends cannot loiter on the deck during meets and practices.
- Let the coaches coach and support their event selections.
- Support Coaches' disciplinary actions and behavioral expectations.
- Avoid derogatory comments to other parents or students and inflammatory emails. If problems arise, schedule confidential conference time with the coaches.

- Refrain from coaching your son or daughter during a meet.
- Do not be under the influence of alcohol. Be in control of your emotions.
- Cheer for the team! Show interest and enthusiasm.
- Volunteer.

**MCHS Swim Team Handbook Acknowledgement Sign and return this to Coach Isham.**

My son/daughter, \_\_\_\_\_, and I have **read and understand** the MCHS Swim Team Handbook, 2017.

\_\_\_\_\_ We agree to abide by the rules, regulations and requirements for participation.

\_\_\_\_\_ We understand the practice requirements, grading, **attendance policies** and consequences for rule infractions.

\_\_\_\_\_ We understand the Team Costa Drug and Alcohol Policy as well as the CIF Athlete Guidelines.

Student name (print)

\_\_\_\_\_

Student signature \_\_\_\_\_

Date \_\_\_\_\_

Student email

\_\_\_\_\_

Parent Name (print)

\_\_\_\_\_

Parent signature

\_\_\_\_\_ Date \_\_\_\_\_

Parent email

\_\_\_\_\_

**GO MUSTANGS!**



### ATHLETIC AND EXTRA-CURRICULAR DRUG AND ALCOHOL POLICY

Part of the vision of TEAM COSTA is focused upon the development, health, and well being of our students. The goal of this policy is to reduce the number of students using, buying, and selling alcohol and drugs by making it harder to do so; by directing students and their families toward education, help and recovery; by creating a campus culture which advocates and supports healthy lifestyle choices; and by involving the community in our ongoing efforts. TEAM COSTA recognizes that participation in Mira Costa athletics, music, and other extracurricular activities is a privilege and responsibility that requires those students who represent Mira Costa to be exemplars in conduct, behavior, and health and to uphold this goal.

Congruent with the reputation and esteem of Mira Costa High School, TEAM COSTA has developed a pledge affirming our commitment to be healthy and drug and alcohol free. Each student who wishes to represent Mira Costa High School as a member of a team, musical group, and/or extra-curricular group shall sign this pledge and submit the pledge with all necessary signatures to the coach or sponsor. Because a student's health is affected by the use or misuse of controlled substances regardless of where the use occurs, Mira Costa High School, the team, the musical group, and/or extra-curricular group may give a consequence to a student even if an offense occurs away from school, outside of school hours, or at an event that is not school sponsored.

Please visit [www.MCHSFamiliesConnected.org](http://www.MCHSFamiliesConnected.org) for substance abuse prevention and teen wellness information.

Members of teams, groups, and/or extra-curricular groups representing Mira Costa High School are to refrain from possession, use, and distribution of any drugs, alcohol, and/or controlled substances, both on and off school grounds. If, following a thorough investigation and due process, it is verified that a student has possessed, used, or distributed any of these substances; students understand that the following consequences will apply. Also be aware that a coach, director, sponsor, or group leader does have the discretion to issue consequences above and beyond those stated below.

#### First Offense:

1. Athletic Administrator, parent, and student conference.
2. Student is suspended from next scheduled game, performance, and/or extracurricular activity.
3. Student is enrolled in the 8 week IMPACT Program.

#### Second Offense:

1. Athletic Administrator, parent, and student conference.
2. Student is suspended from all team and/or extracurricular activities for the rest of the school year.
3. Student and parent are recommended to First Step Program at Thelma McMillen Center.



## Code of Ethics - Athletes

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity.

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Article 523).

By signing below, both the participating student athlete and the parents, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We recognize that under CIF Bylaw 202, there could be penalties for false or fraudulent information.

We also understand that the \_\_\_\_\_ (school/school district name) policy regarding the use of illegal drugs will be enforced for any violations of these rules.

\_\_\_\_\_  
Printed Name of Student Athlete

\_\_\_\_\_  
Signature of Student Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Caregiver

\_\_\_\_\_  
Date

A copy of this form must be kept on file in the athletic director's office at the local high school on an annual basis and the Principal's Statement of Compliance must be on file at the CIF Southern Section office.