

# Great Oak High School Girls/ Boys Swim Team



## Parent/ Athlete 2024 Handbook

### **Welcome to the Wolfpack Swim Family!!**

Enclosed in this handbook is all the information you will need to prepare for your involvement in the GOHS Swim Program. While it would be very challenging to cover every situation, we have tried to create a reference for you in preparation for the season.

**S.cholarship**

**P.assion**

**I.ntegrity**

**R.eflection**

**I.nvolvement**

**T.eamwork**

Dear Parents/Guardians,

Welcome to the 2024 swim season and what should serve as a very positive and exciting experience for your student athlete. Our GOHS Swim Team Program has put together an expectations packet for you in the hopes of helping you to better understand the program with which your child is involved in. Our goal is to produce fine, understanding people first and great swimmers second; as swimming is an excellent tool for building character and teaching fundamental important life skills.

High School Swim should be a positive and memorable experience for all involved. Our program and coaches' goals are to provide swimmers with the opportunity to be the best swimmers they can be; and to reach their goals and potential. We intend to teach the skills/technique of swimming, instill discipline, encourage being a student first, prepare swimmers through off season workouts, and build a swim family through hard work and a group commitment to be positive and maintain their character.

A swimmer's level of improvement is directly related to the amount of work and effort they put forward in every activity the team undergoes. We, as coaches, have high expectations and we expect swimmers to give great effort in everything we instruct them to do. While we expect great effort from the swimmers, there are also high expectations of the coaches as well; it would be unfair to ask more of a player than a coach is willing to give themselves.

The GOHS Swim Program demands a lot of time from our student athletes and there is generally a lot to learn in a somewhat short amount of time, so good attendance helps both the swimmers and the team. We need support in this effort to make sure that your student athlete is available for scheduled practices, meets, and other events such as team building and fundraising. In return the coaching staff will make sure communication and scheduling are always available to you.

Thank you for allowing your student to be a part of our program. Together we will have a lot of fun while working hard towards the common goals of the program.

***Head Coach Katie Sinclair***

## **Program Philosophy**

“How can I make the team better?” should be the question regularly asked throughout the season. Hard work, discipline, commitment, and sportsmanship are imperative. They are how we define a successful season and swim program.

Being a committed member of the Great Oak Swim Team translates directly to behaving as a responsible member of the Great Oak High School and community. We must always remember who we represent. **Each player and players’ parents/guardians must sign the Player/Parent Contract, created by the Great Oak Swim program located at the back of this handbook.**

## **Great Oak Tradition**

It is a privilege to be part of the Great Oak Swim Program. Take pride and ownership in everything that you do as part of our program, because with swimming, as in life, the success you enjoy is a direct result of the effort in which you put forth. Remember, you are setting an example for all that came before and all that will come after into this program.

## **Physical and Health Paperwork**

All student athletes **must** have a current physical and be cleared to play at Great Oak and be cleared by CIF Southern Section. In order to be cleared you will need to fill out a clearance packet, complete the online portion at [athleticclearance.com](http://athleticclearance.com). Note: that [athleticclearance.com](http://athleticclearance.com) needs to be done for each sport an athlete participates in. The athletic department will let us know if you are cleared to participate in practices and meets.

## **Expectations of our Coaching Staff:**

**Be a positive role model.** Carry oneself in a professional manner at all times, on the swim deck and in the community. Making sure interactions on the deck are how a coach would want their own child to be treated.

**Coach Every Swimmer.** Athletes don't care how much you know until they know how much you care. We will coach swimmers to help prepare them to achieve their greatest potential. Each swimmer is putting in the time and effort to make the team better and it is the responsibility of the coach to help them improve their skills.

**Communicate.** A swim practice consists of many parts, it is important that everyone works hard to stay on the same page. Coaches should also strive to ensure the swimmers understand the material being presented in practice and to be approachable if a swimmer needs to talk.

**Commitment.** We ask our swimmers to invest a lot of time into our program and therefore the same commitment is needed from each coach. In turn, the program will make every attempt to make sure that all swimmers with their parents/guardians are up to date on all events happening within the Great Oak Swim Program.

### **Expectations of Swimmers:**

We will operate the Great Oak Swim Program in accordance with the rules, regulations, and policies as outlined by CIF-SS, and the administrative policies of GOHS by providing a swim program of the highest quality that meets the needs of our students, alumni, school, and community.

Students, parents, alumni, and community involvement in our program helps to enhance school spirit, develop sound minds and bodies, and develop skills and qualities which will last a lifetime. As a general rule, all swimmers are to conduct themselves with class and dignity, both in and out of the pool. Your behavior is a direct reflection of our school and swim program. Any actions that will reflect negatively on you, your team, school, or parents is an action that should not be taken.

All swimmers in this program will recognize and respect the authority of all coaches, teachers, administrators, and support staff members. Any violation of one or more of the rules covered in this handbook is an indication that this swim program, and being a part of it, is not important to you and will be handled accordingly, ranging from sit outs during meets up to dismissal from the team.

### **Attendance:**

All swimmers are expected to be present, ready, prepared, and on time to every practice and meet.

1. If you are late to practice as an individual, the team will (unfortunately) pay for it. If you are continuously late we will have to sit down and talk about why, then decide what actions to take.

2. Any swimmer who misses practices without notifying the Head Coach in person or by e-mail or Remind 101 message ahead of time will be handled accordingly.

- a. 1<sup>st</sup> unexcused absence will result in not participating in part of the meet (ex: Not be part of a relay or do certain events.)

- b. 2<sup>nd</sup> unexcused absence will result in being suspended from a meet. If a hosted meet the athlete will still be expected to work the meet (timing, snack bar work, etc...). For a travel meet the swimmer will not be able to attend at all.

- c. 3<sup>rd</sup> unexcused absence could result in possibly being removed from the team unless willing to help with stat keeping.

3. We know there can and will be emergencies, however, communication is a must. Please let the Head Coach know if one arises as soon as possible.

4. We have the schedule done far in advance so please schedule appointments i.e. doctor, dentist, etc. at a different time than practices and meets.

5. Our season is during a school break and although student-athletes will be out of school, we will still have practices and meets on those days.

### **Academics:**

You are expected to be a student first and an athlete second, you must attend classes regularly, and achieve a minimum GPA of 2.0. Multiple F's will be during progress reports time could result in academic suspension from the team until grades are brought up to passing grades.

### **Club Swimming & Club Water Polo:**

Training with a club team during the season will be allowed. Club swimmers/polo must attend all scheduled swim meets, team meetings and practices they have not been excused from. If they are missing club practices then they are expected to attend high school practices. Attendance will be checked in with club coaches and if the student-athlete has missed practices then the program's attendance policy will be enforced.

### **School Behavior:**

Our expectations of our student-athletes are to be responsible and act with integrity and pride on campus. Any student who can't abide by school rules that have been set by our school administration will have to meet with coaches and administration to determine consequences, which could lead to dismissal from the team if necessary.

### **Hazing:**

Under NO circumstances will hazing be tolerated. No swimmer will be ridiculed by another swimmer in either the locker room, training rooms or in the pool. The freshman will be respected by the JV/Varsity, the Junior Varsity will be respected by the Varsity team, and vice versa.

### **Locker Room/ Pool Deck:**

The locker room will be kept clean and exactly how you left it. Respect the facility you are using with respect and maturity. This goes for our locker room and any visiting locker room we find ourselves in. Swimmers are to only use the locker room to change and store personal items. Swimmers are not to loiter or play around in the locker rooms. Swimmers are to make sure all personal items are locked up. Suggest that swim suits that are wet be hung on your lockers lock so that they do not get stolen.

## **Meet Days**

**Meet Day dress code** - As a member of the GOHS Swim Team, you are expected to look the part of a teammate. On meet days swimmers must wear the appropriate team apparel on campus. Also, these are expected as well:

- All swimmers will stay the entire meet to cheer and to help clean up.
- Never, ever, change your clothes on the pool deck – go to the locker room. You will be disqualified from the meet.

**Day of the Meet** - Everyone needs to help – we're a team.

- It is a national rule that a swimmer must compete in caps and suits that do not have any other logos but manufacturers and direct teams. Any other suit must be approved by the Varsity coach prior to the day of the meet.

- On some meet days, the athletes are given an early dismissal time from class. The athlete is not to leave any earlier. If caught, the athlete will lose this privilege. This is monitored by the 5star app.

- Every swimmer is responsible for arriving early and helping with set up for the meet.

- At home meets every swimmer must remain on the pool deck throughout the entire meet and must stay until the conclusion of the meet to help with the breakdown of the meet equipment. You are not allowed to leave early even if you are done with all of your events. You must obtain permission from the Head Coach to be able to leave early.

- At away meets the entire team is responsible for cleaning up our team area. We want to show respect for the other team's facility and will not leave a mess. Do not leave the pool deck and wander from the pool.

## **Social Media:**

The use of your social media sites must be used with responsibility. There shouldn't be any negative criticism of your teammates, your program, or your school. If there is anything found that needs to be addressed, we will address it which could lead to athletic probation from the team.

## **Drugs and Alcohol Use:**

The use of drugs, alcohol, tobacco, and vaping will not be tolerated and it is illegal for minors to use or possess. The possession or use of drugs or alcohol during school and/or swim activities will result in immediate dismissal from the team.

## **Equipment Responsibility:**

Each swimmer is responsible for purchasing a swim cap, goggles, and proper swim suit to wear during every practice. Running shoes and proper dry land training clothes need to be worn as well on those designated practice days.

## **Injuries and Health Concerns:**

If you have an injury or health concern, please see the Great Oak Athletic Trainer before going to the doctor so that a note can be recorded of a possible injury. If a swimmer is taken to the hospital because of an in-meet or in practice injury, either the Head Coach and/or the Athletic trainer will notify a parent/guardian. Swimmers should

report any updates on medical conditions or medications being taken to both the Head Coach and Athletic Trainer. Swimmers should also report health conditions such as skin rashes and mononucleosis to the Head Coach so appropriate action can be taken to prevent spreading to teammates.

**If a swimmer is complaining of injury then participation in practices or meets may be limited till medical clearance is provided.**

**Any swimmer who is injured and not participating in practice/meets will spend part of the practice/meet (as determined by coaches and trainer) performing physical activity and part of the practice/meet getting 'mental reps' by analyzing/watching practice or meets.**

### **Nutrition**

Try to stay away from soda, fast food, fatty foods, fried foods, and sweets. Pasta, breads, meats, fruits, vegetables, and milk are preferred to prepare your body for the demands of the sport. Drink lots of water, especially on practice and meet days. A water bottle is required at every practice and meet. On meet days, do not consume soda and candy. Think healthy! The better you eat, the more energy you will have and you will feel and swim better. It is important to get at least eight hours of sleep per night.

### **Parent Expectations**

**Be positive to your athlete.** Let them know you are proud they are part of the team. Focus on the benefits of teamwork and personal discipline.

**Encourage your athlete to follow all training rules.** Help the coaches build a commitment to the team. Set a good example in your personal lifestyle.

**Allow your athlete to perform and progress at a level consistent with their ability.** Athletes mature at different ages and rates.

**Insist on positive behavior in school and a high level of performance in the classroom.** Numerous studies indicate extracurricular involvement helps enhance academic performance.

**Stay calm in injury situations.** Parents can help minimize the trauma by being in control and offering comfort. Allow the medical staff to perform their assessment of your athlete's injury. No parent is allowed on the deck unless the training staff requests it.

**Promote having fun and being a team player. Very few high school athletes receive scholarships.** Concentrate on what is best for the team. Preoccupation with statistics and times can be very distracting.

**Find time to be an avid volunteer or booster of school activities.** Help build a solid support system for coaches and athletes.

**Athletes must attend all practices, meets, and team events.** Stress the necessity to make a commitment to the team.

## **Parents Code of Conduct**

I will enjoy my child's opportunity to experience the benefits of participating in high school swimming. I will trust in my child's ability to have fun and perform and achieve excellence on his own. I will help my child learn the right lessons from winning, losing, individual achievement, and mistakes.

I will respect my child's teammates, as well as fellow parents and fans. I will give encouragement and applaud only positive accomplishments, whether from children or their teammates. I will support the efforts of the coaching staff. I will not instruct from the sidelines, unless asked by the coach. I will ensure that the child will attend practices and meets. I will inform the coach in advance if unable to attend. I will respect the equipment loaned to my child for practice. I will respect the officials and their authority during meets. I will never demonstrate threatening or abusive behavior.

## **Communication Process**

Coaches have the authority over who becomes a participant of the team and when the participant competes and what event(s) they compete in, or if removed from the team. The coaching staff determines coaching strategy. Acceptance of a position on the team includes acceptance of this policy. It is NEVER acceptable for a parent to attempt to discuss a swim event choice during a meet or practice. It is also NEVER acceptable for a parent to attempt to discuss the performance or event choice of another participant.

Head Coach, Assistant Coach, athlete, and/or parent meetings may help resolve OTHER issues creating concern or dissatisfaction. Such meetings MUST be scheduled beforehand and will be on campus. Any meeting with a parent may also include an assistant coach, trainer, or an administrator.

Meetings can be scheduled by contacting the Head Coach through email. If a meeting is requested it should be done through proper channels. The vast majority of swimmer concerns will be worked out at this level. If the swimmer or parents are not satisfied with what transpired at the coaches' level, the next step would be to involve the Athletic Director. If all else fails, the Principal will become involved. Please respect the proper chain of communication as we do not want to waste your time or the time of our administrators.

Also, please give 24-48 hours for the Head Coach to respond back when sending any communication.

To contact Coach Sinclair email her at [msinclair@tvusd.us](mailto:msinclair@tvusd.us) In the subject line please start with "GOHS Swim."

## **Parents Attending Practices**

All Practices are closed to parents unless otherwise notified. The time allocated for practice is short and all attention needs to be on practice.

“The strength of the PACK is the WOLF and the strength of the WOLF is the PACK.”  
Rudy Kipling



## 2024 Swimmer/Parent Contract

I, \_\_\_\_\_ (student-athlete), and  
\_\_\_\_\_ (parent/guardian), have read 2024 Great Oak Swim Athlete & Parent Expectations Handbook. By signing below, we acknowledge that we understand its contents and agree to the terms of the handbook. We understand the guidelines for attendance, punctuality, swim event choice, etc. We will do our best to work together to provide a positive experience. We are aware of the commitment it takes to be a part of the Great Oak High School Swim Program and are aware that all decisions that are made are for the betterment of the TEAM.

**Athlete Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_