

Eaton High School
Women's Swimming and Diving 2016-2017

Staff

Hattie Carlson Head Coach

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Steve Longwell Athletic Director

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Dear TEAM,

Welcome to the Eaton Women's Swimming and Diving program. The main objective of this TEAM is to grow as students, student-athletes, and individuals.

Being a member of this TEAM requires that each individual develop discipline, dedication, organization, integrity, and loyalty to this TEAM, or program and this school. If each of us consistently strives to be a little better each time we set foot in the classroom, the pool deck, weight room, etc.; winning will take care of itself. Your only limitations are those that you place on yourself.

The following information will outline our philosophies and your responsibilities as a member of this TEAM. Each student-athlete is expected to adhere to all conference, school, athletic department, and TEAM rules. Deviations from these rules may result in action including, but not limited to, suspension, termination of travel privileges, and/or expulsion from the TEAM.

We look forward to a fun and successful season, and we look forward to growing with you over the next coming months.

Sincerely,

Hattie Carlson

Alex Hale

Coaching Philosophies

Our mission is to inspire greatness within each athlete. To teach and encourage each student-athlete with unconditional patience, enthusiasm, and support. We will provide a positive learning environment that will inspire each student-athlete to pursue their dreams and goals. We will assist each student athlete in developing confidence and a winning attitude.

Our Purpose is to be dedicated coaches, who are passionate to mentor and inspire young student athletes to their own achievements and success, through compassion, fairness, sincerity, and by being trusted adults.

Team Policies

- **Student-athletes who are not academically eligible, will not be allowed to compete or practice until they have gotten their grades up and are considered eligible.**
- **Student-athletes are required to be at practice except for extenuating circumstances, including but not limited to: illness, family emergencies, conflicts with student athletes' jobs, etc. Three unexcused absences will result in a dismissal from the TEAM.**
- **Student-athletes who must miss practice will call or tell coaches in person ONLY. This can be done by ONLY the student-athlete, parents, or guardians.**
- **Student-athletes who must miss practice due to homework will be required to be in the classroom getting help from teachers, attending after school homework programs, or completing their homework on the pool deck. This is also required for an ineligible student-athlete.**
- **When traveling, at competitions, or at practice, student-athletes are expected to act with maturity and respect for self and others as we are all representing Eaton High School.**
- **When traveling, student-athletes are expected to wear the appropriate team apparel and team cap at meets (divers excluded from team cap).**
- **Student-athletes are expected to support one another at practice and competitions. Student-athletes are expected to act like a TEAM.**
- **If the student-athletes, parents, or guardians have any issues/concerns, the student athlete MUST talk to the coach about the issue/concern BEFORE any parents or guardians.**

For complete list of Colorado High School Activities Association (CHSAA) please see <http://chsaanow.com/tools/bylaws/>

Varsity Lettering Policy

Our Varsity Letter Policy recognizes and rewards many positive aspects of being a student-athlete, from academics to attendance to experience, performance and improvement. You may check the letter point total on any Monday to see where you stand. It takes 120 Letter points to earn a Varsity Letter. Points are awarded as follows. Our season MVP will also be determined by letter points totals.

Academics

25 pts 4.0 and up

20 pts 3.80 - 3.99

15 pts 3.50 - 3.79

10 pts 3.00 - 3.49

To get these letter points you must bring coaches a copy of your first semester report card by the end of January.

5 pts Awarded for each previous full season in Swimming and Diving

Points can be earned at meets

You will be awarded points earned at all meets in individual events. Most dual meets will be scored 1st place = 6 pts, 2nd = 4, 3rd = 2, 5th = 1. Scoring at larger meets (Invitationals, Conference, and State) will vary. If you have questions please ask. You will also be awarded 1/4 of all points scored in relays at League Relays.

1 pt Awarded for each season best performance in an individual swimming event or in a six diver format.

3 pts Awarded for season best performance in an eleven dive format.

5 pts Awarded for being selected as athlete of the week by either the coaching staff or your teammates.

1 pt For each practice attended. You must be on time and stay for the entire practice to earn your point. Some practices may be worth more than 1 pt, if that is the case, you will be notified in advanced.

0 pts For any absence from practice that is excused in advanced or because of illness.

-10 pts For any unexcused absence. A third absence will end your season.

??? There will also be several bonus opportunities to earn letter points for different things of the course of the season.

There are only three things we can control in life: your attitude, how hard you **work, and how well you take care your yourself. So, if you don't love what you do,** change it. You can inspire others to work hard and give recognition to others when they do. Hard work is stressful. So make time to do the things you want to do.

As you move through life, you need to have a plan --- a vision of where you want to go. Then you need to work your plan to be successful.

If you aren't reaching your goals, you are going to have to change your expectations or change your attitude. You're going to have to make sacrifices in your life, but you can't be afraid to take risks and work hard.

People don't care how much you know, until they know how much you care. You can't be a great leader without being a great teammate.

---Pat Summitt
Head Women's Basketball Coach
University of Tennessee, Knoxville
8 NCAA Championships, 15 SEC Championships

Eaton High School Swimming and Diving Team Handout Agreement

As a member of Eaton High School Swimming and Diving Team, you represent the school, yourself, your family, your coach, and your teammates. It is a privilege, not a right, to be a member of this team.

By signing below you affirm that you have read and understand the policies outlined in 2015-2016 Swimming and Diving handout. Furthermore, you agree to comply with all said rules/regulations/policies and understand the repercussions for non-compliance.

This document is enforceable so long as you are a member of the 2015-2016 Eaton Swimming and Diving Team.

Student-Athlete (print name) _____

Student-Athlete Signature _____ Date _____

Parent or Guardian (print name) _____

Parent or Guardian Signature _____ Date _____

Coach's Signature _____ Date _____

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