**DOWNERS GROVE NORTH HIGH SCHOOL**

**SWIMMING & DIVING**

**2017-2018**

**-TEAM EXPECTATIONS-**

**PRACTICE:**

1. **Attendance is required at ALL practices, including those scheduled on Saturdays, in the mornings, and during vacations. Failure to attend required practices may result in remove from meets and/or the team.**
2. **Deck time is 3:30 after school – morning time is 10 mins before practice starts.**
3. **An athlete absent from school cannot practice.**
4. **An athlete suspended from school is suspended from practice.**
5. **Excused absences – doctor appointments and illness.**
6. **If you cannot attend practice due to an illness or emergency, please communicate with one of the coaches prior to practice. The preferred method id through email from the parent.**
7. **\*Failure to notify coaches prior to missed practices 3 times will result in suspension or removal from team at coaches’ discretion.**

 **MEETS:**

1. **Attendance at all meets is required for the duration of the meet, and in the case of home meets, cleaning up after the meet.**
2. **Everyone will travel to and from all away meets on the bus, unless the coach states otherwise.**
3. **Under special circumstances, by prior approval, you may ride home with your parents if we have a note from them stating such or if you have been signed out on the team sign-out form circulated at away meets. This is a swimmer responsibility not a parent responsibility.**
4. **Under no circumstances can you ride home from meets with anyone except your parents/guardian.**
5. **You may bring homework if absolutely necessary.**
6. **You must be in attendance at school on meet days, for the whole day.**

**ELIGIBILITY:**

1. **You must be passing five (5) academic classes to be eligible to participate on the team.**
2. **Your academic status is checked weekly. All teachers evaluate your academic status and progress weekly.**
3. **If you receive near-failing or failing status in any class, arrangements will be made to allow you additional study time.**
4. **During the season of your particular sport, you may not participate in the same sport through another team (high school swimmers/divers may not be a member of a USA team during the high school season). There are no exceptions to this rule. In addition, athletes may not participate in camps or clinics during the school year.**

**AWARDS:**

 **Certificate, Numerals, Sophomore D, Junior Varsity D, Varsity D and Manager’s Award**

 **Requirements:**

1. **Must complete the season (unless injury prevents this).**
2. **Must attend all practices except when properly excused.**
3. **Must attend all scheduled contests unless properly excused.**
4. **Must adhere to the athletic code of honor**
5. **Must follow the established training rules for the sport**
6. **Must meet additional requirements established by the coach.**
7. **\*Must attend the Sectionals meet (either as a swimmer or worker) due to our hosting responsibilities unless properly excused by a coach.**

**GENERAL EXPECTATIONS:**

1. **Each team member must recognize that your behavior, language and appearance should be exemplary. Your behavior not only reflects you own reputation, but also that of the team and Downers Grove North High School. Unsportsman-like conduct will be subject to disciplinary action by the coach.**
2. **Smoking, drinking and misuse of drugs are strictly forbidden as presented in the Athletic Code of Conduct.**
3. **Foul or vulgar language will not be tolerated on of off the deck during practice or competition.**
4. **If you leave the team, you may be financially responsible for personalized team attire that has been ordered. Refunds may be given for team gear with team logos.**
5. **Penalties will follow the Athletic Code of Conduct recommendations.**

**SAFETY:**

1. **All established pool rules must be obeyed.**
2. **No one is allowed on the pool deck or in the water unless a coach or Downers Grove North faculty member is present.**
3. **No running, shoving, pushing, wrestling, dunking, or rough house activities in the pool area or locker rooms.**
4. **No glass, gum or food will be allowed in the pool area or in the locker rooms.**
5. **All valuables are to be secured in the locker room. No jewelry is to be worn in the pool.**
6. **Extreme caution is to taken when diving into the pool. Feet first entries are to be used on a regular basis. Racing starts which send an athlete directly to the bottom of the pool are not to be used.**
7. **Proper techniques are to be used when diving from the diving boards.**
8. **Water depth at the starting end of the pool is 8.5 feet, at the turn ends, 4.0 feet.**