

2021-22 Paris High School Swim Team

“Real success is NOT determined by the scoreboard, or even by the won/lost record. Rather, it is the peace of mind that is attained ONLY by MAKING THE EFFORT to do THE BEST OF WHICH YOU ARE CAPABLE of doing at any task in which you are engaged.” ~ John Gooden

“Swimmers do more kicks than a soccer player, more flips than a cheerleader, more sets than a volleyball player and more yards than a football player. Still easy???”

Rules & Expectations:

- Swimming is a sport of RESPECT and that is what I expect from each and everyone of you.
- Respect yourself by taking care of yourself during the season, eating well and getting enough sleep.
- Respect your teammates by giving 100% effort during practice and swim meets.
- Respect your competitors by wishing them Good Luck before the race and shaking hands and congratulating them on a good race after it is over. Without them, there is no swim meet!
- Respect your Parents, Officials and Coaches by not talking when they are talking and by saying yes Sir and yes Ma'am to every Adult.

YOU ARE NEVER ALLOWED IN THE WATER UNTIL THE COACH IS PRESENT.

POOL RULES – This is OUR FIRST EVER PISD POOL! We are super excited and don't want to let down the people that are supporting us and made this happen. So don't mess up.

- 1 - Always pick up after yourself. Leave the pool and locker room clean as if you were never there.
- 2 - No diving off the diving boards. They will eventually be taken down, but until they are, the diving boards are for summer use only.
- 3 - Obey basic pool rules - no running, horse playing, etc.

YOU ARE EXPECTED TO ATTEND ALL PRACTICES AND SWIM MEETS . This is a Team sport. You will be letting down the whole team if you are not present for a practice. **If you are unable to come to a practice because of another school function, please let me know.** To not come to a practice just because you don't want to is unacceptable and can be grounds for dismissal from the swim team.

GOALS

Each of you should set Specific Performance Goals, the more specific the better. Write these Goals down and look at the List of Goals every day. Tell someone about your goal. These things will significantly increase the chances of obtaining the Goal.

My Goal as Your Coach is to help you improve your fitness & health and your swimming form & times. I want you to have fun, make new friends and in the end become a better swimmer and fall in love with the sport.

WATER

Every Swimmer **MUST BRING A WATER BOTTLE** to every practice. Dehydration will impede your performance. After each practice or swim meet, you should "refuel" within 30 - 45 minutes, to optimize your recovery. Chocolate milk is an Ideal recovery drink.

PRACTICES

We will practice every Monday, Tuesday & Thursday from 4:00 - 5:30 aprx. Practices will be held at The Dolphin (I think a new name is coming). You will be responsible for getting to each swim practice on your own. **Paris ISD will provide transportation to swim meets but not practices.** Please be aware that there may be times when extra practices or conditioning will need to be added. Also be aware that we may move our practices to the mornings before school. This is an outdoor pool, but I have been told that a bubble will be added this year. Practices are for becoming better as a competitive swimmer. **Practices are not swim lessons. You do not have to be a swimmer that has competed before, but you do have to be able to swim several lengths of the pool in good form of at least one to two strokes.** There are great coaches in the area that do give private lessons on strokes. If you are interested, let me know and I will give you their name. **MAKE SURE**

YOU JOIN REMIND, BECAUSE SOME PRACTICES MAY HAVE TO BE CANCELLED DUE TO WEATHER. YOU WILL BE NOTIFIED THROUGH REMIND.

EQUIPMENT

PHS Swimmers will be provided by the school a team swimsuit, goggles, swim cap, parka, swim bag and fins. At the end of the season, everything will need to be turned in except goggles, team swimsuit and swim cap. Swimmers will need other swimsuits to practice in. NOTE - I am hoping our budget will allow for the purchase of swimsuits for all members. However, with the growing number of swimmers (which is a great thing), it is becoming more and more difficult. Since these are suits that you will get to keep, you may have to pay a portion of the swimsuit cost.

SWIM MEETS

We will participate in several warm up swim meets prior to district and regionals. See the swim schedule for exact meets. I'm still waiting on McKinney to get back with me on a meet or two with them. The order of events of most UIL Swim Meets are: (Girls swimming first, followed by boys).

Parents are encouraged to attend and cheer on our team. Parents that do attend may take their amazing swimmer home after the conclusion of their events, but must be signed out before leaving.

1. 200 Medley Relay
2. 200 Freestyle
3. 200 Individual Medley
4. 50 Freestyle
5. 100 Butterfly
6. 100 Freestyle
7. 500 Freestyle
8. 200 Freestyle Relay
9. 100 Backstroke
10. 100 Breaststroke
11. 400 Freestyle Relay

DISCIPLINE

I don't see this being a problem at all, but I will not tolerate discipline problems during practices or at school. We are all volunteering our time to become successful swimmers for Paris High School and PISD. We will show all of the districts that we compete against that we are respectful citizens, we swim with heart and we are the BEST team around. We are not here to "goof off and play around". As the second quote of this handout states, this is not an easy sport like so many think, so if you aren't here to be serious, you will not hurt my feelings to bow out. If you choose to misbehave and not follow the rules, I will be forced to ask you to leave and that's the last thing I want to do.

GRADES

Grades are extremely important, and I will be checking regularly. If your grades aren't up to par, it can cut into your practices which then hurts your performances which impacts the team. Please study hard and keep your grades as a huge priority. Last year our swim team received the highest TISCA Academic Award as well as our two seniors receiving a TISCA Academic Award. So, YAY, keep it up!

REMIND

Every swim team member will need to join Remind to get notifications of possible changes and reminders. If you were part of Remind last year, you will not need to do this again.

Text: @21phswim to the number 81010

Thank you for wanting to be a member of the Paris High Swim Team!

Crystal Henry

PHS Swim Coach

crystal.henry@parisisd.net

903.491.4328 (cell phone)

Swim Meet Rules & Regulations

Show respect for yourself and your teammates by staying well hydrated with water or Sports drinks (NOT Energy drinks). Do NOT buy or consume Junk food, sodas etc. until AFTER the meet is over, i.e. respect yourself and the team enough that you don't make yourself Hypoglycemic in the middle of your event!

Pay attention to how the meet is progressing and when your events are. It is your responsibility to be on the starting block at the correct time. Help your teammates stay organized and get to the blocks at the correct time. If someone misses an event, the team loses points! Veterans help the newcomers.

Warm up before your event to Optimize your performance. You should do some drills, interspersed with a little speed work. Enough of a warm up to loosen up, but not enough to have any perception of tiredness. You should finish the warm up about 10 minutes before the start of your event. Cool Down after each event to get rid of lactic acid, so you will not "hit the wall" in your next event. A stretched out 200 Free is a good cool down.

Clean up the area we congregate in after every swim meet. Leave our area Cleaner than we found it. NO ONE should leave the meet until this is completed.

GREAT SPORTSMANSHIP IS EXPECTED OF ALL OUR SWIMMERS — Paris High Swimmers should exhibit superior sportsmanship compared to all other swimmers & athletes.

1 - Speak to your competitors before the race, wish them luck etc. Remember, *without them, there is no race/competition!*

2 - Always shake hands with the swimmers on each side of your lane at the end of the race. Look them in the eyes, and congratulate them on a great race or good job.

3 - All Sports should be like Rugby: when you are playing/competing you go all out, as hard fast & aggressive as possible. Once the competition is over, have a great time with your competitors as friends.



PHS Swim Team Meet Schedule

Date	Meet	Place
Saturday, Nov. 13	Keller ISD Non-TISCA Invite	Keller, TX
Tuesday, Nov. 30	Sherman Tri-Meet (Sherman, Denison & Paris)	Sherman, TX 6:00 PM
Friday & Saturday, Dec. 3-4	2021 Texas 4A & Under Swimming & Diving Invitational	Keller, TX
Saturday, Jan. 8	CFB ISD New Year's Classic 2022	Carrollton, TX
Tuesday, Jan. 11	Sherman Tri-Meet (Sherman, Denison & Paris)	Sherman, TX 6:00 PM
January 2022 (TBA)	District Meet	TBA

I'm hoping for another meet with McKinney, so the above schedule is subject to change.

2021 - 2022 Swim Team

If you have read all of the above and agree to what is written and are willing to give swimming your all, please sign below. This is the only page I want back.

Thank you.

Printed Student Name: _____

Students Birthday: _____

Student Signature: _____

Date: _____

Parent Signature:

Parent Printed Name:

Parent's Cell Phone Number: _____

Parent's Email: _____