**Please sign and return a copy of this document to Coach Woods no later than Thursday October 21st .**

**North Paulding High School Swim & Dive Swimmer Expectations**

1. **Academics:** Make good grades. You are a student athlete! Be organized, responsible and

accountable for your academics. Don’t use school as an excuse to miss practice.

2. **Attendance:** Be there. Attend every practice. Communicate with coaches to avoid letting the team down by no showing at a meet.

3. **Punctuality:** Be on time. Be to practice and meets on time. Let the coaches know of any other activity or conflict ahead of time. (for meets, 2 weeks)

4. **Personal Responsibility:** Take care of yourself. No health-harming activities. Use of alcohol, drugs, vaping or tobacco is prohibited and will result in dismissal from the team.

5. **Stay at every meet UNTIL THE VERY END**. If you do not stay until the end of the meet your attendance at the meet will not count for your letter.

6. **Cheer on your teammates** and try to shake the hands of your competitors after EVERY RACE.

7. **Uniformity:** all swimmers MUST wear the team cap and suit during meets. (unless wearing tech suit for time)

8. **Promote:** Positively represent and promote your SPORT. Make others want to join.

9. Always, act with class; **respect yourself and others.**

10. **Check your email regularly!** The coaches will send out important information throughout the season via email and remind.

**North Paulding High School Swim & Dive Parent Expectations**

1. **Be a Role Model:** As the parent of a NPHS student athlete, you are a role model for you child.

2. The Swim & Dive program is an extension of NPHS’s academic mission and educational goals. You are expected to **accept that good sportsmanship and integrity are essential elements of our team.**

3. **Take Ownership:** As a parent, encourage your child to attend every function, practice and team event prepared and on time.

4. **Volunteer**: Help us create a successful program! At each swim meet we need timers, and when our team is the Host Team, we need timers, MC’s and other setup volunteers. Please get involved!

5. **Encourage:** Help your child to focus on the small things that may have a big impact on their performance. For example: diet, sleep habits, study skills along with time management skills can all have a huge impact on your child’s health and performance in the pool.

6. **Affirm:** Remind your child how much “I love to watch you compete”. This positive relationship is so important to your child. It is not all about whether they “win” or “lose” but the improvement and feeling of self- confidence a parent can promote with a few simple words.

 7. **Motivate:** Be your child’s Biggest FAN! Get involved with their sport!

 8. **Respect:** All the rules and guidelines that North Paulding’s administration, North Paulding Swim & Dive Coaches, and GHSA have in place. If you have a concern or question, please bring it to a Coaches attention in a polite and appropriate manner but not the day of the meet.

**9. Check your email regularly!** The coaches will send out important information throughout the season via email and Remind.

**North Paulding High School Varsity Swim and Dive Lettering Policy**

To earn a letter in varsity swim and dive, the athlete must satisfy the requirements set forth by THREE out of the FOUR following areas.

* **AREA ONE: PRACTICE ATTENDANCE**
* To satisfy the requirements of area one, the athlete must attend AT LEAST 90% of all team practices. As there are approximately 50 practices per swim season, the athlete must attend 45 of the 50 (five missed practices at a maximum with an excuse). Please note THREE tardies (15 minutes late or more) will constitute ONE absence.
* **AREA TWO: SWIM MEET ATTENDANCE**
* To satisfy the requirements of area two, the athlete must attend 100% of the swim meets. No exceptions. Unless there is a cancellation, there will be a total of 10 meets in the season. A no show at the meet can mean removal from the team. \*\*Year Round Must Speak to the Coach BEFORE the meet\*\*
* Missing events can void the meet attendance as well.
* **AREA THREE: LETTERING TIMES**
* To satisfy the requirements of area three, the athlete must achieve TWO individual lettering times. The times for each individual event are as follows:
* BOYS EVENT GIRLS

2:30.00 200 Free 2:40.00

2:45.00 200 IM 2:55.00

28.00 50 Free 34.00

1:05.00 100 Free 1:15.00

6:00.00 500 Free 6:30.00

1:15.00 100 Fly 1:25.00

1:15.00 100 Back 1:35.00

1:45.00 100 Breast 1:55.00

* **AREA FOUR: Well Rounded Swimmer**
* To satisfy the requirements of area four, the athlete must attempt 4 out of 8 individual events at a swim meet during the season. \*\*See Lettering Sheet\*\*

**\*ANY SWIMMER WHO QUALIFIES FOR STATE WILL AUTOMATICALLY RECEIVE A VARSITY LETTER**\*

**\*COACH’S DESCRETION CLAUSE\*** Coach Woods, and Coach Buzzelli reserve the right to alter this policy at any point during the season as they see fit, and also reserve the right to deny a letter to any athlete regardless of achieving the standards set forth by this document. Grounds for letter denial include ***but are not limited to****:*

▪ General disrespect of oneself, one’s teammates, coaches, or teachers

▪ Poor representation of the swim team on social media or otherwise

▪ Administrative referrals

**Declaration of Goals**

Swimmer’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Event Preferences

1st Event: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Current Personal Best: \_\_\_\_\_\_\_\_\_\_\_  Goal for this Season: \_\_\_\_\_\_\_\_\_\_\_\_\_

2nd Event: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Current Personal Best: \_\_\_\_\_\_\_\_\_\_\_  Goal for this Season: \_\_\_\_\_\_\_\_\_\_\_\_\_

*I understand the requirements set forth by the lettering policy, and I also commit myself to the achievement of my personal goals for the 2019-2020 season.*

**Athlete’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**State Information & State Qualifying times**

The GHSA State Swim Meet takes place February of each year at Georgia Tech. In order to participate in this meet, a swimmer must achieve one or more of the following times during the regular season.

**BOYS EVENT GIRLS**

1:51.00 200 Medley Relay 2:07.00

1:55.00 200 Freestyle 2:07.00

2:12.00 200 Individual Medley 2:24.00

23.50 50 Freestyle 26.50

58.00 100 Butterfly 1:05.00

52.00 100 Freestyle 58.50

5:20.00 500 Freestyle 5:40.00

1:40.00 200 Freestyle Relay 1:53.00

1:00.00 100 Backstroke 1:06.00

1:07.00 100 Breaststroke 1:15.00

3:44.00 400 Freestyle Relay 4:12.00

While answers to most questions can be found on the website, please don’t hesitate to reach out to the coaching staff with questions and concerns! The best form of communication for the coaches are the email address listed below:

Nphsswimming@gmail.com

**We are looking forward to another fantastic season! Go Pack!**