2025 - 2026 Wolfpack Swim and Dive Team Handbook

A logo of a swimmer

AI-generated content may be incorrect.

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# WELCOME

Dear Team Members & Parents:

Welcome to North Paulding High School Swim Team. The purpose of this manual is to provide swimmers and parents with the information necessary to have a successful season. We will continue to provide you with updated information as it becomes available.

Rental of lane time is critical to our success in the pool, and our single biggest expense; therefore it requires that we all participate in our fundraising efforts (prompt payment of dues/fees and working at possible fund-raisers). Our team needs your support to be successful, please help us by coming out and supporting our swimmers.

We are looking forward to this season with high expectations that our kids will once again excel and bring new accolades to our North Paulding Swim Team.

|  |  |
| --- | --- |
| **Kaitlin Woods** | **John Pora** |
| **Head Coach** | **Assistant Coach** |

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# DEFINITIONS

“Booster Club/Booster” - The Wolfpack Swim & Dive Booster club consisting of Board Members and responsible for all financial aspects of the North Paulding Swim Team.

“GHSA” - Georgia High School Sports Association. Governs athletics and activities for member high schools in Georgia, USA. GHSA is a member of the National Federation of State High School Associations.

“Head Coach” - Responsible for oversight of the coaching staff and coaching responsibilities

“Swimmer” - Student in good standing at North Paulding High School. Student must be enrolled and on track to graduate as determined by GHSA guidelines

# TEAM DUES

Swim Dues are set yearly by the Wolfpack Swim & Dive Booster Club.

Swim dues will be paid through the Booster Club.

Swimmer’s Dues must be paid BEFORE practice on October 7th

In the event that a swimmer is dismissed from the team for behavior issues, attendance, any violation of team rules, loss of eligibility, or if a swimmer quits; dues will not be refunded.

* For every missed meet event without prior approval, the swimmer will reimburse the Booster Club $15.

# EQUIPMENT

## Suits & Swim Caps:

Authorized team suits will be the responsibility of the swimmer or parent to purchase through an authorized Team Store

* Proper suit sizing is the responsibility of the swimmer. The team and booster club will attempt to provide representative suit sizes during the informational meeting and first tryout.
* Swimmers will be required to purchase the current year swimsuit if it has changed from the previous year.
* The official team suit or a FINA-approved competition Tech Suit must be worn at all swim meets. Bikinis, leisure swimsuits, or non-competition suits are not permitted. No logos (other than NPHS), zippers, or ties are allowed on the suit.
* The Team will provide one (1) North Paulding Swim Team cap to be worn at all swim meets. Caps with graphics or other writing/team names (including year-round teams) are not to be worn at GHSA swim meets.

## Required Equipment

The following equipment is mandatory. Swimmers are required to have this equipment with them at every practice, unless otherwise specified:

* Practice suit
* Team Competition suit - required only at Swim Meets
* Goggles (we highly recommend having at least 2 pairs of goggles)
* Cap
* Kickboard
* Pull Buoy
* Water Bottle with water or other sport drink
* Running attire for dry land (running shoes required)

## Optional Equipment

The following equipment is optional, but good for training at the next level.

* Swim Paddles
* Swim Parachute

# TEAM INFORMATION

## Practices

The practice schedule will be posted on our website. Team practices will be held at Cobb Aquatic Center and Cherokee Aquatic Center. Practice will be held Monday and Wednesday at Cobb Aquatic from 8:00PM to 9:00 PM and on Tuesday at Cherokee Aquatic Center from 7:45PM to 9:15PM. There are no buses or other school transportation to or from practices, so getting to/from practice will be the responsibility of the parent/swimmer.

We are responsible for all swimmers until their parents pick them up, so we are required by the principal to wait until every swimmer has left the grounds. Please be on time to pick up your swimmers after practice.

The swimmer will be required to bring all equipment specified in Section 4b to every practice. Swimmers who do not have the appropriate equipment may be released from practice and have it counted as an unexcused absence.

Swimmers are expected to be in the water for practices on time. A swimmer's letter will be evaluated if they are late more than three (3) times (late means not in the water on time).

Any swimmer who does not have adequate water or an appropriate sports drink (e.g. Gatorade) will not be allowed to participate in practice. ***Energy drinks and sodas are NOT a substitute for water or sports drinks, and will NOT be allowed at practice or meets.***

## Attendance & Attitude

Attendance at practice is mandatory for all members of the Swim Team. The coaches will use school definitions to determine excused and unexcused absences. Unexcused absenceswillresult in disciplinary action. A fourth unexcused absence could result in dismissal from the team.

* Homework and practices for other sports not currently in season are not considered excused absences.
* Athletics is a privilege. Any negative attitude will result in removal from the Meet or Team.

When scheduling tutoring, doctor/dental appointments, etc., team members should make their best effort to work around the practice schedule. This does not imply that students should miss school instead of practice. Instead, the parent and student should attempt to schedule appointments on student holidays, early release days, and non-practice days when possible.

## Swim Meets & Parent Volunteers

The meet schedule will be posted on our website. Most meets will occur on the weekends, and depending on the meet, may last anywhere from 3 hours to 12 hours.

Swim meets only occur because of volunteer help.  The coaches and booster club will routinely ask for parent volunteers. Please help us run fast and efficient swim meets by volunteering for one of the following positions:  Timers, Runners, Hospitality, etc. This is a great way to be close to the action and your swimmer.

Due to the length of swim meets, the team may ask for parent volunteers to bring food for the team snack table. We ask that all swim families help stock the snack tables at our meets.

**If a swimmer misses a meet, or is unexcused from a meet, that swimmer will be limited to two (2) events the next meet. After two (2) missed or unexcused meets the swimmer will be dismissed from the team**

# LETTERING STANDARDS

Earning a Varsity Letter in high school sports is a very proud moment in a student athlete's life. While everyone on the team is not guaranteed to earn their letter every year, we have established milestones for student-athletes to meet, to be considered for a Varsity Letter. To obtain a "Letter" on the North Paulding Swim & Dive team, you must meet the following requirements:

**Practice Attendance of 90%**

1. This includes year-round swimmers attending their practices.

**Meet attendance must be 100%**

1. Unless prior approval to miss is given.
2. Two (2) week’s notice must be given.
3. Family situations will be discussed privately as will decisions made.

**Points in Meets or Qualifying Times**

1. Score in half of the scheduled meets; and
2. Score a total of 80 points; OR
3. Earn at least two (2) qualifying times based on the table below. NOTE: Only one (1) of the qualifying times can be a freestyle event.
4. Only the average points scored in the Swim for a Cause Meet and Paulding County Championship meet will count towards lettering.
5. ANY SWIMMER WHO QUALIFIES FOR AN INDIVIDUAL STATE CUT OR PART OF A RELAY WILL AUTOMATICALLY RECEIVE A VARSITY LETTER

|  |  |  |
| --- | --- | --- |
| BOYS | EVENT | GIRLS |
| 2:30.00 | 200 Free | 2:40.00 |
| 2:38.00 | 200 IM | 2:50.00 |
| 28.00 | 50 Free | 31.00 |
| 1:04.00 | 100 Free | 1:15.50 |
| 6:20.00 | 500 Free | 6:45.00 |
| 1:13.00 | 100 Fly | 1:23.00 |
| 1:15.00 | 100 Back | 1:21.00 |
| 1:15.00 | 100 Breast | 1:25.00 |

## Coach’s Discretion Clause

The coaches 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
* One (1) Unexcused meet
* Four (4) missed events over the course of the year

# GEORGIA HS STATE SWIM CHAMPIONSHIPS

Georgia High School State Swim Championships take place each year and conclude the high school swim season. In order to qualify for the GHSA State Championships, a swimmer must meet the time standard set for each event. The time standards are listed in the table below:

| **BOYS** | **EVENT** | **GIRLS** |
| --- | --- | --- |
| 1:51.00 | 200 yard Medley Relay | 2:07.00 |
| 1:55.00 | 200 yard Freestyle | 2:07.00 |
| 2:12.00 | 200 yard Individual Medley | 2:24.00 |
| 23.50 | 50 yard Freestyle | 26.50 |
| 58.00 | 100 yard Butterfly | 1:05.00 |
| 52.00 | 100 yard Freestyle | 58.50 |
| 5:20.00 | 500 yard Freestyle | 5:40.00 |
| 1:40.00 | 200 yard Freestyle Relay | 1:53.00 |
| 1:00.00 | 100 yard Backstroke | 1:06.00 |
| 1:07.00 | 100 yard Breaststroke | 1:15.00 |
| 3:44.00 | 400 yard Freestyle Relay | 4:12.00 |
| ***All Times are listed in YARDS*** | | |

North Paulding Swim and Dive State Gear may be presented to the State Swimmers to wear while representing the team at the State Championships. This gear is provided at the discretion of the Booster Club. The following applies if state gear is made available:

* If they swim at state, they will receive the teams' silicone cap and gear (alternates do not receive cap or gear).
* State Swimmers and alternates are expected at the practices before state (unless they are year-round and practicing with their team)
* State Swimmers and alternates will be invited to the state pasta pig out before state.
* State Swimmers and alternates will be the only ones paid for to attend state.

Due to GHSA capacity rules, we will not be able to pay for managers to attend.

## State Championship Relays

GHSA allows only one (1) relay team per relay event at the State Championships. If more than four (4) people qualify for an event, only the top four (based on times) will swim at the State Championships based on best times.

## State Alternate Selection

One (1) Female and one (1) male alternate will be selected to go to the GHSA State Championships in the event one of the swimmers is unable to participate. State Alternates will be determined by the swimmer with the best times.

# Parents and Sportsmanship

When your child joined our interscholastic swim program, they accepted responsibilities and expectations as a student-athlete. Likewise, we believe parents and guardians also share in a set of responsibilities that support the team and the athletic program as a whole.

To help create a respectful and supportive environment for all athletes, parents and guardians are expected to:

**Parent/guardian expectations:**

* Stress the values derived from competing fairly.
* Show courtesy and respect to visiting teams, visiting parents/fans, and officials.
* Respect the integrity and judgment of meet officials and accept their decisions without showing inappropriate emotions.
* Swim meets are extremely busy. Please do not confront coaches during or immediately before or after a meet, whether in person or by email. Please wait 24 hours unless there is an emergency. Instead, schedule a time to speak privately when the coach is available.
* Do not use profane language or gestures.
* Help your child set realistic goals. The primary value of athletics is the opportunity for self-development allowing them to develop life-long values and self-esteem.
* Remember, a high school athletic competition is just a game — not a matter of life or death for a swimmer, coach, official, fan, school, or community.
* Inappropriate or disruptive behavior may result in removal from school events or criminal trespass charges that prohibit future attendance.

Your behavior in the stands or on the pool deck serves as a model for your athlete. Please demonstrate the values of sportsmanship, resilience, dignity, and respect that we aim to instill in our student-athletes.

**Let the swimmers swim**

**Let the coaches coach  
 Let the officials officiate**

**Let the fans cheer - positively and proudly!**

Please sign and return to the school/coaches by October 7, 2025. Each swimmer will also be required to sign a behavior contract due also by October 7, 2025.

I have read and understand the expectations outlined above and agree to uphold the sportsmanship standards of the North Paulding Swim & Dive Team..

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Parent/Guardian Printed Name)

X \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Parent/Guardian Signature)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Athlete Printed Name)

X \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Athlete Signature)