



Troy High School
Girls Swim Team 2019
Handbook



I am so excited to be taking the reins here at Troy High this year! High school swimming is something special that not everyone gets to experience; the friends and memories that you make here will hopefully last you a lifetime! There is nothing quite like the bond of camaraderie that is forged over the course of a season spent working toward a common goal with your teammates.

With all that in mind, it is important to understand that swimming is about the process of gradual improvement more than any other sport out there. To succeed, you must be willing to sacrifice and commit to this process and, even if the results are not immediately visible, trust that you will improve over time. I believe swimming is not a sport about instant gratification, but instead one about long-term goals and developing the drive and discipline to reach those goals.

Practice Groups

The tryout set will also be used to create training groups: 40+ girls is still a large team that will have a wide range of ability. Not everyone will be coming into the season with a wealth of swim experience and that's perfectly ok! The hope is that by creating two training groups, each swimmer will have a better overall training experience and get the type of attention that they need in order to succeed. Despite having two different training groups, we will NOT have a Varsity/JV split. The purpose of these groups is not to create two different teams. Team cohesion is an important part of high school swimming, so once again: no matter what group you end up in, WE REMAIN ONE TEAM, striving for perfection and swimming for each other.

Black Group Attendance Expectations:

- Attend all practices (3 mornings, 5 afternoons, 1 Saturday)
- Attend all meets

Silver Group Attendance Expectations:

- Attend all after school practices
- Attend all dryland mornings
- Attend all dual meets
- Attendance of invites, weekend meets, and Saturday practices will be at the coach's discretion.

Attendance

I would like to stress that you will get out of this team what you put into it. As we are running tryouts and cuts this year, I ask that you seriously evaluate your willingness to commit to the team.

- I will expect 100% commitment, full stop.
- This is the Girls **Varsity** Swim and Dive Team and I expect all members to approach it that way.
- If you are well enough to attend school, you are well enough to attend practice.
- Excessive absences will lead to a discussion with the athlete in question about their level of commitment and whether this team is the right fit for them.
- You will be given 6 days that are optional.
 - I will still require AT LEAST ONE DAYS NOTICE.
 - They may be used however you wish (finals, SAT, weddings, etc.).

Varsity Letter Requirements:

Varsity letters are a sign of an athlete's commitment, dedication, attitude, and hard work. The requirements for earning one should reflect this. There are several methods through which a swimmer may earn their varsity letter.

1. 2 years of commitment to the team.
 - a. Prevent students from joining the team for the wrong reason ex: joining the team for a year receive a letter.
 - b. First year seniors who show a high level of dedication and effort may earn a varsity letter.
 - c. Dedication, hard work, and a "get better everyday attitude" are what we are looking to foster in this program and athletes should be rewarded for this work (Coach's Discretion).
2. Scoring in the final heat of the OAA League Meet or making state meet.

General Guidelines:

- Be on time
- Commit to the TEAM
- Develop a growth mindset
 - Negative, glass-half empty attitudes drag down everyone around you and make it harder to focus on improving
- You are accountable for your own training
 - We can only tell you what to do, at the end of the day, it comes down to you to execute
 - Know your times, paces, and goals
- Take care of yourself:
 - Eat well
 - Get sleep
- Stay on top of your academics
- Don't over commit
 - You have made the decision to commit to a varsity team, know your limits and don't throw too much on your plate
- Communicate with, be honest with and respect your:
 - Your coaches
 - Teammates
 - Parents
- Take care of the facilities (both our own and any away locations):
 - Make sure the pool deck is clean: get rid of all workout papers, put your gear away, don't leave any trash.

Student-Athletes:

Coming from a D3 NCAA swimming and coaching background, I both understand and highly value the student-athlete experience. Maintaining a balance of both academics and athletics can be challenging. Since our practices start at 3:45, I will be working with the school to arrange for a space where you can have a team “study hall.” Work with your teammates, help each other out, teammates can be valuable resources, use this time wisely! This will also be a great time to meet with teachers without rolling over into practice time.

Meets:

Dual meet attendance is mandatory regardless of participation. Invitational and championship meets may be noted as exceptions, but attendance is encouraged: come support your teammates and take the opportunity to see what the meet is about. While athletes can request to try events, the final decision regarding meet lineup falls to the head coach.

General Rules and Regulations:

Athletes, parents, and coaches will adhere to the policies, rules, and regulations set forth by Troy High School. The following actions will not be tolerated:

- Physical contact or violence of any sort with another athlete, student, or coach.
- Insubordination.
- Disrespect to other athletes, students, coaches, personal or school property.
- Inappropriate language.

Failure to adhere to the above may result in you being asked to leave the team.

Varsity swimming takes an army: athletes, parents, and coaches must all buy in and believe in the process (I know it’s coach speak) for everyone to get the most out of the season. Let’s all work together to make this the best season yet for Troy High Girls Swim and Dive! Go Colts!!!

Athlete First and Last Name: _____

Athlete Signature: _____

Parent/Guardian First and Last Name: _____

Parent/Guardian Signature: _____

Date: _____