



STERLING HEIGHTS HIGH SCHOOL  
VARSITY SWIMMING



## **2016 Swim Team Rules and Expectations**

Hello everyone, I am Coach John Foradori, known to all my swimmers as F-Dawg or Coach F. Parent's, you can call me John if you like. Here are some team rules and information that will make this season a truly successful one.

1. Team Website: <http://shhsswim.weebly.com>
2. Team Remind (1-way texts from me to the team and parents) Text @shhsswim to 81010
3. Practice Times: The start time (2:45pm, 10am, etc.) means swimmers are suited up and stretched to begin their warm-up swims. I will have the pool open ASAP after school and by 930 on days prior to the start of school.
4. We are responsible for setting up the pool for all home meets. That is why the team is required on deck at 4:00 on home meet dates.
5. Bus Schedules will be released soon. Bussing is one-way in WCS, which means students will need a ride home from all away meets. Maps to away meets are on the team website's main page.
6. Swimmers will not be asked to swim an event they are not physically ready for. They may be asked to swim an event they don't like for the sake of the team.
7. Parents, protocol in Macomb County for swim teams means home meets supply snacks at the end of a meet for each of the teams. It is a tradition, and the swimmers greatly appreciate it. Parents, you are all welcome to get involved in this and be part of the time.
8. Parents, you can also volunteer for other activities at meets, like back-up timing (so the swimmers can focus on the meet) as well as other activities. The more people involved in the team, the more fun and successful seasons are.

### **Team Rules**

1. Swimmers are required to attend all after school practices and meets (unless injured, ill, or other school sponsored activities)...especially the league meets.
2. Swimmers will demonstrate outstanding sportsmanship at every opportunity throughout the season. **THIS INCLUDES SOCIAL MEDIA like TWITTER, FACEBOOK, etc**  
My standing rule is : DO NOT ENGAGE. If there is something going on, let me know so I can take care of it!  
**Possible repercussions:** Swimmers held out of events, meets, suspended from team activities and in severe cases removal from the team and possible school suspension. I don't anticipate any issues on this front, though.
3. I expect swimmers to give their best effort in everything they do. They will always get all the coach's best effort.
4. Treat your teammates and other teams with respect at all times.



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## **Varsity Letter Requirements:**

For a team to be successful, it must have common goals and maximum participation by everyone involved.

- During the season, you are permitted to miss a total of **four** (4) practices(not including illness, injury, authorized school activity). No Varsity Letter will be awarded to any swimmer that does not maintain proper attendance.
- If you do not swim practice, skip practice, leave practice early, or come to practice late, I reserve the right not to enter you in a meet for that week. This is a team, and I expect everyone at every practice helping each other be the best that they can be.
- Team events (i.e. meets, pictures, etc.) **WILL NOT** be rescheduled due to an absence of any swimmer for any reason.
- If you are late for the start of practice, I reserve the right to deduct points that you have earned towards your letter. The amount of points deducted will depend on how late you arrive or how early you leave.
- If you are not at practice, I will be calling home to find out why you are not at practice.
- **NOTE FOR SWIMMERS:** I will keep track of when you come into practice late, or leave early, this does affect your attendance. **PRACTICE STARTS AT 2:45 P.M** (that means in the water ready to go!) My goal is to try and help you become the best swimmer possible, and if you are not at practice you will not excel.

## **Methods of Earning Your Varsity Letter**

- **15 varsity meet points** earned in swim meets during the season. Relay points will be divided equally amongst the 4 swimmers.
- **Automatic Varsity letter** for qualifying for an individual event at the County Meet.
- **Automatic Varsity letter** for finishing in the Top 6 at the Division Meet
- **Individual Times For Events** will posted in the pool and online by Tuesday, August 18<sup>th</sup>. If a swimmer achieves one of these times, they will automatically earn their letter.
- Upon completion of **3 full years of dedicated practice and participation** a swimmer can earn a Varsity Letter.
- **JV LEVEL:** Maintains practice level but does not meet any time requirements or meet points
- **FRESHMEN LEVEL:** Freshmen who meets practice level but does not meet any time requirements or meet points.

- REMEMBER -- ***The Coach will make the FINAL decision on all season awards.***

Only a **TEAM** can win a championship, and we all have to work together to achieve all we can achieve. Success depends on what is done, not what is said!

**Be fierce but gracious competitors!!!**



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### Returning Cut Times in the MAC Silver

These are the times for 6<sup>th</sup> place and 12<sup>th</sup> place in the MAC Silver for all individual events. You can start making your personal time-based goals with these. Remember, you must place in the top 12 to swim in the individual events on the Saturday of the Division Meet!

This year is strange, because there are a lot of open spaces in the top 6 and 12, and we don't know what Roseville will bring to the mix. This is the best guess right now.

	State Cut TBD	County Cut TBD	Returning Times		12th Place Silver
			1st Place Silver	6 <sup>th</sup> (or last) Place Silver	
200 Medley Relay			<b>2.25.55</b>	<b>2.41.94</b>	
200 Free			<b>2.29.92</b>	<b>2.59.82</b>	<b>3.23.58 (11<sup>th</sup>)</b>
				<b>3.59.63(4 returning)</b>	
200 IM			<b>3.05.67</b>		
50 Free			<b>28.68</b>	<b>33.40</b>	<b>37.16</b>
Diving					
100 Fly			<b>1.24.33</b>	<b>1.59.10 (3<sup>rd</sup>, only 3 returning)</b>	
100 Free			<b>1.05.18</b>	<b>1.17.36</b>	<b>1.29.55</b>
500 Free			<b>7.00.91</b>	<b>8.15.08</b>	<b>8.52.01</b>
200 Free Relay			<b>2.05.51</b>	<b>2.17.69</b>	
100 Back			<b>1.21.88</b>	<b>1.38.69</b>	<b>2.08.68</b>
100 Breast			<b>1.29.58</b>	<b>150.78</b>	<b>2.07.96 (7<sup>th</sup>)</b>
400 Free Relay			<b>4.45.54</b>	<b>5.26.00</b>	



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## **PARENT EXPECTATIONS**

For the returning parents, welcome back! For the new parents to the program, welcome! Being a member of that swim team is going to hopefully be a very rewarding experience. I would also invite all parents and family to be as much a part of the team. Support in and out of the pool is essential to success at this level, the more parent involvement, I have found, the more fun and success we can have. There are many opportunities to help out the team as much or as little as you would like to this year.

### **Volunteer and Participate**

- 1) We have many home meets this year, and your child would greatly appreciate your show of support by attending as many meets as possible. There are various ways to volunteer at meets as well:
  - i) Entrance Fee/Hand Stamper
  - ii) After meet snacks
  - iii) Timekeeping during the meet
  - iv) Carpooling at away meets
  - v) I also would like to have a team dinner in the week prior to the first league meet and our division championship meet. Volunteers with this would be greatly appreciated.

### **Leading an Supporting by Example**

- 1) Parents need to help support the coach by assuring that their athletes:
  - i) Get the proper amount of sleep (which is huge for success during the swim season and for school)
  - ii) Getting proper nutrition (You can look up good nutrition for swimmers on the internet. Essentially junk is bad, high protein is good)
  - iii) Support the coach's decisions
    - (a) If you have questions for the coaches, please communicate them outside of a practice or a meet. During those times I (and any other coach) must have my complete attention on the swimmers, their activities and their safety.

### **Practices**

Last year I had practices closed to anyone that wasn't a competitor on the team. This year, I am relaxing that policy. I needed the time to build the trust between myself and the athletes, being a "new" coach. With that accomplished, it is time to move things forward and build the swimming family. Anyone is welcome to watch, I just ask that you let the girls swim and let me coach without interruptions (unless there is an emergency situation).

### **24 Hour Rule**

There is a rule for high school sports called the 24-hour rule, in which a parent and a coach will not communicate strategy and/or playing time or other complaints.



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## Contact Information and Paperwork Checklist

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Parent/Guardian's Name(s): \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

Parent's Email: \_\_\_\_\_

Swim Suit Size: \_\_\_\_\_

If you have any questions about the rules, expectations or the schedule, please let me know. I would be happy to explain anything further. Please sign and date indicating that you have read and understood the team rules and expectations and return this to me

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date