

2018 Sterling Heights Stallions Girls Swim Team

Information Sheet

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 (245, 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 430 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 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. 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 get my best effort.
4. Treat your teammates and other teams with respect at all times.

Coach Foradori: I promise to abide by all of these rules: _____

Swimmer: I promise to abide by all of these rules: _____

Parents/Guardians: I understand the team rules and expectations: _____