

Wheeler High School
Swim and Dive Team
Handbook
2012 – 2013



Wildcats

Wildcat's Swim & Dive Team Manual

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I. Swim & Dive Team Leadership Positions

Coaches

Head Coach	Cameron Ward	cameron.ward@cobbk12.org
Assistant Coach	Michelle Colasurdo	michelle.colasurdo@cobbk12.org

Swim Captains – Boys

William Marchionni
William Kirk

Swim Captains – Girls

Ansley Rowan
Rachel Bradford

Dive Captain – Boys

Austin Jablonski

Dive Captain – Girls

Gray Jones

Booster Club Officers

President	Denise McCurdy	denisemccurdy@me.com
Vice President	Colin Johnson	
Secretary		
Treasurer	Debbie Masters	debbie.masters@cobbk12.org

Volunteer Positions

Potluck Dinner	
Meet Volunteer Coordinator	
Senior Night/Senior Parkas	Anne Jones
Spirit Wear	
Bulletin Board	Sandy Rowan
Meet Food Coordinator	
Webmaster	Jim Clay
Photographer/Slide Show	Sandy Rowan
Swim-A-Thon	
Captains' Breakfasts	Debbie Masters
Banquet Coordinator	
Biscuit Sales	

II. Team Dues

There is great deal of expense involved with running the swim team. Therefore, a fee is required.

The dues per swimmer are **\$185** for the year. The dues will help cover the pool fees, meet entries, short-sleeve team t-shirt, snacks for meets and breakfast meetings, kick-off event, end of season banquet, website hosting, end-of- season gifts and awards, etc.

Checks should be made payable to: **Wheeler High School Swim and Dive Booster.**

III. Team Information

Practices

Team Practices take place at the Cobb Aquatic Center (CAC) in Marietta at the following times:

Swim Team

Monday	Tuesday	Wednesday	Thursday	Friday
7:00 – 9:00 pm	4:00 – 5:30 pm	7:00 – 9:00 pm	X	4:00 – 6:00 pm

Dive Team*

Monday	Tuesday	Wednesday	Thursday	Friday
X	7:00 – 9:00 pm	X	7:00 – 9:00 pm	X

* The actual practice will be an hour long, within the 7-9pm window. More information will be forthcoming.

Because practices are off-site, it is the responsibility of each athlete to secure their own transportation.

Equipment

- Team Competition suit (may NOT be worn to practice)*
- Team Swim Cap (provided by booster club)*
- Practice Swim Cap - (Not the Team Cap!)
- Practice Swim Suit - (Not the Competition Suit!)*
- Pull-Buoy* (available from Kast-a-Way)
- Kickboard* (available from Kast-a-Way)
- Fins* (available from Kast-a-Way)
- Drag Suit
- Swim Goggles - 2 Pairs if Possible
- WATER, WATER, WATER*

* Required equipment; everything else is optional

Uniform

The uniform for the day of swim & dive competition is as follows:

- Team Shirt (provided by the Booster Club)
- Team Suit (legal fast suits may be worn during championship meets, i.e. County and State)
- Team Cap or State Team Cap (State cap may only be worn if you have qualified for state in the CURRENT season)
- Do NOT wear any jewelry!

Attendance

Practices

- a. All swimmers and divers are expected to attend all practices.
- b. However, the coaches are aware that there might be other commitments that arise. Therefore, each athlete is allowed **five** personal days on which they are allowed to miss practice without penalty; but athletes **must** contact one of the coaches **before** the missed practice.
- c. Athletes may miss because of illness or medical appointments without penalty; a note is required.
- d. Athletes who are practicing with a USS team or year round dive team may continue to practice with that team. However, swimmers must attend a minimum of four practices a week and divers two. You must complete the attendance form, available on the blog, monthly.
- e. Athletes who miss practice for school sponsored events must notify the coaches **prior** to missing practice. The coaches will determine whether the absences are excused or unexcused.
- f. Excessive unexcused absences will result in disciplinary action including, but not limited to, suspension from one or more meets, suspension from the team and expulsion from the team.

Holiday Practices

- a. The swim team will be practicing during the winter break. Athletes are expected to make every effort to attend. You must contact a coach if you will not be able to attend these practices.
- b. Practices will be held at the CAC for swimmers and divers. The days and times will be determined later.

Meets

- a. If an athlete is absent from school on the day of a meet or on Friday if it is a Saturday meet, (s)he may not swim in the meet.
- b. If there is an unexpected conflict, and an athlete is not able to attend a meet, (s)he must notify the coaches in writing (or by email) the Monday before the meet.
- c. Not every athlete will be entered into every meet, but we will do our best to give every athlete as many opportunities to compete as possible.
- d. If a swimmer desires to swim a specific event, we will entertain those requests received in writing from the athlete. However, the coaches reserve the right to create the line-up as they see fit and might not be able to accommodate every request.

- e. Nonattendance at a meet without written notice and approval will result in disciplinary action including but not limited to suspension from one or more meets, from the team and expulsion from the team.
- f. Nonattendance at a meet, with or without notification, may jeopardize a swimmer's eligibility to letter.
- g. All meets at the Cobb Aquatic Center and Mt. View Aquatic Center are considered home meets and swimmers will be responsible for their own transportation.

Expectations and Standards of Athletes

- Every member of the Wheeler High School Swim and Dive Team has a duty to represent himself/herself, the team, and the school in the best manner possible. Because of the high visibility of all athletes in the school, when accepting a position on the team, every member must agree to abide by a higher standard of character, values and behavior than an average student. This applies to your behavior both in school AND out, before, during and after the season. You are expected to avoid situations where you might be accused of wrong-doing. Additionally, you are expected to follow the rules outlined in the student hand book and by those defined by the county in the "J" rule. Failure to comport yourself in the manner becoming a Wheeler Swim and Dive athlete will result in team and school disciplinary action.
- If you quit the team, for whatever reason, the coaching staff reserves the right to prohibit you from trying out, joining and/or competing with the Wheeler Swim and Dive team in succeeding seasons.
- Should you be disciplined in school and receive one of the following punishments: administrative detention, in school suspension and/or out of school suspension; then you may also face disciplinary action from the team, including but not limited to one or more meet suspension, or removal from the team.

Requirements for Lettering

All team members will be eligible for a Varsity Letter if the following criteria are met and are subject to the coaches' discretion; the coaches' decision is final:

1. Adhere to the code of contact of the Wheeler Swim and Dive Team, Wheeler High School and the Cobb County School District.
2. Attendance:
 - a. Attend 90% of practices excluding the five personal days
 - b. Attend all the meets that (s)he is entered by the coaches.
 - c. Attend all team meetings
3. Performance:
 - a. Qualify for the County Championship or the State Meet (relays count)
 - b. Show a marked improvement or determination to improve as seen by the coaches

Swim & Dive Meets

Most meets will occur on the weekends, and depending on the meet, may last anywhere from 3 hours to 8 hours. All meet information will be posted on the team's blog and calendar. Any meet at held at the Cobb Aquatic Center or the Mountain View Aquatic Center are considered "home" meets and each athlete will need to provide his/her own transportation.

Date	Meet	Location
11/10	Lassiter Quad Meet*	Cobb Aquatic Center
11/16 & 17	Cobb Time Trials & Relays	Mt. View Aquatic Center
12/8	Mustang Invitational*	Cobb Aquatic Center
12/14	Cobb County Dive Challenge**	Cobb Aquatic Center
12/15	Cobb Quads*	Cobb Aquatic Center
12/21	Campbell Quad*	Cobb Aquatic Center
1/5	Wheeler Quad*	Cobb Aquatic Center
1/12	McEachern Indian Invitational	Mt. View Aquatic Center
1/18 & 19	Clarke-Oconee Invitational*	UGA Ramsey Center
1/26	"JV" Championships*	Cobb Aquatic Center
1/24-26	County Championships*	CAC (Thur)/MVAC (Fri&Sat)
2/1†	Wheeler Last Chance Dive Meet**	Cobb Aquatic Center
2/8 & 9	State Championships*	GA Tech

* Indicates a meet with diving

**Indicates a dive only meet

† The date of this meet depends on the deadline for proof of performance

Communication

The Coaches and Booster Club will communicate all pertinent team information via the following sources:

- Email
- Team Website and Blog
- Team Google Calendar
- Phone & Text (when necessary)

**Wheeler Swim & Dive Team
Contract
2012 – 2013**

Name: _____

As a member of the Swim and Dive team I pledge to the following:

I will adhere to all Wheeler High School, Wheeler Swim & Dive Team, and Cob County School District rules and regulations.

I will endeavor to participate in all practices and meets; arriving on time and swimming and/or diving to the best of my ability for the duration of the practice and meet.

I will exhibit a positive attitude toward my teammates, coaches and competitors.

I will do my best to exemplify good sportsmanship as well as good academic effort as I represent Wheeler High School.

I have read, understand, and will adhere to the rules and regulations for participating on the Wheeler Swim and Dive Team.

X _____ Date: _____
(Parent/Guardian Signature)

X _____ Date: _____
(Athlete Signature)

Wheeler Swim and Dive Booster Club Registration

Payment Deadline: October 23, 2012

Dear Parent or Guardian,

Thank you in advance for your participation in the Wheeler Swim and Dive Booster Club! Without your support – both financial and time – we couldn't make this work for our teens. The Wheeler Swim and Dive Team has turned into "THE" place to be (per our teens! ☺) Please complete this form and return it and your check or cash to Denise McCurdy, WHS Swim and Dive Booster President (see below for details).

Information for Coaches	
<p>Athlete Information:</p> <p>Athlete's Name: _____</p> <p>Grade Level: _____</p> <p>Circle One: Male Female</p> <p>Circle One: Swim Dive</p> <p>Year Round: _____ (Mark if yes)</p>	<p>Parent Information:</p> <p>Parent Name: _____</p> <p>Parent E-mail Address: _____</p> <p>Emergency #: _____</p>

Uniform

All athletes must have a team swimsuit to participate in any meets. Swimmers and divers must purchase their suit directly from Kast-a-Way. See Wheeler Swim and Dive handbook for additional information.

Team Dues

The team dues are \$185 for the 2012-2013 swim season. The dues cover all team supplies, pool dues, meet entries, snacks for the meets, t-shirts, swim caps, awards, breakfast meetings, kick-off dinner, and end-of-season banquet costs.

Please make checks payable to **WHEELER SWIM AND DIVE BOOSTER** and mail to Denise McCurdy at 3582 Tuckers Farm SE, Marietta, GA, 30067. My email is denisemccurdy@me.com, and cell is 404-405-2672 if you need to reach me. Please ensure all dues and this registration form are either mailed to me OR dropped off in the Swim Booster box, located in Coach Colasurdo's classroom, trailer 7.

Check # _____ or cash (circle one) Circle athlete's t-shirt size: AS AM AL ACL AXXL

Volunteers

We both need and want parent involvement - your participation is critical. Thank you in advance!

- Blue & Gold Charity Meet _____
- Bulletin Board/Photographer/Slide Show _____
- Inventory Control _____
- Meet Volunteer Coordinator (we need 3) _____
- Potluck Dinner Coordinator (Oct 23, 2012) _____
- Webmaster _____
- Senior Night/Senior Parkas _____
- Snack Parent Coordinator _____
- Spirit Wear _____
- UGA Meet Coordinator _____