

Hayfield Swim and Dive Team
2018-2019 Season

Rules & Regulations, Time/Dive Tryout Guidelines, Lettering Requirements

Rules & Regulations

The purpose of any athletic program is to develop not only physical skills, but to increase mental awareness, strengthen character, promote good sportsmanship, and to develop all team members into well rounded STUDENT ATHLETES. In order to achieve these objectives, the following guidelines are presented to supplement the Fairfax County Public Schools Participation Policy so that you will fully understand the standards of behavior you are expected to follow.

1. Team members are representatives of Hayfield Secondary School and have a responsibility to abide by all rules and regulations. Any disciplinary action taken for failure to meet this responsibility may include removal from the team.
2. Team members are expected to attend all classes regularly and on time. School rules require that students must be in school for ALL PERIODS in order to attend a meet. VHSL eligibility rules require that students pass 5 credit subjects in order to be eligible for participation in athletics.
3. Team members are expected to attend all practices, meets, team bonding events, and meetings; and to be on time (be on the 3:10 bus; or on deck by 3:35). Attendance is taken. If for some reason you cannot attend it is imperative that you get in touch with the head coach and let them know why via email. Academics come first so if a team member requires assistance from a teacher after school, please notify the head coach prior to the day you will be staying after and present a note to the coach signed by the teacher for your absence the next practice day. If you arrive at practice separately, it is your responsibility to sign in to obtain credit for attendance. Those who are frequently absent are a lesser priority with regards to meet participation. They may be entered in less events than desired, events that may not be their top preference, or not entered at all; they also may jeopardize receipt of a Varsity Letter. Try to schedule appointments etc. after practice.
4. Transportation to Lee District Recreation Center is provided with a bus that leaves the school at 3:10 and returns to the school approximately 5:15 pm. Student athletes are required to ride the bus to and from practice/meets unless **specifically approved by the coach (and in writing via the approved documentation)**. Parents are responsible for pickup from the high school; consistently late pickups will be dealt

with on a case-by-case basis but could result in revoked bus riding privileges.

5. Locker Room Behavior. All athletes must respect the pool facilities we utilize and abide by the rules of the facility. Following practices and meets, all athletes are expected to quickly change and head to the bus. For those who are consistently late departing the locker room, bus privileges could be revoked.

6. Any member of a swim or dive club is still expected to attend Hayfield practices the days they have club practice. They are not expected to practice twice a day; but their skills are valuable to the team and as such benefit the team overall if they are present to share knowledge/tips, assist others as needed, and contribute to the overall development of the team.

7. All team members are expected to attend all meets that they qualify for, including districts, regional's, and states. Transportation is provided. All members are required to ride the bus to and from the meet unless approval is granted in advance. If problems arise please discuss with the head coach.

8. Team members absent from a swim meet will be dealt with on a case-by-case basis. The only legitimate reasons for missing a meet would be for illness, family emergencies, participation in a US swimming meet, or pre-excused absence. Missing a meet may result in forfeiture of awards. Regardless, any absences must be communicated to the head coach in advance of the meet. Last minute absences from meets require a text so the coach can immediately adjust the meet entries.

9. Team members are expected to conduct themselves in a sportsmanlike manner at all times. The interests of the team and your teammates COME FIRST!

10. Team members are expected to show respect to their coaches, teachers, opponents, and to obey all rules and regulations pertaining to the team, school, and pool.

Time /Dive Tryout Guidelines

Tryouts begin Monday, November 5th. All mandatory training/forms must be submitted before being eligible to tryout. Swim tryouts will conclude Thursday, November 8th. Dive tryouts will conclude Monday, November 12th. It is mandatory that athletes attend each of the four days of tryouts. (Excused absentees may be accepted on a case by case basis.)

Criteria used to select the team:

- attended all tryout dates
- coachable
- good attitude
- able to breathe correctly, dive off the blocks, do a freestyle flip turn, swim or dive safely
- swim freestyle, backstroke, breast-stroke
- meet dive guidelines as per dive coach

Tryouts will consist of swimming events such as the 50/100 free/back/breast.

Our philosophy is to include as many students as possible, assuming all participants are beyond the beginner phases. Unfortunately, this is not a 'learn to swim/dive' program as we are not resourced to teach swimming basics (we are limited in the number of practice lanes and coaches). Divers are limited to 5 girls and 5 boys due to constrained resources including number of practice and competition boards; and limited meet entries.

Varsity Letter Guidelines

In order to earn a varsity letter in swimming and diving, a member must meet all requirements as stated above; score a minimum of 24 points during the season, drop times in meet, or be approved by the coach. The coaching staff will make the final decision on any and all awards. All swimmers must also swim either in a swim meet or time trial, each of the individual swimming events.

Criteria that does NOT count:

- Captain status
- Just because you are a Senior
- Just because you earned one last year

I have read the above information and understand all requirements.

(Parent Signature)

I have read the above information and understand all requirements.

(Student Athlete Signature)

