

THE WOODLANDS



TEAM HANDBOOK

COMMITTED TO EXCELLENCE

2021-2022



The Woodlands High School Swimming & Diving 2021-2022



COMMUNICATION IS KEY!!!

**If you know in advance that you will be out, notify your coach ASAP.
ATHLETE & PARENT SHOULD BE SIGNED UP FOR OUR REMIND 101.**

In-Season Practice Information/Transportation:

We have both AM & PM swim classes for the 2021-2022 season. Diving is only offered during the PM class. Divers will follow Coach Witt's training plan.

AM Class Requirements: Fulfill tryout requirements and Swim with a USA Club Team with at least 80% attendance.

****If you meet the above requirements you will be **considered** for the AM class.*

PM Class Requirements: Fulfill tryout requirements.

***Ultimately the coach will make the final decision on what class athletes will be placed in. The previous years attendance, grades, and referrals may prevent someone from being on the team or determine what class you get put in.*

AM Normal Practice: This schedule will vary from week to week depending on several factors. Typically, we will have 1 study hall day each week. The study hall will normally be on Wednesday. You must provide your own transportation to practice, and a bus will take you from practice to your 2nd / 6th period.

- **Monday & Friday: Swim Days @The Nat**

- 6:00-7:45a

- On swim days, a bus will pick you up @ ~8:15 to transport you from the Nat to your campus for your 2nd / 6th period class. If you arrive on campus early, you must sit in the cafeteria until the bell rings releasing you to go to 2nd / 6th period.

- **Tuesday & Thursday: Dry-land Days @TWHS Main Campus**

- 6:45~8:00a

- On dry-land days a bus will pick up freshman @ ~8:30 to transport you to the 9th grade campus for your 2nd / 6th period class. If you arrive on campus early, you must sit in the cafeteria until the bell rings releasing you to go to 2nd / 6th period.

- **Wednesday: Study Hall on Main Campus in the Cafeteria / Optional Swim & Make up practice**

- STUDY HALL: ~7:20-8:45a

- Optional Swim / Make Up: 6-7:45

PM Normal Practice: This schedule will vary from week to week depending on several factors. A bus will bring you to the Nat and you must provide your own transportation home from practice. Club swimmers in this class may have an altered practice schedule that will allow them to participate in both club and high school.

- **Monday - Friday: Swim @The Nat** (Some days we may do drylands or wetlands)

- ~1:45~3:30p

-Immediately after 3rd / 7th period you will get on the bus from your campus to come to the Nat. NOT "miss" the bus!!! Car riders will leave TWHS immediately after 3rd / 7th period ends and drive to the Nat. Once you arrive at the Nat, get dressed and start stretching.

CAR RIDERS: All Car riders must have written consent on file with the school district before he or she can drive or be driven between campuses and the Natatorium.

Physicals / Paperwork:

1. Physicals & All Paperwork must be turned in before you can begin participating.
2. Personal Vehicle Use Form (with physical paperwork)
3. Guideline's acceptance & Social Media Release Form (sign the last page of these guidelines)

LOCKERS:

Lock It Up All the Time!! Theft is always an issue at some point in a season. Students should secure all valuables and never leave out anything of value. Lock everything in your locker! It may take a little longer, but it is worth it.

**At the Nat, you can bring your own lock to place on a locker during practice. The lock must be removed every day. You can also keep your belongings on the pool deck. At each campus, a locker can be issued to keep your belongings secure during the school day.*

How You Are Graded:

At the beginning of each nine weeks every student will have a **100** for their grade. Each time a student does not **Dress Out & Participate** for class he/she will get **-5 points** taken off from their grade (on school days). The purpose of this is to help the coaches, parents, & athlete track missed practices.

MAKE – UP PRACTICES / BEING LATE / LEAVING EARLY:

Athletes must make up **ANY & ALL** missed practices (unless the athlete missed the entire school day and it was an excused absence)! If an athlete makes up a missed practice, they will not receive a reduction off their grade. If an athlete is late to practice, they must stay after practice on that day to do the required make up. If they must leave practice early, they must make it up the next day. If you are more than 15 minutes late or must leave more than 15 minutes early it will be treated like a missed practice ***If missing practice, being late, or leaving early becomes a problem this will be grounds for removal.**

Make up Requirements:

Missed Practice (-5): 1 mile run or 12x50 Fr @:40 after practice = +5

**Some missed practices will be required to be made up during the Wednesday Make up practice.*

Late / Leaving Early: 800M run / 6x50 Fr @:40 after practice or / 100 push ups / 100 Leg Lifts

TEAM UNIFORMS:

On meet days we will wear our team uniform. The uniform may be different from year to year. It is important that we represent The Woodlands High School and be unified. During the meet you must wear our team suit (unless it is a championship meet) and if you wear a cap it must be our team cap.

What Is Expected

The following are rules and guidelines expected of all athletes. Not following these guidelines will jeopardize your place in the program. We know students are in this class because they love to swim/dive and want to get better at it. Swimming & Diving is an athletic sport and is a privilege not a right.

1. Students are expected to attend practice and swim daily!

- **Students who forget equipment (suit, goggles, dry-land clothes etc.):** may be given some loaner equipment to be worn. Students who refuse to participate when given loaner equipment will be graded accordingly. Excessive abuse to this rule may result in removal from the program.

- **Missing Practice:** If you have an unexcused absence in this class, it will result in a 5-point reduction from your grade for that day. A student who receives 6 or more unexcused absences in a semester may be dropped from the class at semester or at the end of the 9 weeks. **All missed practices must be communicated.**
- **Illness:** If a student misses' school due to illness, he/she must contact the school and turn in a note for an excused absence. You must also communicate with the coach.
- **Parents Note:** Students who come in with a parent note will still be asked to participate but will be given a modified practice based on what they can do. Students who do not participate will be graded accordingly.
- **Doctors Note / Injuries:** The goal of this class is to become the best swimmer/diver possible and to do that we sometimes must be creative in working through injuries. We will always try and modify workouts to at least maintain our fitness levels. Students **who have a medical excuse** and not allowed to participate in **any** physical activity can help the coaches in some way during practice and are expected to show up at the regularly scheduled practice times.

2. Be on Time!

It is important for each student to be on time. If practice starts at 6:00 a.m., do not show up at 6:00 a.m. Be there early enough to get dressed and ready to start on time. Being late for practice is not acceptable. If being late becomes a common occurrence, a parent meeting will take place. If the problem continues it may be grounds for removal from the program.

3. When at Practice Do Your Best!

Everyone has good days and bad days, but it is important to do **your best** every day. Part of doing your best involves giving an honest effort in practice. If you are not giving an honest effort or are distracting others you will be asked to leave practice, you will be required to make it up another day, and your parents will be contacted. Not giving an honest effort or distracting others will not be tolerated and may be grounds for removal.

4. The “TEAM” is more important than the “INDIVIDUAL”!

Bullying in any way will not be tolerated! Putting others down for being slower will not be tolerated. If someone is doing his or her best, regardless of how fast or how well, they are a valuable member of this team. Don't assume because you can do it, that everyone else can too. No one individual, regardless of ability, is more important than the team as a whole!!!

5. Think before you Act and Post!

Social media accounts should be used with professionalism. Remember when you post something it can't be taken back. It could affect you or others for the rest of your/their life. Inappropriate actions or posts will not be tolerated and may be handled with school discipline and/or disciplinary action within the program.

6. Taking Care of your Facility!

Take care of your facilities and do not allow others to mess with it either. Many hours are put into keeping the facilities nice and clean. It is every one's responsibility to help keep it that way. If you are aware of someone doing something to this facility inside or out, let one of the coaches know, anonymously, and we will deal with them. Vandalizing school property may be grounds for removal.

7. Watch Your Language!

Profanity or inappropriate language is offensive to me and others and will not be tolerated.

8. Meet Attendance!

Students who do not show up for a scheduled meet without properly notifying the coach may be removed from the program.

*Students must ride the bus home at away meets unless proper approval has been given in advance.

*Students must stay until the end of each meet for cleanup, meetings, awards, etc.

9. Be Good Role Models for Conroe I.S.D.!

When you are out in the public eye as a representative of TWHS Swimming & Diving Team, be a good role model. People will judge the program by how you act in the classroom, at a meet, or in the public eye. When you are wearing a t-shirt or anything else that identifies you with the T.W.H.S. Swim & Dive Team, you will be representing this team not just yourself. When we are at other facilities or restaurants, we will be respectful, and we will clean up after ourselves.

10. Code of Conduct:

- Demonstrate respect with words and actions for themselves, their teammates, their coaches, their opponents, their fans, and the officials.
- Display a positive attitude towards all aspects of this program.
- Discuss any issues with coaches first, not with athletes.
- Support the shared visions that the team and coaches generate; be an active participant in developing and implementing this shared vision.

You are ambassadors of our sport, to the school, and community. Athletes are expected to be exemplary in every way.

How to Handle Specific Circumstances:

1. Tutorials

1. If you are a AM athlete, you must attend tutorials on our study hall days, after school or during advisory unless proper approval has been given.
2. If you are a PM athlete, you must attend tutorials before school or during advisory unless proper approval has been given.

2. STAYING ON CAMPUS

The situation may arise that an athlete may need to be on campus and miss practice. This is a **rare** situation and requires proper approval. If proper steps are not taken you could be considered truant.

1. Your teacher must email the coach 1 day prior to the day of tutoring or make up. If the teacher can't work around our scheduled practice time then you will be allowed to stay on campus.
2. You will be asked to report to a designated area during your swim period if you can't remain with the teacher during that period.

3. Clubs or UIL Related Activities

If there is a conflict with practice and another activity, swimming is the top priority while "in season", and missing practice is discouraged. If it is a U.I.L. activity, then the coach and other U.I.L. sponsor will meet to decide what is in the best interest of the student.

Equipment Needed:

The following items are those that must be supplied by all swimmers. Each swimmer will be given a team wet bag and they should keep all practice gear in this wet bag. It must be brought to practice each day.

1. Practice Suits
2. Pull Buoy
3. Goggles
4. Kick Board
5. Fins
6. Hand Paddles

Team Captains:

All seniors on the team will be expected to lead the team and be a positive team captain by meeting the following requirements.

1. **Team Captains must be able and willing to attend all** scheduled meets, practices and team functions.
2. **Team Captains will meet** with the coaching staff regarding the team.
3. **Team Captains are expected to help in delegating bus clean up** for all away meets.
4. **Team Captains must make sure the “Team Area”** where we sit at meets is clean and all personal items have been picked up.
5. **Team Captains will help make sure everyone has a way home after a meet** and no one is left by themselves.
6. **Team Captains are expected to be positive role models** to the team at meets, practice and in school.
7. **Team Captains will assist the Coaches** with planning team building, team pictures, team t-shirts etc.
8. **Team Captains are the voice of the team** and should help in communicating that to the coaching staff.

To be a good leader you must be a good servant. Serving others and meeting their needs is the role of any good leader. Keep that in mind before you agree to **serve** as a Team Captain. At the end of the year a leadership award will be given.

How You Earn a Letter Jacket:

Earning a varsity letter jacket is an important milestone in an athlete's career and it should be difficult but attainable. The following information explains how an individual can earn a varsity letter jacket.

1. ***Practice Attendance.*** The most important thing you can do to help yourself and this team is to attend practice on a regular basis. Swimmers who wish to earn a letter must first **attend 90% of the practices offered**. Practices that had to be made up still count against your practice attendance. Attendance will be taken every day.
2. ***Attend and Participate in Scheduled Meets.*** Meets are scheduled throughout the year and each member of the team is important to our success. The only meets that are excused are those due to extreme illnesses, family emergency, taking SAT or ACT test and other conflicts pre-approved by the coach. **Students should make the coach aware in advance** of missing a meet. Family trips, hunting trips, or other outside activities not approved by the coach are not considered an excuse to miss a meet.
3. ***Maintain Academic Excellence.*** We have four 9-week grading periods throughout the year, but student's grades are determined in six week increments and any student who becomes ineligible due to grades **more than 1** time during the swimming season will not be allowed to letter for that year.
4. ***Be A Good Role Model for Conroe I.S.D.*** We want those who earn a letter jacket to represent The Woodlands Swimming & Diving team in a positive way. Misbehaving in class, on the bus, or at school functions will not be tolerated.
5. **Swim or Dive in the Varsity District Meet**

OR

Any senior that has been with the program from the start of their freshman year will automatically earn a letter. They must **also** meet all the other criteria. They will measure for a letter jacket at the end of the Swimming & Diving season.

THE COACH HAS THE FINAL DECISION ON WHO LETTERS!

How Swimming Works

The following information is general information about how swimming works.

1. District 13 6A Participating Teams

Conroe, Oak Ridge, The Woodlands, College Park, & Willis

2. The Swimming Season.

- The U.I.L. sets starting dates and ending dates for all U.I.L. athletic sports. These dates indicate when you can practice outside of the school day. **Swimming can begin on the 1st day of school**, and will conclude when the team has completed its season (Sometime in January or February depending upon how far they advance).
- **Our swim meets usually begin in September** and end mid-February.

3. How the Swimming Season Works.

- **Swimming & Diving is much different than regular team sports** like football, basketball or volleyball. Swimming doesn't keep a win/loss record for the purpose who of determining the district champion. The district champions, individually or as a team, are determined by the results of the district meet. The meets held during the regular season are scored and records are kept, but they don't play a part in your overall team standings.
- **Duel and Tri Meets.** These are meets where 2 or 3 teams go head to head in competition. Each individual plays a role in duel meets because almost everyone scores points for the team. Duel and Tri meets are fun and exciting for athletes and spectators.
- **Invitational Meets.** There are different types of invitational meets and some have qualifying times to participate. Timed-final meets are those meets where swimmers only swim their race once, and a Prelim-final meet is where an individual or relay team must swim fast enough in prelims to qualify them for finals.
- **District-Region-State.** The district meet is the meet that determines not only district team and individual champions, but also swimmers and divers that qualify to move on to the next level. Each team can enter 4 swimmers in individual events and only 1 relay team in each relay. The top 6 individual and relay places will advance to the regional meet. At region, the 1st place & 2nd place finisher in each event will advance to state and then the next 8 fastest times across the state will also get a bid to the state meet.
- **How many events can a swimmer swim?** Swimmers can swim in either 2 individual events & 2 relays or 1 individual event & 3 relays. This will be decided by the coaching staff. (Diving is counted as 1 event)

Off Season Practice Schedule TBA

Holiday Practice Schedule

Swimming & Diving has a very long season. It is very important that each athlete understand that they are expected to practice during school holidays. Those dates are listed below. Please plan vacations around our practice times. Club swimmers can attend club practice in place of/or in addition to the following high school practices:

-Nov. 22-24	Holiday Break We Will Practice	Time TBA
-Dec. 20-22	Holiday Break We Will Practice	Time TBA
-Dec. 27 – Dec. 31	Holiday Break We Will Practice	Time TBA
-Jan. 3-4 th	Holiday Break We Will Practice	Time TBA

THIS SCHEDULE IS SUBJECT TO CHANGE!!!!

Team Members and Parents - please visit our team web site to stay informed. Meet information, meet schedule, meet results, pictures, team roster, records, & important information will be posted on it. You can access the team web site from the TWHS home page or use the link below. We have a team twitter account that will be used as a fun tool for photo ops at different events (practice, meets, special events, etc.). We also have remind 101 accounts (broken up by graduating class) that will be used to get information out quick via text message. If you haven't already, sign up for these accounts today.

TEAM WEBSITE:

<http://www.drophammer.com/>

TEAM TWITTER:

@Highlander_H20

REMIND 101 ACCOUNTS:

Class of 2022 Athletes & Parents: Text @forthew22 to 81010

Class of 2023 Athletes & Parents: Text @forthew23 to 81010

Class of 2024 Athletes & Parents: Text @forthew24 to 81010

Class of 2025 Athletes & Parents: Text @forthew25 to 81010



Sign and Return This Page after Reading
Acknowledgement of Rules & Regulations
THE WOODLANDS HIGH SCHOOL
2021-2022



I have read and understand the expectations, rules, and procedures for The Woodlands Swim & Dive Team. I also understand this handbook is in addition to the CISD athletic Policies. By signing this form, you are agreeing to abide by all the rules and regulations of the TWHS Swim & Dive Team and accept the CISD athletic Policies. Also, by signing this you authorize the use of your child's name, picture, or likeness in the school sponsored yearbook, swim meet heat sheets, team emails, banquet video(s), our team website, our social media & other areas that pertain to the program. I understand that the guidelines in this handbook are subject to change at the coaches' discretion.

Student Information:

Student's Name:
First: _____ *(please print)*
Middle: _____ *(please print)*
Last: _____ *(please print)*
Preferred Name: _____ *(please print)*
Student's Date of Birth: _____
USA Swimming ID: _____

Parent contact Information:

Parent's Name: _____ *(please print)*
Phone: _____
E-Mail: _____

Student Signature _____ **Date** _____

Parent/Guardian Signature _____ **Date** _____

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