

**OOLTEWAH &
EAST HAMILTON
HIGH SCHOOL**



**SWIM CLUB
Team Handbook**

Ooltewah / East Hamilton High School Swim Club

OOLTEWAH / EAST HAMILTON HIGH SCHOOL SWIM CLUB: Membership is open to any 9th through 12th grader who has an interest in competitive swimming. Students from other Hamilton County Schools that do not field a swim team may also participate. Membership is also open to any 6th, 7th or 8th grade middle school student if space is available. Middle school students may compete in designated dual high school swim meets, and will have some separate dual meets. Middle school students cannot letter or compete at the KISL or High School State Championship meets. All members will swim at practices and swim meets. There are no try-outs and no one has to make time standards to participate. Our club activities are similar to other High School athletic teams. The exception is that swimming is not a TSSAA sport, and therefore Hamilton County Schools does not provide the funds for coaches, pools, etc. Expenses are met through swimmers fees, fundraising events and sponsorships. All members are expected to participate in the fundraising events. The KISL (Knox Interscholastic Swim League) requires that swimmers meet all academic and residency requirements of their school as for any other sport.

COACH:

Coach Ken Buchanan - Buchanan_Ken@HCDE.org

EQUIPMENT: For practice you will need a competition-style suit, goggles, kick board, fins, swim paddles, pull buoy and a mesh bag to keep all your equipment in. Team Suits, Team Caps, team t-shirts and hoodies, and other equipment may be purchased through a designated retail outlet. The retailer will attend a team practice early in the season to accept orders. T-shirts for family members may be ordered at this time also.

PRACTICE SCHEDULE:

- **Dry lands:** A dry land session will be held at practice. This time period is designed to further the conditioning of the athletes, as well as provide time for important activities and team announcements. **BE ON TIME!!!!**
- **If Hamilton County schools are out for snow days we will NOT have swimming practice or competition that day.**

Meet Scheduling: Scheduling for swim meets will be finalized throughout the month of October. Everyone will be notified as soon as possible upon the conclusion of the meet schedule.

COST: \$250.00 per high school swimmer, and \$160 per middle school swimmer (no KISL fees and less meets). These fees go toward the pool rental, coaching, dual meet and invitational team fees, KISL membership registration, TISCA membership, insurance, awards and team equipment. In addition each family is required to pay \$60.00 in fund-raising fees. Fees may be paid in full or in payments. All fees are due the first week of practice, unless a payment schedule has been worked out with the team Treasurer. **All fees are non-refundable after a one-week probationary period (the Stroke Clinic week).** Any swimmer who is not paid in full by the end of the one week probationary period will not be allowed to swim (unless previous arrangements have been made) until the balance of his/her fees are paid. Checks should be made payable to OHS Swim Club. Contact Wendi Hingson for payment arrangements and options, whingson@icloud.com

Communications concerning swim club will be done by Facebook, OHSSC website, rainedout.com, and email. Please check emails on a regular basis!!!! You need to send an email to whingson@icloud.com to get on email list. Please add this address to your contacts, so our emails do not go to spam.

TO RECEIVE TEXT ALERTS FOR ANY SCHEDULE CHANGES AND REMINDERS, SIGN UP WITH YOUR CELL PHONE NUMBER AT WWW.RAINEDOUT.COM.

We have a facebook page, Ooltewah/East Hamilton High School Swim Club, and announcements appear there regularly. It is being updated as quickly as possible. The website is <http://>

Athlete Responsibilities: Ooltewah / East Hamilton High School Swim Club

You are a member of Ooltewah / East Hamilton High School Swim Club. The 2017-2018 season will be your opportunity to be a part of the club's continuing tradition. As a member of Ooltewah / East Hamilton High School Swim Club, you will learn to compete at your highest level, create and utilize a championship attitude, and develop as an honorable member of our community, and most importantly, as a student-athlete. We cannot accomplish our goals as a team if you personally do not do your best for your teammates, school and community.

As a member of Ooltewah / East Hamilton High School Swim Club, you are expected to contribute to these traditions. Being a successful member of this team will give you a sense of accomplishment for years to come, and will give Ooltewah / East Hamilton High School a team of which they are proud.

When you choose to represent Ooltewah / East Hamilton High School, you choose to give your best efforts for your team and school. The following are some of the responsibilities that go along with being a member of Ooltewah / East Hamilton High School Swim Club.

1. Responsibility to Academics

The number one reason you attend school is to work towards an education that will serve you the rest of your life. You owe it to yourself to get the best education you can.

2. Responsibility to your Community

You automatically assume a leadership role by becoming a member of our Team. Faculty, Administration, and fellow students will judge you by your language, appearance, actions and attitudes. Because of your position, you can contribute greatly to the spirit of our community pride. You have a responsibility to represent your team and school in a manner that will make current and future Ooltewah / East Hamilton Swim Team members proud.

3. Responsibility of an Ooltewah / East Hamilton Swimmer

As a member of Ooltewah / East Hamilton High School Swim Club, you will be representing your school at local, regional, and state events throughout the course of this season. It is your responsibility to do your very best to compete at the highest level you can achieve while portraying a positive attitude and Team Spirit that represents your Coaches, Teammates and Institution in the best way possible.

4. Responsibility to YOUR TEAM

You are responsible for regular attendance at practice and all dual/tri swim meets. Invitational meets are optional, but highly encouraged.

ELIGIBILITY REQUIREMENTS:

1. **Academics:** Students must maintain the same academic eligibility requirements as any other high school sport to remain on the team. This includes passing classes and maintaining a GPA of 2.5, as stated in OHS policy. Academic Progress Reports will be collected upon request in order to establish student/athlete eligibility. Be prepared to provide your printed progress report to the coaches as requested.
2. **Swim Club Handbook:** In order to participate as a member of OH/EHHSSC, every athlete and their family must understand the rules and guidelines of the team. All athletes will turn in the registration page with both a parent signature, and the athlete's signature, stating that they have read and understand the rules and guidelines of OH/EHHSSC. The athlete will not be part of the team without understanding and **signing** this document.
3. **Physical Forms:** All swimmers **MUST** have a physical exam before they are allowed to participate with OH/EHHSSC. This is to ensure that all athletes are capable of handling training given by the coaching staff, and to alert us to any physical conditions that may be very important in your children's safety.
4. **Health:** No one who is obviously ill will be allowed to participate in training or competition. If you become ill or injured during practice or in competition you must get out of the pool and call a parent to come get you. Needing to rest is not the same as being ill.
5. **Training:** Athletes should expect to accomplish workouts in the 2000-4000 yard range. All athletes on the team will be instructed in the four competitive strokes, starts, turns, and meet etiquette, along with being divided into training groups in various practices according to ability and stroke specification.
6. **Competition:** Coaches will assign swimmers to meet events based on their times and demonstrated abilities. Those not assigned to a scoring event will swim the exhibition heats. In the unlikely event that exhibition heats are not allowed at a certain meet swimmers assigned to exhibition heats will not be penalized for not swimming. Every exhibition swimmer will be expected to work towards earning a spot in the scoring heat.
7. **Conduct:** All athletes are expected to follow team rules and be a positive representation of their school, family, and team at all times. Any violation of the law, school, and/or team rules may result in suspension from the team or dismissal from the team entirely.

(See Disciplinary Policy)

DISCIPLINARY POLICY:

1. Any swimmer consistently undermining practices and not cooperating (i.e. refusing to comply with or ignoring) with the Coach's directives will be instructed to get out of the pool. If any one swimmer has to be instructed to get out of the pool 3 times throughout the course of the season, that swimmer will be dismissed from the team.
2. **Use or possession of Illegal Drugs or Alcohol is strictly prohibited!!! Violation in this area will result in IMMEDIATE dismissal from the team.**
3. Any swimmer violating team rules or making a poor representation of Ooltewah / East Hamilton High School at a home or out of town meets will be disciplined and/or immediately dismissed from the team. Their parents/guardians will be contacted and it will be the responsibility of that parent/guardian to pick up or provide transportation of that swimmer home.
4. It is the policy of OH/EHHSSC to treat everyone (i.e. Coaches, Officials, Teachers, Parents and Fellow Swimmers with **DIGNITY and RESPECT**. Any violation of this will result in disciplinary action up to and including dismissal from the team.
5. Absences from swim meets that have not been previously discussed with the coaching staff are strictly prohibited. As a member of OH/EHHSSC, you are depended upon by your team and coaches. Emergencies happen, and we understand this. Notify your coaches no matter what!!! There is no excuse for leaving your team shorthanded.
6. Disciplinary issues will be dealt with using a 3 STRIKE POLICY. Three major infractions of team rules will result in dismissal from the team for the remainder of the competition season.
7. Athletes dismissed from the team in previous years are allowed to rejoin Ooltewah / East Hamilton with the understanding that they are under a Zero-Tolerance Policy. If you have been excused from our team in a previous season, we expect that you have learned from previous experience. You will be excused from the team permanently upon your first infraction.
8. **TEAM FEES WILL NOT BE REFUNDED WHEN THE OHS SWIM CLUB DISMISSES A SWIMMER FOR DISCIPLINARY ACTIONS.**