



SHS Swim and Dive 2016-2017

Welcome all interested Swim & Dive program members!

The swim program at Sequoyah has a very distinguished history including numerous county champions, several state finalists, and the 3rd place finish by our Girls State team last season. Each year we look to improve on the previous years' successes and carry on the tradition your predecessors have worked so hard to develop. We look forward to a fabulous season of swimming and diving!

IMPORTANT INFORMATION AT A GLANCE

Contact Information: Coach Miriam Greene can be reached at miriam.greene@cherokee.k12.ga.us or in Room 1213 before or after school. Coach Nell Hess can be reached at nellbhess@gmail.com.

Dryland: Will be held October 3, 4, 6, 10, 11 & 13 from 3:30-4:30pm at SHS. Meet in room 1129 immediately after school on these days. The **physical packet must be completed and filed** with Kellee Greene in the Athletic Directors office room 1203 to participate in dryland.

Practice location: Cherokee County Aquatic Center located off Sixes Road

Practice time (regular): Monday-Thursday from 5:30-7:00am beginning Monday, October 17 and running through Thursday, January 19. The **physical packet must be completed and filed** with Kellee Greene in the Athletic Directors office room 1203 to participate in water practice.

Practice time (holiday): During the Thanksgiving Break, practice will be Monday-Wednesday with time TBDam. The dates are 11/21, 11/22 & 11/23. During the Christmas Break, practice will be Tuesday-Thursday each week with time TBDam. The dates are 12/20, 12/21, 12/22, 12/27, 12/28 & 12/29.

Meet Schedule: A tentative meet schedule is posted on our SwimTopia website. This schedule will be updated as meets are confirmed. The Cherokee County Swim Meet will be held at the CCAC Saturday, January 21 with time TBD. The State Swim & Dive Meet will be held at the Georgia Tech Aquatics Center February 2 (diving), 3 (pre-lims) & 4 (finals) with time TBD. Only swimmers who qualify for State or named alternates will attend the State Meet with the team and be allowed on the pool deck.

COMMUNICATION

ALL communication concerning the Sequoyah Swim & Dive program MUST go through Coach Greene! Booster Club officers or committee members are not to be exclusively addressed concerning any issue related to the Sequoyah Swim & Dive program. Coach Greene MUST be included in ANY correspondence.

Website: <https://sequoyahswimchiefs.swimtopia.com/> is updated regularly with new information.

Email: Information will also be emailed so please provide an accurate email address – one that is checked frequently.

Twitter: SHS Swim & Dive has a twitter account that is operational. One of our tech savvy parents will be handling these updates.

Remind 101: Will be set up to notify swimmers and parents of timely information.

ELIGIBILITY

A student must be in **good academic standing** to be part of the swim and dive program. A student cannot fail more than ONE subject a semester. Also, a certain amount of credits are required for promotion to the next grade level which is also part of eligibility. If a student fails one class each semester, by junior year he/she will not be swimming, he/she will be making up classes. The bottom line is – maintain good grades!

CONCUSSION IMPACT TEST

It is required that the Concussion Impact Test be given to each athlete with parental permission. The test is done on the computer at school. A permission slip is required to be signed by the parent and is included in the physical packet. If the parent does not give permission the student can still swim, but the signed form must be returned before an athlete can participate in dryland or water practice.

The Concussion Impact Test is required every two years. All freshman will have to take the Concussion Impact Test as will anyone who has been on the team for two years. Athletes will be informed of the date, time and room number as soon as the test information is confirmed with our CHOA trainer.

PRACTICE

Practice is held at the Cherokee County Aquatics Center located off Sixes Road. There is no bus or other school transportation to or from practice. Parents will need to make arrangements to ensure their child has a means of getting to practice and then to school. This should be done through carpooling with other parents, arranging with upperclassmen for a ride, or by allowing athletes to drive themselves. Keep in mind, being on the swim team does not guarantee a parking spot at the school.

Athletes are expected to show up for all practices unless a coach has granted him/her an excused absence in advance or an unforeseen emergency occurred to prevent him/her from attending. In case of an unforeseen emergency, the athlete must contact the coach at the earliest possible time to inform her of the situation.

Athletes are expected to show up for all practices on time unless a coach has granted him/her an excused tardy in advance or an unforeseen emergency occurred to prevent him/her from being on time. In case of an unforeseen emergency, the athlete must contact the coach at the earliest possible time to inform her of the situation. Since we have to pay for our practice time and time is limited, it is very important that athletes are at practice on time and prepared to get into the water immediately. Three unexcused tardies counts as an unexcused absence. On time is late.

The punishment for one unexcused missed practice will be a one meet suspension. For two missed practices or combination (practice and meet) the athlete will be removed from the team.

Athletes need to bring a water bottle to practice labeled with his/her name. Bring towels, warm clothes, and warm dry shoes to wear after practice. Bring goggles, 2 practice suits (not the team suit), and if you drive – a spare key to your car. Bring sandals or flip flops for the pool deck and shower to help prevent contracting MRSA.

USA swimming participants are expected to attend all of his/her practices. If possible, it is strongly suggested that he/she attend a few high school practices in order to get to know the other members of the team. It also gives the coaches an opportunity to get to know them and communicate with them regarding swim team particulars. SHS coaches will work with the club coach regarding meets. I am aware that there will be a few HS meets in which USA swimming participants cannot participate. These should be kept them to a minimum.

MEETS

The meet schedule is posted on the SwimTopia website. There will be additional meets added to the current schedule. While most meets on the schedule will be held, sometimes things occur to prevent a meet from taking place such as broken water heaters, bad weather, etc. Sometimes meets have to be rescheduled or a meet has to

be added to the schedule. If this occurs, as much advance warning as possible will be given through website updates, email or Remind 101. If a meet is cancelled and we can be added into a meet that one of the other county teams is hosting, I will try to do that to maximize the opportunity to improve times and have swimmers qualify for States.

A high school swim meet has 24 events (12 boy's events and 12 girl's events). Each event is broken down in heats. Each swimmer is allowed to swim in a maximum of four events with no more than two being individual events in any particular meet.

The fastest swimmers on the team are scheduled to swim in four events to give the team the greatest chance of winning the meet. Slower swimmers are then used to fill the remaining spaces in the events, again based on the swimmers' times in the particular event in which there is an opening. With practice and determination; however, someone who is scheduled for one event in the first meet will get faster and has the potential to earn a spot in more events later in the season.

Most of our meets are dual or tri meets. They last 2-3 hours. We also participate in some invitational meets where there can be many teams competing against each other. These may last all day. Sometimes there are qualifying times as for States and the swimmer must have met those times to be entered. These meets also may be held in a prelim/finals format where the top 8 or 10 competitors in prelims return to swim in finals. There are usually medals, ribbons or other awards given at these meets.

The punishment for one unexcused missed meet will be a one meet suspension. For two missed meets or combination (practice and meet), the athlete will be removed from the team.

When a bus is provided, all team members must ride with the team on the bus.

Athletes must wear the team suit and cap. No USA, Summer League, College, etc. caps may be worn at meets. Our Sequoyah suits and caps meet the required standards by GHSA, the State Athletic Association in charge of rules. Ordering information for the team suit is on the SwimTopia website.

Athletes should also bring towels, flip flops or sandals, warm clothes, and goggles in a bag to each meet.

Leave valuables at home including jewelry. While GHSA rules allow an athlete to wear jewelry, Sequoyah Swim & Dive does not allow athletes to compete wearing jewelry. If an athlete is seen wearing jewelry, he/she will be asked to remove the jewelry before competition. The wearing of jewelry is a distraction since jewelry can fall off/out causing the athlete to slow down in order to 'save' the jewelry. The wearing of jewelry can also cause injury to the athlete or result in ripped swim caps. Failure to comply will be deemed willful refusal and the athlete will be disqualified from the event and will forfeit his/her varsity letter. If an athlete is disqualified from an event for any reason, he/she will pay the missed event fine.

During a meet, athletes are expected to be at the starting block early and swim his/her event. The punishment for missed events is \$5/individual event and \$10/relay. For multiple missed events, the fine is compounded and carried over from each meet.

During a meet, **athletes are expected to stay with the team and no one is allowed to leave until the last event is over and the team has been dismissed from the meet by Coach Greene.** The dedication of an athlete to their team is questioned when an athlete asks if he/she can leave because his/her last event is finished. Every athlete is expected to stay and cheer for his/her teammates. After the meet, athletes will only be released to their parent/guardian. Also, **if an athlete is leaving with a parent, he/she must notify Coach Greene and obtain permission before exiting the activity venue.**

For away meets, athletes will bring their suits, caps, goggles, etc. in a bag and place them in Coach Greene's room #1129. Athletes will retrieve their bags from Coach Greene's room prior to getting on the bus for the meet. Know in advance what time you are to be on the bus. Do not rely on an announcement. Wear your team shirt to school on meet days. **Let everyone know you are proud to be on the Sequoyah Swim & Dive Team!**

Directions are provided for parents to all away meets or parents are welcome to follow the team bus. Parents are encouraged to come to every meet to cheer for their athlete and the team.

Athletes should bring some type of snack food with them to all meets since they need energy for the entire meet. Athletes should also have plenty to drink. Hydration is extremely important to compete successfully. Our Booster club has done a fantastic job providing us with snacks and water during meets, but do not rely on them to do this. It is always possible that a venue will prohibit snacks on the pool deck.

Athletes should also have enough money with them to buy a meal. For away meets when we have time, we will stop on the way home for dinner after the meet.

If an athlete has an injury and wants to wear medical tape, a doctor's note is **REQUIRED** to show the meet official prior to the start of the meet. Otherwise, the use of tape is not allowed.

Conflicts with scheduled meets must be worked out with Coach Greene **in writing 14 or more days prior to the meet**. To make changes at a meet is a nightmare and grossly unfair to fellow teammates who rely on each teammate's presence for relays, etc. Any meet missed, other than those worked out with Coach Greene ahead of time, will be unexcused and will result in forfeiture of the varsity letter. These are examples of unacceptable reasons to miss a meet: a ski trip, concert tickets, athlete or family member's birthday, athletes' dog's birthday, etc. The meet schedule is posted well in advance – plan around it. Please try to avoid scheduling SAT's or other tests during meets or be prepared to swim when you complete the test.

In case of unavoidable circumstances (illness, family emergency, etc.), you must notify Coach Greene as soon as possible.

LETTERING POLICY

In order to earn a varsity letter, an athlete will:

1. Attend all meets unless the absence has been permitted
 2. Swim in all events in which they are scheduled to swim
 3. Swim in the County meet
 4. Have no more than 6 absences, excused or unexcused, during the season
- An athlete will automatically earn a varsity letter if he/she earns a State Qualifying time in an individual event and does not exceed the maximum absences.

The following will result in an automatic forfeiture of the varsity letter even if it is earned through one of the above criteria:

1. Out of school suspension
2. Excessive absences – 7 or more absences, excused or unexcused
3. Missing a scheduled meet
4. Refusing to swim an event

Conflicts with scheduled meets must be worked out with Coach Greene, **in writing via email**. Any meet missed, other than those worked out with the head coach, will be unexcused and will result in forfeiture of the varsity letter.

Exceptions to these requirements due to emergencies will be dealt with on an individual basis.

PERFORMANCE ENHANCING DRUGS

Anything other than a standard, nutritionally sound diet is unacceptable and can get an athlete into lots of trouble. Do not take anything not prescribed by a doctor or something for the occasional pain relief for headache, sore muscles, etc.

Do drink lots of water to keep hydrated which is very important for everyone but particularly athletes. Forego the soda during swim season as it is counter-productive to fast swimming.

SOCIAL MEDIA

Please be very careful regarding what you put on your social media sites. If it is considered inappropriate by the school system and is brought to the attention of the Coach Greene or the Athletic Director, the athlete will be reprimanded with possible consequences including, but not limited to, meet suspension and removal from the team.

BANQUETS AND AWARDS

At the end of the season, we have a banquet where the swimmers' accomplishments are highlighted. Awards are given for the MVP, Spirit, Academic, Most Improved, Captains, State Qualifiers and any special awards the coaches choose to give out. Dinner is served, awards presented, senior's recognized and a slideshow shown of pictures from the season. If you take pictures throughout the season, please send them to our Banquet Chairman or Slideshow Coordinator.

FINAL THOUGHTS

The Swim & Dive program is a **varsity sport representing Sequoyah High School and is run by Coach Greene and her coaching staff**. Though we do occasionally try to throw a bit of "fun" into practices, our main focus is building a team capable of competing against the best teams in the state. We strive to achieve our best every year at the State Meet. Some teammates are hoping to swim in college and will be vying for the few college scholarships available each year. These things can only happen if the Sequoyah Swim & Dive team is competitive. We can only be competitive if every member of the team puts forth his or her all. **The focus of every athlete should be "What can I contribute to the team? What can I contribute to my teammates?"** Every athlete's strongest contribution to the team is his/her hard work toward personal improvement. Remember, the only way to swim faster is to swim better. You swim in meets like you do in practice. By working hard in practice to improve your strokes and times, you improve your and the entire team's chances of winning.

There is a check off page at the end of this packet. It must be turned in by October 17, 2016 so that I can prepare the roster for the State. Or it can be turned in with the physical packet which must be in our hands before an athlete can go to dryland. Get that physical done as soon as possible. If an athlete got a physical completed prior to February 2015, then a new physical is needed.

The Sequoyah Swim & Dive Booster Club is in place to support the athletes and coaches. The Booster Club does not run the Sequoyah Swim & Dive program. Coach Greene, as head coach, runs the Sequoyah Swim & Dive program, and ALL communication concerning any aspect of the program must go through Coach Greene. Our Booster Club is **fantastic** and a huge help with all of the extra work associated with running a swim team! Please volunteer for any committees where your talents or interests lie. Many hands will make the work load easier for those committee members and give me more time to concentrate on coaching. Plus, it is comprised of some great people who are fun to be around.

If you have any questions, please contact me at any time. miriam.greene@cherokee.k12.ga.us

Go Swim & Dive Chiefs!

COMMUNITY ACQUIRED METHICILLIN RESISTANT STAPHYLOCOCCUS AUREUS (CA-MRSA)

According to the Centers for Disease Control and Prevention, participants in competitive sports are at risk for skin infections because of physical contact, skin damage, and the sharing of equipment. Humid, crowded conditions such as those found in locker rooms and gyms provide a good place for *Staphylococcus Aureus* (Staph) to grow. The following will provide the **student and parent** with practical information:

*Staph is commonly carried in' nasal passages, under fingernails, or on the skin without any medical problems. It can enter the body from a cut, insect bite, or surgical incision. Normally a minor infection occurs. However, if a person has a weakened immune system from an illness, the infection becomes more serious.

*Prevention involves players, coaches, parents, and the school. The following practices are highly recommended to parents of players when conditions warrant:

1. The player should wash hands thoroughly with soap and water during the day. Waterless hand cleanser can be used.
2. The player should practice good hygiene to include showering/bathing with soap and water after all practices and competitions. Previously worn protective clothing can be hot and cause chafing which results in broken skin. Skin trauma from turf or mat burns are other risk factors.
3. Use liquid soap in showers instead of sharing bar soaps; sharing can spread bacteria to other family members. Shower as soon as possible after practice/working out/competitions.
4. It is suggested to wash towels after each use and avoid sharing bed linens, razors, and other personal items.
5. The player should not store or wear previously worn or wet clothing. Wet or damp clothing/equipment is a breeding ground for bacteria and fungus.
6. The player will cover all open wounds. If a wound cannot be covered, there is a possibility that the player will need to be excluded from practice / workout / competition until the wound heals.
7. Players should report skin lesions to the parent as well as the coach. Parents and coaches will check a lesion that is potentially infected.
8. The player and parent should understand the importance of seeking medical attention at the first sign of infection. Early signs are redness and swelling of the affected area, pain, drainage (pus) around the area of an insect bite, cut or abrasion.
9. If medication is prescribed by a physician, the player should take the entire amount of medication in the prescribed amount of time.
10. The player should avoid getting into a hot tub or whirlpool until all wounds are healed.

*Information obtained from the Centers for Disease Control and Prevention and State Epidemiologist Cristina Pasa. For more information, the Centers for Disease Control and Prevention Web site is www.cdc.org.

Parent and Athlete Swim & Dive Checklist

This form must be completed and returned to Coach Greene on or before Monday, October 17, 2016.

By completing this form, I acknowledge that I have received and read the following information and understand the requirements for participating on the Sequoyah Swim & Dive Team.

- ☐ Information Packet
- ☐ Lettering policy
- ☐ Information regarding MRSA
- ☐ Information regarding Performance Enhancement Drugs
- ☐ Eligibility Information

I have completed the following:

- ☐ Turned in the whole, completed physical including the code of conduct and emergency contact information.
- ☐ Parent Contract
- ☐ Athlete Contract
- ☐ Concussion impact test form signed
- ☐ Registered online at <https://sequoyahswimchiefs.swimtopia.com>
- ☐ Paid Fees

Swimmer Signature: _____

Date: _____

Parent Signature: _____

Date: _____

Parent Signature: _____

Date: _____