

HARDIN VALLEY



AQUATICS

Team Handbook

2019 - 2020

2019 - 2020 Hardin Valley Academy - Aquatics

HARDIN VALLEY AQUATICS: Membership is open to any 9th through 12th grader who has an interest in competitive swimming. Membership is also open to 6th, 7th or 8th grade middle school students. All team members will swim at practices and swim meets. There are no try-outs, nor are there any time standard requirements to participate. Our club activities are similar to other High School athletic teams. The exception is that swimming and diving are not TSSAA sports, and therefore Knox County Schools does not provide the funds for coaches, pools, etc. Expenses are met through swimmer's 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.

KISL also sponsors a Middle School league. In summary, middle school students may compete in several competitive middle school only meets; middle school students may compete in dual/tri high school swim meets in exhibition heats only; middle school students can swim in the middle school only City meet; middle school students cannot letter or compete at the State Championship meets.

TEAM WEBSITE: <https://hardinvalleyaquatics.swimtopia.com/>

COACHES:

Head Coach – Ben Whiteside (bwhiteside36@gmail.com)
Assistant Coaches – Lana Burl & Allie Magrino

EQUIPMENT: Team suits and equipment may be purchased at Swim and Tri. For practice you will need a competition-style suit, goggles, kickboard, fins, pull buoy, and a mesh bag to keep all your equipment in. For swim meets, a black or blue competition suit is acceptable, no 2-piece suits are allowed.

PRACTICE SCHEDULE:

Monday – Thursday – 7:00 – 8:30pm @ Allan Jones Aquatic Center
Dry lands start at 7:00, pool time is 7:30-8:30.

- **Dry lands:** A 30 minute dry land session will be held at the beginning of every practice. This time period is designed to further the conditioning of the athletes, as well as provide time for important activities and team announcements. **PLEASE BE ON TIME!!!!**
- *If Knox 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 September. There are a series of meetings set up through KISL to establish the meet schedule. Everyone will be notified as soon as possible upon the conclusion of the meet schedule.

COST: \$400.00 per swimmer. There is a \$75.00 reduction in fees for multi-swimmer families. Middle School fees are \$350.00 per swimmer. Year-round USA registered swimmer's fees will be \$150.00. Diver fees will be \$25.00 to Hardin Valley Aquatics in addition to the fees UT diving charges.

These fees go toward the pool rental, coaching salaries, meet entry fees, KISL membership registration, insurance, awards and equipment. Fees may be paid in full. All fees are due by October 1st. Any swimmer who is not paid in full by this date 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 Hardin Valley Aquatics. Contact Brad Salsbury (bsals0509@gmail.com) with any payment questions.

ATHLETE RESPONSIBILITIES: You are a member of Hardin Valley Aquatics. The season of 2019-2020 will be your opportunity to be a part of Hardin Valley's continuing tradition. As a member of Hardin Valley Aquatics, 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 Hardin Valley Aquatics, 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.

When you choose to represent Hardin Valley Aquatics, you choose to give your best efforts for your team and community. The following are some of the responsibilities that go along with being a member of Hardin Valley Aquatics.

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. Our Aquatics program will be one of the most visible sports teams in the community. 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 Hardin Valley and community pride. You have a responsibility to represent your team and school in a manor that will make current and future Hardin Valley associates proud.

3. *Responsibility of a Hardin Valley Hawk*

As a member of Hardin Valley Aquatics, you will be representing Hardin Valley Academy at many 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.

ELEGIBILITY 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 7 out of 8 assigned classes and maintaining a GPA of 2.5, as stated in HVA policy. Academic Progress Reports will be collected monthly in order to establish student/athlete eligibility.
2. **Aquatics Handbook** - In order to participate as a member of Hardin Valley Aquatics, 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 Hardin Valley Aquatics. 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 Hardin Valley Aquatics. 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 is 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 Hardin Valley 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)

ATTENDANCE POLICY:

1. The coaching staff at the beginning of every practice will take attendance. If for some reason attendance is not taken or the coaching staff misplaces the attendance sheet, EVERYONE will be given a credit for attending the missing practices.
2. There is no such thing as an “excused or unexcused” absence. Attendance is taken for purposes that include legal record, efficiency, team progress, and individual accountability. You are either in attendance, or you are not.

LETTERING REQUIREMENTS:

1. Attend a minimum of 70% of the practices. As pertains to swim practices, attend will mean in the water and working the entire length of the practice.
2. Participation in at least 80% of our scheduled meets. KISL Championship and TISCA State Meet are mandatory unless previously discussed with your coaches.
3. You must score a minimum of 1 point for the team throughout the season’s competitions, and be in compliance with attendance policy. This includes KISL Championship and TISCA State Championship meets as well.
4. Athletes qualifying for TISCA State Championships will receive a letter along with fulfilling the attendance and team etiquette policies designated above.

5. USA year round club swimmers must provide a current USA Swimming ID and practice with their club team a minimum of 5 times a week. In addition, USA swimmers must attend at least two HVA aquatics functions per month, be they practices, competitions, or social events away from the pool.
6. Coach's discretion will also be taken into account.
7. Middle school swimmers are not eligible to letter.

Because of other commitments, school functions, illness, etc., not everyone will be able to satisfy the attendance requirements and will therefore not be able to letter. We feel, however, that the above criteria is realistic, fair and motivational and the majority of each years' teams were able to letter.

HARDIN VALLEY TEAM CAPTAINS: There will be 2-4 team captains selected to lead the Hawks this season. We will be selecting team captains in **October** and they will represent our team the remainder of this season. We have chosen this date in order to give our team adequate time to get a feel for the chemistry of our team, and set goals for the upcoming season. The team will have an opportunity to vote for the Captains. The coaching staff will have the authority to approve the selections.

What does it mean to be a Captain for Hardin Valley Academy?

- *Follow ALL team rules and attendance policy*
- *Lead by example*
- *Lead team activities (at least one activity per month)*
- *Help the team to get better in any way possible*
- *Earn respect of teammates by demonstrating good behavior*
- *Represent the team in all ways as a visible leader*
- *Challenge and encourage teammates and coaches to do better*
- *Understand that everyone contributes to the overall success of the team. You are only as strong as your weakest link*
- *Willingness to work with coaches towards the team's growth*
- *Represent HVA in a positive way as a student-athlete and member of the Knoxville community*

The selected captains will meet with the Head Coach as needed in order to help lead the team towards its preset goals. Captains will serve as a source of leadership and communication to other athletes on the team, they be expected to work hand-in-hand with the coaching staff in performing specified tasks designed to benefit the team.

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. Hardin Valley Aquatics generally follows the Knox County Schools substance abuse policies. **Use or possession of Illegal Drugs, Alcohol or Vaping 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 Hardin Valley Academy 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 Hardin Valley Aquatics 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 Hardin Valley Aquatics, your team and coaches depend upon you. 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 Hardin Valley 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 HVA SWIM CLUB DISMISSES A SWIMMER FOR DISCIPLINARY ACTIONS.**

Communications concerning Aquatics teams will be done primarily by e-mail. Please check e-mails on a regular basis!!