

Milton High School Swim Information

General Rules and Expectations

2020 - 2021

<https://www.milton.swimtopia.com/>

Coach Lisa: nickell@fultonschools.org

Coach Nicole: swimlessons@swimwithnicole.club

I. Goals

The coaches encourage healthy competition; want to foster a strong team unit that will allow each swimmer to feel a part of a larger team, while reaching for both team and personal goals. Being a member of the Milton High School Swim team gives each athlete the opportunity to observe the following:

- model good sportsmanship,
- value healthy competition,
- work together with other team members on personal and team goals,
- feel a sense of duty and dedication to their school and team,
- pride him/herself in winning and losing with a sense of dignity,
- earn respect for and from others,
- create and reach personal goals,
- follow directions from authority and have the self-control to accept responsibility for one's own actions
- be attentive during practice to stroke technique, turns and starts.

The Milton High School athletic program is very competitive. The coaches can encourage a swimmer to reach for the goals above, but the athlete needs to take the initiative to remind him or herself daily that a lot of hard work and dedication are the keys to being successful in the program.

II. Eligibility

- Milton students are eligible for membership if he/she meets the academic and disciplinary requirement of Milton High School.
- Each swimmer must have a completed physical form and proof of insurance forms turned in on DragonFly prior to entering the water for tryouts.
- The athlete must satisfy the eligibility requirements of the Georgia High School Athletic Association (GHSAA) and is capable of performing all four strokes legally.
- The athletes must qualify for the team based on tryouts and discretion of the coaches.

III. Academics and Athlete Conduct

- In order to participate in extracurricular activities attendance in school is required.
- It is important for each athlete to respect authority, get the most out of the learning environment, and excel academically in all of his/her classes.
- Each swimmer must abide by rules that are located in the Fulton County Student Handbook. Alcohol and drugs offenses will be dealt with based on the guidelines stated in the handbook. Any non-year round athlete that receives ISS/OSS will miss practice for the scheduled days. Year Round Athletes will be able to attend their practice but it will count as a missed practice towards the lettering system.
- Reckless Driving: 1st offense - Extra conditioning; 2nd offense - Extra conditioning, and one meet suspension; 3rd offense-2 meet suspension.
- These are minimum standards that can be increased by the head coach if applicable.

IV. Practices

- Practice will begin the week of October 19, 2020 for non-year round swimmers. The season ends with the GHSA State Meet (7A) at Georgia Tech on February 4th – 6th, 2021.
- This year due to Covid-19 and limited availability of pool space we will not be holding non-year round swim practice as a Milton team. You can join another club team or we have arranged for non year round swimmers to join the Swim Atlanta Roswell Senior Team. This is at an additional cost to the Swim Team Fees. You will need to join for 3 months and Swim Atlanta has agreed to waive the registration fee.
- Cap, goggles, and water bottle required at every practice.
- Behavior Expectations: DO THE RIGHT THING!
- No inappropriate behavior in locker rooms or at any team function.
- Respect facilities, community members, volunteers, authority, and personnel.
- Be Polite.
- Support your teammates.
- Be Attentive.
- Attendance is mandatory. No more than 4 missed practices.
- USS Swimmers: 4 hours of practice a week
- Fall Sports: May not participate with Winter Sports until conclusion of their Fall Season.
- Each athlete's attendance, dedication, and performance will play a key role in his/her participation in meet and team events.

V. Meets

- Travel to and from the meets:
 - All athletes will travel to and from each meet on the school/charter bus.
 - Meet Attire:
 1. Team jacket and pants
 2. Milton Swim Suit
 3. T-shirt
 - Team Picture:
 1. Date TBA
 2. Attire: Team jacket and pants
 - Departure and Arrival Information: posted on website regularly and changes frequently. This information will also be sent out through texts prior to meet.
 - Equipment:
 1. Milton Team Swim Suit, you must wear the team suit at meets, no personal suits permitted.
 2. Goggles – please have extra pair at all times
 3. Team Cap (1 will be provided-to be used at meets ONLY) You will NOT be permitted to wear any personal caps at swim meets.
- Meet Guidelines
 - Swimmers must be present at school on the day of a weekday meet and on the Friday before a Saturday or Sunday meet in order to attend. (GHSA guidelines)
 - If you have an injury and cannot swim in a meet, you should travel with the team and cheer on the team otherwise you will be considered absent with respect to lettering requirements
 - Please notice the dates for ACT and SAT (posted on the website). These dates have been posted since early September.
 - Meet Entries/Line-ups Based on the following:
 1. Times
 2. Dedication
 3. Participation in all aspects of the team
 - State Cuts: Personal request forms must be submitted for consideration one week prior to entry deadline (posted on website)
 - All swimmers are required to remain on deck until the meet is over.
 - Team Sportsmanship and support weigh heavily throughout season.

- No jewelry!!! No earrings, watches, rings, bracelets, hair bands, body piercing, etc. (GHS A guideline)
- Any missed event or disqualification will result in a conference with the coaches.
- Always be courteous to others.
- Represent Milton in a positive and professional manner.