

PRHS Swim & Dive Team Handbook 2010-2011



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PRHS Swim & Dive Team 2010-2011 Team Handbook

Introduction

The team handbook contains all of the information swimmers, divers and parents need for a successful season.

PRHS Swim/Dive Executive Board

This season's Executive Board Members are:

President:	Chris Briley Chris.briley@vesdia.com 770-418-9148 (H) 404-518-1155 (C)
Vice Presidents:	Don Shaw dshaw5@charter.net 770-294-5255 Rob Yoder robbyoder@charter.net 770-236-0383
Secretary:	Lucy Faxon lucyfaxon@bellsouth.net 770-622-0524
Treasurer:	John Beisel Jbeisel85@charter.net 770-271-8515
League Delegate:	David Anderson dsela@msn.com 404-667-3670

Team Communication

PRHS Swim & Dive uses e-mail as a primary form of communication. Please make sure we have a parent email on the distribution list. Swimmer and diver e-mails also can be on the list. Please contact Lucy Faxon, Board secretary to add your email address if you are not already receiving e-mails.

Additionally, most information and updates can be found on the PRHS Swim & Dive Web site at www.prhsswimdive.org.

Other Web sites you may find helpful include:

Gwinnett Swim & Dive Program up-to-date info: www.gwinnettswimdive.org. (lists county rankings throughout meet season)

State Meet Results: www.ghssca.com.

Gwinnett Diving: www.eteamz.com/gwinnettdiving.

GA Sports: www.gasports.com

Communicating with the Coaches

Please do not try and hold a conversation with the coaches before or during practices or meets. They need to focus on the swimmers/divers and time is limited.

Please use these e-mail addresses and cell numbers only when necessary and only for swimming related matters. Please ask your swimmer/diver only to contact the coaches on swimming related matters as well.

Jeremy Laird (Swim Head Coach): Jeremy_Laird@gwinnett.k12.ga.us

Kara Lane (Asst. Coach): klane04@gmail.com

If you need to contact the coaches on the weekend, evenings or for an emergency situation, please use the following email or cell numbers:

Jeremy Laird: jslaird75@gmail.com or 770-241-5866

Kara Lane: 617-777-9563

Parent Jobs at Meets

The success of our swim and dive team depends upon parental support and involvement. All meets would not be possible without the help of volunteers. We will be calling on your help at both home and away meets. All families have work assignments and we will make every effort to distribute the workload fairly.

Work assignments will be distributed via e-mail at the beginning of the season. When you receive your assignment(s), please review them and note the dates and times you are assigned to work. We ask that every parent make every attempt to work the assigned dates/positions. **If you cannot work the position that has been assigned, it is your responsibility to switch assignments with someone who is willing to fill in or trade with you and to notify Mell Robinson, the Meet Manager prior to the day of the meet.**

Thank you in advance for helping make the Peachtree Ridge Lions Swim & Dive Team a success.

Meet Job Descriptions

Runner – Pick up cards from timers and take them to the scoring table.

Timer – Time swimmers using a stopwatch (3 per lane).

Scoring – Diving and Swimming – enter scores/times into the computer.

Diving Announcer – Announce the divers and their dives.

Computer Operator – Assists with scoring, running, reviewing the timing consoles operations, reports, and equipment.

Swim & Dive Committees

We have various committees that report directly to the Executive Board. In addition to helping distribute workload, these committees provide invaluable input and information to the Executive Board on all facets of the team. This season's committee descriptions are listed below. The contact information for each committee is provided in the Appendix. Please contact the chairperson for the committee on which you would like to serve.

Apparel

Selects the team and spirit wear apparel. Makes recommendation to the Board on team apparel, vendors and pricing.

Awards Ceremony

Organizes the Awards Ceremony in conjunction with the school, coaches and Board. Helps design, choose and purchase all team and sponsor awards, plaques, patches and certificates. Coordinates any food or drink and needed.

Concessions

Coordinates, purchases and staffs concessions for all regular season home meets.

County and State Meets

Coordinates all food, activities and events for the County and State meets.

Meet Operations

Assigns/signups for all meet workers. Tracks, purchases and stores all meet supplies throughout the season including transporting supplies and equipment to and from each meet. Acts as the primary point of contact for all meet workers at each meet.

Pasta Dinners

Plans, coordinates and publicizes team pasta dinners that are held throughout meet season.

Public Relations

Acts as the liaison between PRHS and Hull Middle School for promoting Swim & Dive to rising 9th graders. Includes organizing meetings at Hull, promoting Open House and Registration dates, etc...Helps promote the team in the local newspapers by submitting articles and photos when possible. Helps promote team events by making and hanging posters and signs as needed for various team events and meets.

Senior Activities

Plans, organizes and implements various activities and special recognition for our team seniors during the meet season. Assist with the Team Awards Banquet for Senior Recognition as well.

Sponsorships

Researches fundraising opportunities to present to the board. Once approved, organizes, staffs, promotes and implements all fundraisers. Designs, promotes and tracks all sponsorships.

Team Spirit Building

Plans, organizes, promotes and implement team building activities, events and recognition.

Academic Eligibility

Georgia High School state rules stipulate that a student must be enrolled in school and in good standing. With the Block Schedule, athletes must be enrolled in at least **four classes** and have passed at least **three classes** the previous semester, as well as being on track to graduate, in order to be eligible to participate in any sports or extra-curricular activity sponsored by the high school.

Conduct

Swimmers and divers are expected to conduct themselves in a manner appropriate for school representation. Any outward show of romantic affection is deemed inappropriate. Dress is also expected to be appropriate. Impoliteness and boisterous behavior are not permitted. *All swimmers and divers are expected to treat each other, all coaches and all adults with respect at all times. This conduct is expected at school, practices, meets and team events. Disciplinary action by the coaching staff will be taken if needed.*

Swimmers and divers are reminded that the use of pools is conditional on good conduct at pool facilities. This includes picking up after yourselves. Students and teams may lose the privilege of pool use when inappropriate conduct is displayed.

All athletes are expected to travel as a team, sit together at all meets as a team and look and act as a team at all times. See details below.

Taunting, hazing, and harassing may **NOT** take place at anytime during any swim and dive team activity or travel to and from any team activity. Any athlete in violation of this will be removed from the team and become subject to disciplinary action from the school. **This also includes public Web posting.**

Swimmers and divers should report any problems to a coach immediately. This includes problems with other swimmers, missing equipment, personal items, conduct of others, etc. Failure to do so might result in injury, stolen property, etc. It is your responsibility to report any inappropriate behavior(s) to a coach or official.

Team Apparel

All swimmers and divers are required to wear the team suit, PRHS LIONS swim cap and warm-up for every meet. The warm-up will be worn on the bus to and from every meet.

Swimmers and divers may **NOT** wear a swim cap from another club, college team, summer league team, or sponsor **during a meet**. Only High School Team Caps will be allowed. Swim Caps with multiple logos, i.e. Speedo or an American Flag, on both sides are illegal caps for high school competition.

Jewelry

You may **NOT** wear any jewelry during swim practices or meets. Jewelry is defined as any accessory worn on the body such as necklaces, rings, bracelets, watches, toe rings, *visible* piercing, etc. (Tape can not be used to “cover-up”). All jewelry must be removed prior to stepping onto the block or the diving board. Failure to follow this rule will result in a disqualification. Medical ID tags are allowed but must be taped down at the wrist. It is highly encouraged Medical ID tags to the timer or to the coach.

Practice/Meet Attendance

All registered swimmers and divers are required to attend all practices and meets. (Year-round/USS swimmers are expected to continue practice at their year-round facility and are not expected to attend PRHS practices unless asked by the coaching staff). Any attendance conflicts should be discussed with coaches as soon as the conflict arises. Please see “Communicating with the Coaches” for coaching contact information.

All practice and meet schedules are posted on the PRHS Web site at www.prhsswimdive.org at the beginning of the season. Changes may occur and will be posted to the site so please check it regularly. If you are going to miss a practice, the coach must approve it beforehand.

Team-Building Events Attendance

There will be team building events throughout the season. These events are intended to promote team spirit and, camaraderie, and they are necessary to build a championship team. Dates for these events will be posted on the Web site and in e-mail communications well in advance. All team members are encouraged to attend all team building events including team pasta dinners.

Transportation for Practices

It is the responsibility of the parent to get their athletes to practices. There is no bus transportation to and from practices (see “Swim Team Practice” below.) Students are not permitted to drive other students to practice if they leave from school property. Carpooling is encouraged. Please check the team roster to find a student who may live near you who you might be able to carpool with to and from practices.

Transportation for Meets

All Swimmers and Divers are required to ride to and from all meets on the school provided bus. You are required to return from a meet on the bus as well. Swimmers and divers may not ride home with their parents unless previously arranged with the coach for emergency purposes only. The coach will notify all swimmers/divers of the time to meet at PRHS for each meet via e-mail or a posting on the Web site.

Swim Team Practices

As stated above, there is no bus transportation to practice. All ***team members are expected to attend at least 90% of all scheduled practices throughout the season.*** Year-round/USS swimmers are not required to attend PRHS practices. They should continue practicing at their year round facility. The attendance standard applies to year round/USS swimmers as well. The PRHS coaching staff will confirm attendance with the year round coaches throughout the season.

Practices are held on all days that school is in session. If there is no school, there will be no practice with the exception of the holiday break. During the holiday break, there will be optional practices that will be posted on the Web site. All swimmers are highly encouraged to attend.

Be aware that a variety of people use the pool throughout the day and all would like to enter a clean locker room. Therefore, swimmers should not bring food into, or deface anything in the pool and locker areas. Teams will be responsible for damages incurred during usage.

Personal Items and Lockers

The pool cannot be responsible for property left in lockers. Lockers are available, but swimmers and divers should bring a lock to secure their belongings. Locks may not be left on overnight. (Locks will be cut and contents put into the lost and found.) Do not leave articles in lockers.

Entry into the Pool for Practices and Meets

You may **NOT** dive into the shallow water! Only use the deep end of the pool for diving. Failure to follow this rule may result in injury to you, disqualification from a meet, and ejection from the facility.

For backstroke, swimmers may **NOT jump, dive or cannonball**, etc. into the water for a backstroke start. This includes a swim out to the flags and back. All backstroke swimmers **MUST** step into the water from the side and immediately get into the ready position.

Practice and Meet Schedules

Please visit www.prhsswimdive.org for complete practice and meet schedules for both swimming and diving.

Swim & Dive County Meet

You can check county rankings for every event on the Web sites listed above in the “Team Communication” section of the handbook.

Please check www.prhsswimdive.org for any potential date, time or location changes. All team members are encouraged to come and cheer on all team members for these meets. Details will be posted on the Web site.

Swim & Dive State Meet

Please check www.prhsswimdive.org for any potential date, time or location changes.

Driving Directions

All driving directions will be posted on the Web site as well.

Mountain Park Aquatic Center

85 South to Indian Trail Rd.

Turn Left onto Indian Trail.

Cross over US-29. You are now on Killian Hill Rd.

Turn Right onto Five Forks Trickum.

Go several miles, passing the old Mountain Park Pool Facility.

Turn Right onto Rockbridge Rd.

Turn Left into Mountain Park Pool. Entrance is on the left.

West Gwinnett Aquatic Center

Take Peachtree Industrial Blvd. South.

Turn Left at South Berkley Lake.

Pool Entrance is on the Right.

Greater Atlanta Christian School

Take I85 South to Indian Trail

Left at the exit

Take 2nd GAC entrance on your right

Pool is the first left once on the property.

Conflicts with other Sports

There may be conflicts with the scheduled practices if you are involved in a fall sport or other activity. Please discuss conflicts with the coaches to avoid any problems. This courtesy also will extend to your involvement in springs sports or activities. All students should finish their prior commitments with other sports or activities before starting a new one.