

2024-2025

Walled Lake United HS Swim & Dive

Welcome to the Walled Lake United Swim & Dive Team.
We are looking forward to another great year for our swimmers!

*****We Encourage: Persistence, Grit, Commitment, Dedication*****

Swim and Dive Varsity Letter Criteria:

Complete the season in good standing AND one of these:

- 1) Qualify for the MHSAA State Final meet •**
- 2) Qualify for the end of season Finals of the Championship League Meet in an individual event or A relay. •**
- 3) Qualify for MISCA or Oakland Counties in an Individual Event •**
- 4) Set a Varsity Team Record in an Individual Event or Relay •**
- 5) Score 12 points or more as a first year swimmer, 10 points or more as a second year swimmer, 8 points or more as a third year swimmer. As a fourth year swimmer, as long as you achieve the below requirements you will receive your letter.**

The above are automatic qualifications for a varsity letter only if the following requirements have also been met: •

- 1) Attend all swim meets (Extenuating circumstances can be worked out with a coach) •**
- 2) Attend 95% of practices, all missed practices must be excused by the Head Coach •**
- 3) Participate in team events •**
- 4) Maintain a positive attitude throughout the season •**
- 5) Respect the coaches, athletic director, principle and team members •**

6) Abide by and follow the team rules and rules in the athletic hand book.

7) Varsity Letter can be given at Coaches' Discretion.

>Please note that if at any time a student athlete is breaking team rules they can be revoked of points or the above accomplishments and have to re-earn their letter.

Attendance Policy

Unexcused Absences: Work, Non-School Related Activities, Sleeping Late, Forgetting Practice, Traffic, Lack of Transportation (be proactive), Unknown Vacation*

Excused Absences: Family Emergency, Doctor confirmed Illness or Injury, School Sponsored Activity, Doctor's Appointment (note confirmed), Religious Holiday

*Must give 2 week notice of any planned family vacation

*Must provide note from teacher/doctor/parent to be an excused absence

*It is highly encouraged and recommended if athlete has State meet qualifying aspirations, they do not miss practices during School Breaks.

*Must receive notice of known absences or tardiness via email at

coachoxner@gmail.com or johnnyallen8@hotmail.com

*All athletes are expected to attend Saturday and Holiday practices

Unexcused Absence Procedure and Policy:

1. First Unexcused Absence - Verbal Warning (email to parent)
2. Second Unexcused Absence - Event(s) limited at next meet (coach discretion)
3. Third Unexcused Absence - Sits out next meet. (email to parent and Athletic Director)
4. Fourth Unexcused Absence - Suspended from team (meeting with parent(s) to discuss commitment to team and future on team).

Rules and Expectations:

Academics are your first priority and there is no excuse for procrastinating on a school project, test, or other school assignment. Committing to the varsity swim team means that you have time to balance your studies and an extracurricular sport. Many successful athletes are also successful students because they have disciplined themselves to both activities through great time management skills. Learn time management. Get ahead of your projects, studies, and tests. Finish your work in a timely manner and maintain your GPA to remain eligible for the swim team. Practices will not be excused because you waited until the last minute to study for a test, complete a project, write an essay, etc. You must be passing 4 classes at any given time in order to participate on the team (grades given weekly on Mondays).

Pool Side Conduct:

All persons affiliated with the High School Swim Team are to observe the pool rules and behave in an orderly and safe manner. This includes appropriate behavior in the locker rooms.

Discipline:

Athletes must obey the laws of our State and the rules of our school / School District, particularly the Athletic Handbook.

Absolutely no drug, vape, or alcohol use. These will be not be tolerated.

If a swimmer becomes a problem or disrupts practice, the coach(es) may dismiss her from future practices and/or meets or if serious enough release the athlete from the team entirely. The duration of the discharge is at the discretion of the coaches. Disrespect towards other swimmers, opposing teams, or coaches will not be tolerated at any time.

Athletes who engage in unsportsmanlike behavior on the internet / communication devices or outside of the pool and school area will face the same consequences.

Swim practice Expectations:

1. Set up the pool immediately upon arrival (lane lines, backstroke flags). Be in the water, swimming your warm-up at the exact time coach begins practice.
2. Be actively engaged in your warm-up until you are finished with it. No horseplay or impeding the warm-up of others (same goes for drylands).
3. Come prepared with your suit, goggles, equipment, and a water bottle every day.
4. When practice is over, hop out of the pool immediately, take out the lane lines and backstroke flags (when appropriate), and return your equipment to the proper storage area. We have a tight time schedule to exit the facility.
5. When your coach is talking, pay attention even if you already understand the set/directions. When coaches are giving direction, all swimmers are to stay close to the wall. Show the coach you are paying attention by facing them and not talking. If you are hiding under water, talking, or wandering while the coach is giving direction - there will be penalties.
6. Work to the best of your ability. Practices aren't easy but you will be rewarded by your efforts.
7. If you have questions about a set or direction, raise your hand and ask the coach. It is better that you ask questions than make a mistake during a set.
8. All injuries must be reported immediately to the head coach and Trainer.
9. All social media outlets shall be used for only positive purposes in regard to those individually, team wise, and coaching. "Spoofing" and other inappropriate use of technology will not be tolerated.
10. Dryland exercise is part of the training program. Bring proper workout clothes everyday. All weight room rules and safety regulations must be followed.

***Failure to comply with any of the above rules will result in the removal from practice and possible disciplinary measures. Habitual abuse of the above rules will result in suspension from the meets and possibly from the team. Other penalties during practice are at the coach's discretion.

Swimmer's Meet Participation:

All athletes are expected to arrive early (45 minutes) and help set the pool up for home swim meets. Please arrive 15 minutes early to all away meets. The coaching staff will place swimmers in events based upon what is best for the team. Athletes are encouraged to discuss their goals and desires regarding event placement with the coaching staff. Final placements are to be determined by the coaching staff. Members of "A" relays will earn their spots based upon times and how fast they are swimming at the time.

As with all other team sports, swimmers must stay with the team until the entire meet is finished - not when they are finished with their own events. Also, ALL swimmers will do a 500 yard warm down with the team at the conclusion of the meet.

Any school sponsored conflicts (concerts, etc.) should be given to the coach at the beginning of the season. This is a varsity sport and if an athlete is expecting a letter, then they must make the best decision possible according to their goals. Sometimes these conflicts can be worked out.

We ask that parents support this policy. If an athlete is unable to participate in a meet, the coaching staff must be notified at the beginning of the season.

Swimmers and divers will help clean up and take down the pool once the meet has ended at home meets. If a swimmer has to leave a meet early, a written statement from a parent/guardian is needed the day prior to the meet or a parent/guardian must inform the coach the day of the meet in person and fill out the school form, at an appropriate time. If a swimmer misses an event during a meet, or leaves a meet early during the season, that swimmer may be suspended for a minimum of 1 meet. If missed events or early departures become a frequent problem, the swimmer will be released from the team.

Parent Help / Volunteers:

We encourage parent participation and involvement as much as possible, especially during our swim meets. Our home meets will not be successful without the help of parent volunteers.

Although we enjoy interacting with parents, we ask not to be interrupted during a practice unless it is of extreme urgency.

Parents are strongly urged not to be in the pool area during practice without prior consent of the coaches. We want to make the most of practice and make sure we have the ability to provide the time and attention every swimmer needs. Members of the coaching staff are happy to meet with parents at other times, or via email, to discuss individual issues.

We look forward to an unbelievable season!

Please feel free to contact us if you have any further questions about our High School Swim and Dive Team and its guidelines.

Will always discuss Health, Grades, Individual Athletic Improvement.

> Coach Sean Oxner: coachoxner@gmail.com (517) 918-0341

> Coach John Allen: johnnyallen8@hotmail.com (248) 709-3387

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I have read all the 2024/25 Walled Lake United Varsity Swim & Dive Team Rules, Criteria, and Expectations:

Swimmer Signature:

Parent Signature:

Date: