

Team Policies

Higley Swimming & Diving Team

2017 Season

Attendance

As a Higley Knight student-athlete, you are expected to make yourself become the best student-athlete you can be. Becoming an excellent student-athlete takes dedication, commitment, and sacrifice. Attendance at practice is the only way to improve your skills and conditioning. The season is short so try to avoid conflicts with the training and meet schedule.

If you are ill, injured or an emergency occurs and you are going to miss practice/meet contact your Coach by 9:00am. Any athlete who is not able to participate due to an injury, is expected to attend and participate in practice depending on their injury, unless excused by their Coach.

If you miss practice you will not be eligible for the following meet. Fall Break Practice will follow the same attendance policy. Athletes that are excused may participate less, this will be left up to the coach. Where listed Saturdays will be set aside to make up a missed practice. An athlete will notify only their Coach of their absence. If a Coach is not properly notified the absence will be considered unexcused.

1st unexcused absence = Suspension from next competition, Two tardies will be treated as an unexcused absence
2nd unexcused absence = Termination from the team for the rest of the season

Please make sure to pick up your athlete after practice no later than 5 minutes late, so Coaches may also leave to get to their appointments and spend time with their families. Anything later may jeopardize the amount of participation an athlete will see at the next meet. A coach is not allowed to give an athlete a ride home.

Meets

Knight swimmers and divers practice good sportsmanship. We will represent Higley High School in a positive manner in all we do. Team cheers will be appropriate, focus on the positives of competition and will respect coaches, athletes, officials and spectators. Any athlete who is injured is expected to attend meets to support their teammates and/or assist the coaches unless a Coach has excused them.

All swimmers will practice good sportsmanship by shaking their opponents hand at the conclusion of the competition. Swimmers will also wait in the pool until the final racer has finished their race. At the end of the meet Divers and Swimmers will perform a congratulatory cheer to our opponent(s) then shake hands congratulating competitors for a job well done. Swimmers/Divers will thank officials and timers who have volunteered their time to make the meet/invite possible.

At our home meets parent volunteers will be needed to assist with timing, score keeping, etc. so we can start our meets on time and end in a timely manner. We will do our best to provide these volunteers with water and shade for their time and effort. All athletes are required to stay until all cleanup has been done. No exceptions!

Community

Another goal this season is increase the amount of participants in our community service projects. We have walked in the Phoenix Heart/Stroke Walk since 2012, performed yard work for the House of Refuge and volunteered at Feed My Starving Children. These simple acts of kindness reflect on your school, team and family. Remember, we are Leaders, when you are out in the community wearing your Higley gear be aware of your actions and comments.

Travel

All team members must ride the bus to and from meets. If a member of the team is unable to ride the bus home (Higley High Student Parking Lot) parents/guardians must sign a form releasing them to their care. Independent listening devices will be used instead of portable stereos; etc. There will be no trash or other items left on the bus. Each piece found by coaching staff will result in a 500 fly. Please be respectful to the bus driver by listening to their directions and thanking them as you exit the bus.

Cell phones will NOT be used *ON THE WAY TO* competitions. THE ASSISTANT COACH WILL COLLECT ALL CELL PHONES BEFORE DEPARTING FOR A MEET. Consequences will result from a non-compliant decision made. They will be returned and can be used on the way home to arrange rides.

An announcement will be made to all swimmers to call their rides when we are 5-10 minutes from school. Please make sure to pick up your athlete in a timely manner. The coaching staff would appreciate the athletes' rides to be waiting in the parking lot when the bus arrives to allow for quicker pick up. A coach will wait until every student is picked up from the back parking lot of the school. Please make sure to pick up your athlete no later than 5 minutes after practice. Anything later may jeopardize the amount of participation an athlete will see at the next meet/invitational. A coach is not allowed to give your child a ride home.

Higley Athletics and AIA Rules

Remember to compete in Higley Athletics a document was signed stating that you have read, understood and agree to all the policies listed by Higley High Athletics and the Arizona Interscholastic Association (AIA). Do not put yourself in a situation where your status on the team will be jeopardized by violating this agreement. If you get suspended/expelled from school you may be removed from the team. Each case is handled individually. **We are United in Excellence** and that is how every member of this team will conduct themselves in and out of school.

Academics

Student-Athletes must maintain a "C" or better in every class to be eligible to participate in dual or tri meets and at coach's discretion for invitationals. This "C" or better is tracked by your Coach every Monday. This will start the fourth week of school. If you are having problems academically, speak with your coach to make arrangements to remedy the situation. Act early on an academic problem so it does not escalate. If you fail to raise your grades to the above eligibility requirement within 2 weeks you will be asked to leave the team so you can focus on your education and time management.

Season Focus

Our focus is always improvement for every athlete but the other focuses for the season is the State Meet, the AIA Team Academic Award (Varsity Letter Recipients averaging 3.5 or higher) and National Interscholastic Swimming Coaches Association Academic Team Award (Gold or Silver).

Our Division will qualify 32 Individuals and 24 Relay teams per event. These qualifiers must have met at least a provisional time in their event at an approved State Qualifying INVITATIONAL to be entered into the state meet. <http://www.aia365.com> is the site for parents, kids, coaches to go to for the official swimming performance lists from state qualifying meets. MaxPreps is also being used and is supposed to have invitational results, <http://www.maxpreps.com>.

William Clause

There will be NO climbing on any objects before, during, or after meets or practices.

Lettering Guidelines

- 1) Meet or Exceed Lettering Time Standards, Complete 11 Different Dives, Set Team Record, State Qualifier
- 2) Invitational Participant scoring a minimum of 10 points (Relays worth points divided by 4)
- 3) Attendance / Participation / Work Ethic / Integrity / Honesty
- 4) Final decision will be made by the coaching staff.

2016 Lettering Time Standards		
EVENTS	GIRLS	BOYS
200 Free	2:13.5	2:03.0
200 IM	2:22.0	2:22.0
50 Free	28.5	24.5
100 Fly	1:12.5	1:05.0
100 Free	1:05.0	54.5
500 Free	6:25.0	5:50.0
100 Back	1:12.0	1:05.0
100 Breast	1:21.0	1:15.0

If at any time you have questions or concerns regarding anything with Higley Knight's Swimming and Diving please feel free to contact Chris Robinson at (480) 375-8218 or Jaime McClure at (480) 278-4926.

Chris Robinson, Head Coach Boys Swimming
Jaime McClure, Head Coach Girls Swimming
Ryan Kiley, Assistant Coach Swimming
Spencer Lamoreaux, Head Coach Diving



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