

# HANDBOOK

## SWIM & DIVE TEAM MISSION STATEMENT:

The purpose of the Olathe North Swim and Dive team is to instill a love for swimming and diving by providing a competitive atmosphere that inspires swimmers and divers to achieve their maximum potential through a strong work ethic, discipline, self-motivation and self-esteem, all while developing team unity where encouragement and pride are at the center.

## PRACTICE INFORMATION Swim Team

Practices will be held at Summit Trail Middle School, located at 22201 W

118th St, Olathe, KS 66061. Swimmers will practice in the afternoons Monday through Thursday from 4:00pm to 6:00pm, Wednesday and Friday mornings from 5:30am to 6:45am, and Saturdays from 8:00am to 10:00am, unless altered by a coach. There will be no practices on meet days. Attendance at all practices is mandatory. Excused absences include illnesses and emergencies. Unexcused absences will result in a suspension from the following meet. If you will be absent, please let your coach know immediately.

## Dive Team

Practices will be held at Frontier Trail Middle School, located at 15300 W 143rd St, Olathe, KS 66062. Divers will practice in the afternoons Monday through Friday from 3:30pm to 5:30pm, unless altered by a coach. There will be no practices on meet days. Attendance at all practices is mandatory. Excused absences include illnesses and emergencies. Unexcused absences will result in a suspension from the following meet. If you will be absent, please let your coach know immediately. On days where Coach Parker is absent due to a dive meet, divers will attend swim practice.

## MEET INFORMATION

Athletes can participate in a maximum of 10 meets prior to the State Championships. Students must be

present in school the day of a meet. Athletes must be at the meet on time and checked in with a coach prior to the start of warmups. No one may leave a meet early for any reason,

unless a coach approves the situation. As a member of this team, you are taking responsibility for your events. If you miss an event for any reason, you may not participate in the upcoming meet. Coaches will determine which events swimmers/divers will compete in. See attached schedule to view upcoming meets.

## EQUIPMENT

### Swimmers

All swimmers must purchase the bundle provided by Swim Quik. This bundle includes a swimsuit (jammer or brief), a swim cap, one pair of goggles, and a team t-shirt. The swimsuit and cap that you receive this year may not be worn to practice, it is only to be worn at meets. Competitive swim wear must be worn at all practices and meets (i.e. no swim trunks—jammers, briefs, and drag suits will be allowed).

Equipment that will be used regularly during practices are fins, paddles, pull buoys, and kick boards. Swimmers are welcome to purchase their own equipment, however the school will provide these items at each practice. All equipment it to be returned at to the appropriate location at the end of practice.

All athletes will be given a school bag and a pair of warmups for the season. These items are not to keep,

thus will be returned at the end of the season. Failure to return borrowed equipment/attire, or return it in poor condition will result in a fine. Lastly, a towel must be brought to every practice and meet.

## Divers

All divers must purchase the bundle provided by Swim Quik. This bundle includes a swimsuit (jammer or brief) and a team t-shirt. The swimsuit you receive this year may not be worn to practice, it is only to be worn at meets.

All athletes will be given a school bag and a pair of warmups for the season. These items are not to keep, thus will be returned at the end of the season. Failure to return borrowed equipment/attire, or return it in poor condition will result in a fine. Lastly, a towel must be brought to every practice and meet. Divers are welcome to bring a shammy to practices and meets, if preferred.

## EFFORT

It is expected that all athletes meet the coach's expectations. It is your responsibility to make the most out of each practice. By practicing effectively, you will become a better athlete. Please do as the coaches ask. We want the best for you and are here to push you to be your personal best.

## INJURY

Safety is the number one priority to the coaches, however with any sport, there is risk to injury. It is important that any injury that happens during practice or a meet is reported immediately to a coach. If you are injured outside of the team, please let your coach know as soon as possible. In order to avoid injury, please act responsibly at all times and make smart decisions.

## ACADEMIC RESPONSIBILITIES

School comes first, always. If there is a conflict between school and swim/dive team, notify your coach immediately. We must know in advance of any absence. Students must be passing every class with a letter grade of "C" or higher in order to compete in meets.

## TRANSPORTATION

The *Student Transportation Consent* form must be signed by all athletes prior to the season. Because practice is off campus, students may either drive themselves, carpool, or ride the shuttle. Meets within the Olathe School District will have the same requirements. Out of district meets will provide bus transportation to all athletes. If you miss the bus, it will not return to get you.

## SOCIAL MEDIA

Social media is important to the lives of athletes and can have a positive impact on their interests, however it is expected that all members of the Olathe North Swim and Dive Team act appropriately in their social media usage. If any use of social media is found to have harassment, bullying, illegal, or inappropriate content, the athlete is subject to suspension or removal from the team based on coach and school professional discretion. If you would like to keep up with the team on social media, please follow these accounts:

- Twitter: @boysolathe
- Instagram: oneagleboysswimdive
- Facebook: Olathe North Boys Swim and Dive Team
- Website: <https://olathenorthboys.weebly.com/>

## TEXT ALERTS

Text alerts will be used by coaches to communicate important information to athletes. It is important that swimmers, divers, and parents are receiving text alerts. To sign up for text alerts, download the app, *Remind*. The app is not necessary to receive text alerts, but can be a useful tool in communication. To sign up for text alerts without the app, follow these steps:

1. Create a new text to the number 81010
2. The message should read: @on2019swim
3. Enter your name and you'll receive a confirmation text that you have joined!

## FORMS

All athletes must have these forms on record prior to the start of the swim season:

- Physical
- Concussion Form
- Student Transportation Consent Form
- Substance Abuse Agreement
- Signed Handbook

## WEATHER

Unfortunately, boys' swim/dive season is at the mercy of the winter months. If inclement weather happens, we have to follow district guidelines. If school is canceled, practice is canceled. If the district cancels afternoon/evening activities, that includes practice. Make sure you are signed up for text alerts so the coaches can let you know if practice is canceled due to inclement weather.

## CODE OF CONDUCT

Athletes are a representation of their school, thus they should always be respectful and responsible. Swimmers and divers should respect the property of any space and materials they are using. Athletes must act in accordance to rules and regulations set by Olathe North High School and KSHSAA. Please exhibit outstanding sportsmanship by respecting coaches, fellow teammates, opponents, officials, and spectators. All athletes are required to abstain from the use of drugs or alcohol. Use of these substances by a student-athlete will result in the implementation of the Substance Abuse Policy. Misconduct at practice or during competitions will not be tolerated and may be grounds for dismissal. Incidents will be handled on an individual basis.

## CONCERNS

All members of the Olathe North Boys Swim and Dive team are required to adhere to the rules, regulations, and expectations listed in this packet. Depending on the situation, if there is a concern, the coaches will confront in the athlete first. Please keep in mind that Olathe North High School asks the parties involved in a situation to wait 24 hours (cooling off period), then schedule a conference with the coach, athlete, and parent. Remember to always communicate effectively.

## CLUB SWIMMING

It is highly encouraged to stop training with your club and be fully involved with high school season. Club swimmers are allowed to participate in KSHAA approved meets (Olympic Development Meets). A letter has to be sent to the state asking for permission—signed by the principal, athletic director, coach, and athlete and must be submitted 30 prior to

the meet. These meets count against the 10 meets that swimmers are allowed to participate in AND the times from these meets do not count towards a State qualification.

## VARSITY LETTERING

A varsity letter is an achievement awarded to athletes who adhere to certain standards. In order to receive a varsity letter at the end of the season please meet this criteria:

**Score 60 points from the following possibilities:**

- Freshman- 0 points
- Sophomore- 3 points
- Junior- 6 points
- Senior-10 points

10 Points Each:

- Attend 90% of all team practices (If excused in advanced, absences will not count against you)
- Attend 8 of the 9 scheduled swim meets \*5 points deducted for each additional miss (If excused in advanced, absences will not count against you)
- Sportsmanship and conduct at practices/meets, overall attitude throughout the season based on coaches' discretion
- State qualifying time made (individual or relay)
- Finishing in the Top 6 League/State (individual or relay)

5 Points Each:

- Having met end-of-season goal times for 3 events
- State consideration time made (individual or relay)
- Finishing in the Top 12 at League/State
- GPA of 4.0 or higher

2 points Each:

- Scoring points for our team
- GPA of 3.0 or higher

1 point for Each

- Best time achieved at a meet

***Coaches may award or deduct points at their discretion.***

OLATHE NORTH ADMINISTRATION AND COACHES RESERVE THE RIGHT TO MAKE ANY  
CHANGES DEEMED NECESSARY.

Please sign below stating that you have read and are pledging to meet the Olathe North Boys' Swim and Dive  
requirements and expectations.

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Athlete Name (print)

"I have read the Olathe North Boys' Swim and Dive Team Handbook in its entirety, and I understand what is  
required and expected of me to be part of the team."

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Parent Signature

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Date

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Athlete Signature

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Date