

LTHS Girls' Swimming & Diving Team Handbook 2023



It is our hope that as you strive for excellence and personal perfection as a swimmer or diver at LTHS, you will reach our school mission statement.

Vita Plena

“The quest for the fulfilling life.”

Team Philosophy:

*Every swimmer/diver should strive to be the best they can be. The great thing about swimming and diving is that no matter how good you are, you can always improve. Your greatest competitor this season is yourself. Every time you race it is against yourself and the clock; every time you dive it is to better your overall score. In order for you to strive for personal perfection, you must attend practice everyday and give 100% effort. If you don't, you are only cheating yourself and your teammates.

*Each swimmer/diver will have a season culminating meet. This is the meet that the swimmer/diver is focusing on throughout the year to reach their peak performance. Performances in practice, dual meets, and invitationals are important opportunities leading up to your goal meet.

*With morning and afternoon practices for 3 months, the season can feel long. One way to survive and do your best everyday is to remember that you are part of a team. When you miss practice or give less than your best, not only are you letting yourself down but your teammates as well.

*In an ideal world we would not have to make any cuts to the team; however, depending on the number of boys that come out for the team, cuts may have to be made. While we want to be inclusive of all, it must be understood that we are working within space constraints. We may not have room for all and still be able to run an effective practice that challenges all swimmers or divers.

Team Goals:

*All swimmers/divers will achieve lifetime best swims/dives at their goal meet.

*All team members will physically and mentally prepare to the best of their ability for every practice & meet.

*As a team, we will maintain a **GPA of 3.0** or better throughout the course of the season.

*Each team member will demonstrate a positive attitude that will encourage others to excel to their highest level.

*Each team member will leave our program a better person than when they entered the program.

Attendance:

*All team members are required to attend all practices, meetings, and meets throughout the course of the season. We encourage you to participate in additional team functions such as social gatherings and team dinners. It is each swimmer/diver's responsibility to **read and know** the information on the calendar and to schedule other activities around their swimming/diving responsibilities! Because this is a team sport, it is important for each swimmer and diver to be conscientious enough to be on deck 15 minutes before the start of any practice.

Missing Practice: All athletes **MUST EMAIL** the coaches if they have to miss a practice for **ANY REASON**. *These messages must be time-stamped no later than one hour prior to practice and 24 hours prior to a meet. Missing a work-out and failure to email will result in that swimmer or diver possibly not competing in the next meet.*

Late to Practice: Swimmer/Diver must bring a pass from the teacher (academics are paramount). If you miss the activity bus, walk quickly to South Campus. This should take no longer than 20 minutes.

*If absences, whether excused or unexcused, become an issue or trend, the coaches will conference with the swimmer/diver and parents to help make a stronger commitment to the team. If this cannot be done, the swimmer/diver cannot continue in our season.

Buses to and from Meets:

*For all away meets you are required to travel on our team bus to and from the meet site.

Parents: if you must pick your daughter up in the event of a special circumstance...

- You must call (579-6393) or email the Athletic Director (jgrundke@lths.net) 24 HOURS IN ADVANCE. If a call is not made a day in advance, the athlete is required to return to school on the bus per LTHS policy. It is requested by the athletic department that athletes return to LT on the team bus unless **special circumstances** exist.
- At this point the coaches will get a notice from the Athletic Director allowing your daughter to leave with you. If the coaches do not have notification from the Athletic Director your daughter will be required to take the bus back to LT.

***Bus departure times will be verbally told to the team and posted/updated on the team web page. If you are not on the bus when we are scheduled to leave, you will be left behind. Please be responsible for yourself.**

Communication:

Don't miss out on important team update! KNOW the website <http://www.lths.net/GirlsSwim>

*All team communication will be done through the website, email, and Remind Texting. We are hoping this will be an asset to parents and athletes both in and out of our season.

*If you have something you would like to send out to the team (i.e. pasta party information, spirit wear forms, volunteer sign up, etc.) please send the information to Coach Walker as a word document or PDF file and he will send it out to the team.

*Please remember to follow the communication guidelines for missing practices/meets listed above under "Attendance".

*If you are having problems in school or elsewhere in life please talk to your teachers, parents, and coaches. We are all here to help you succeed academically, athletically, and socially.

*Do not hesitate to contact us if needed (we will make our best effort to respond within 24 hours)

The coaches' emails are below. However, please check the website for the most updated contact information.

Head Coach- Scott Walker (swalker@lths.net)

Assistant Coach- Erin Rodriguez (erodriguez2@lths.net)

Assistant Coach- Paul Busse (pbusse@lths.net)

Diving Coach- Julie McDermott (jmcdermott@lths.net)

Participation:

Attendance and participation at practices are critical to your success as a swimmer/diver. **Athletes well enough to attend school are well enough to attend practice or meets. On the other side of the spectrum, athletes that are well enough to attend practice or meets are well enough to attend school.**

Even if you are injured you are expected to come to practice to do alternate exercises to keep up your conditioning as well as activities designed to strengthen areas of weakness (as long as it works within your limitations, of course). **Participation in meets is based on your participation in practice.** By not attending or fully participating in practice, you make it difficult for the coaches to justify putting you in the meet lineup.

Behavior:

*As a member of the Lyons Township High School Swim and Dive Team, you are responsible for your own behavior. Remember that your behavior reflects on the team, school, and community - act accordingly! Profanity, rude or obnoxious behavior, or unsportsmanlike conduct will not be tolerated. By being a member of this team, you are agreeing to the Athletic/Activity Code of Conduct. No drugs, alcohol, or tobacco use of any kind (or being in the presence of) during your four years here at LTHS. The IHSA tests for performance enhancing drugs as well.

*In addition, there will not be any type of hazing on this team. As a team, we will respect each other's individual decisions and treat others as we would like to be treated.

Time Management:

****Do not procrastinate! Plan ahead for all homework assignments, tests, and projects to avoid staying up late finishing work.*** Time management is your personal responsibility. By staying up late you are missing out on sleep which will affect the amount of effort you are able to put into the following day's academics, practices, or meets. With careful planning, prioritizing, and some social sacrifices (including social media), most problems can be avoided.

Rest:

*Rest is important for you to be successful as a member of this team. It is imperative that you get adequate amounts of sleep so that you can function at your very best for practices and meets. With the physical demands that are placed on your body day in and day out, you should try to get to bed as early as possible after you have taken care of your other responsibilities (i.e. family, school, etc.) You should always strive to be in bed by 10pm, especially on nights before a meet. Being realists, we understand that 10pm is not always achievable, but try to manage your time well and get some extra sleep when time allows. It is important for you to establish a routine for going to sleep and waking up.

Dress:

*We always dress up for the days of our meets, whether it is wearing team warm-ups, our team shirt, or a dress, all team members are expected to participate. What we wear will be determined by the team captains prior to each meet. Remember that we want to be unified and look like a team at all times.

***Home meets = team t-shirt / warm ups; Away meets = dress or nice clothes, Saturday meets = team t-shirt / warm ups.**

Staying healthy throughout the season:

*If you are not healthy, then you cannot practice. Time that is lost in the water will be critical to your overall success throughout the season and especially your goal meet. Remember that you are the only one responsible for your own health. Be proactive in trying to prevent colds and other illnesses. Make sure that you dress properly during winter (i.e. jacket, hat, gloves, scarf, whatever) to keep you warm. Make sure to dry yourself off completely before going outside, paying special attention to your ears.

**Every year we lose athletes to swimmer's ear or other ear infections. This is preventable! More often than not, it is caused by water in the ear canal. Again, you must be proactive; if you wait until your ear starts hurting it is too late. Make sure to dry your ears well after practice and showering, and use something that will help to remove water from the ear, such as Swim Ear or a 1 to 1 mixture of vinegar and rubbing alcohol.* In addition, if you get ear infections rather easily, you may want to wear ear plugs in addition to performing the steps above.

*Rest was discussed earlier but is obviously an important component to staying healthy. In addition to rest, the other way that you gain energy for practice and meets is through your diet. Remember to eat well throughout the season as it will help you to stay healthy and enhance your performance in the pool. Fast food should be viewed as a special treat, rather than your regular lunch or dinner. In order to perform at your optimum level, your diet should consist of foods that are high in complex carbohydrates, moderate levels of protein, and low to moderate levels of fat, with an emphasis on the majority of fat taken into the body being monounsaturated or polyunsaturated fat.

*In addition to ear problems, swimmers often have shoulder discomfort and strains. Please seek the LTHS trainer's advice and assistance or seek your own professional advice regarding your injury. Icing needs to take place before or after our practices. We have limited water time and must take full advantage of this situation. Should you need to ice, you will be sent to the trainer. Also, if you are out of swimming as a result of a doctor's note, then you will need a doctor's note to resume participation. This is passed along to the LTHS Athletic trainer.

Meet Lineups:

*The Athletic Department wants us to set up the most competitive line-up possible to compete at every meet. Because the team has so many strong swimmers/divers, it is important for all parents to understand that not every boy will swim/dive at every meet. In addition, your daughter may not swim the events she has swum in the past. Swimmers/Divers will be competing at all different levels: Frosh/Soph, J/V, and Varsity. For example, a freshman swimmer/diver may compete Frosh/Soph at one meet, J/V at another meet, and even at the Varsity level at another meet depending on their ability and the opposing teams' talents. The coaching staff will be changing the line-up from meet to meet so that we can have the strongest lineup competing at each level. Every decision that is made is from the standpoint of **what is best for the team.**

*Please check the LT website (www.lths.net) for the meet schedule and directions to the different meets. The athletes love to see and hear the cheering crowd at both home and away meets.

Miscellaneous:

*Fundraising is an important part of the team. This helps to provide money for our equipment, banquet, etc. so please do your best during these activities (i.e. gold cards, pancake breakfast tickets, etc)

*The coaching staff has taken great care to prevent injury and ensure your safety; however it must be understood there is an inherent risk in participating in swimming or diving. The athlete assumes risk of injury, even death, through participation in this sport.



LTHS Girls Swimming & Diving 2023

Sign and return THIS PAGE ONLY
to one of the coaches.

By signing and returning this page you are agreeing to the rules listed in our handbook and committing yourself to being the best student, athlete, and person that you can be.

Please return this page *signed* ASAP.

We will not put you in a meet lineup until this sheet is returned.

Thanks for your cooperation and we look forward to a great season!

Swimmer/Diver name (print)

Swimmer/Diver signature

Parent/Guardian name (print)

Parent/Guardian signature