

HUDSON RAIDERS GIRLS' SWIMMING AND DIVING COACHES' EXPECTATIONS

On behalf of the swim and dive coaches, we want to welcome you to the 2011 swimming and diving season. Please take a few minutes to read through our coaches expectations to help familiarize you with how our team functions, and what is expected of our athletes and parents.

- ❖ Athletes **must** abide by school athletic code/code of conduct.
- ❖ Athletes **must** display positive sportsmanship at meets and all team functions.
- ❖ Athletes and families **must** respect the coach's final decisions.
- ❖ Athletes, coaches, and parents **must** display a positive attitude reflecting teamwork at all practices, meets, and team functions.

Practice Attendance

Practice sessions are closed to all but swim and dive team personnel. Do NOT invite your friends and family to come to practices, invite them to come to meets!

1. All practices and team functions are mandatory.
 - a. Excused absences include: doctor's appointments, weddings, ACT testing, illness, etc. If you need to miss practice, arrive late, or leave early, swimmers must call Coach Hackbarth (651 235-2580) and divers must call Coach Clark (651-248-8232). Athletes must also bring a parent-signed note excusing them within two days.
2. Athletes are given one personal day. This is good for one missed practice due to personal reasons that do not need to be clarified with coaches. Again, athletes must bring a signed note within two days of using personal day. (Please call Coach Hackbarth prior to practice).
3. If you are absent from practice the day preceding a meet, you will not swim or dive in that meet. This includes excused absences. Possible alternative practices can be set up in this case.
4. Unexcused absences count as meet suspension. Unexcused tardiness will result in team punishment. *(three personal strikes counts as one unexcused absence)*

Unexcused Practice/Classroom Absences

1	=	sit out next meet
2	=	sit out next 2 meets
3	=	dropped from team

Excused Absences (other than Illness)

If this is abused, sit out meet days

Classroom Attendance and Performance

Academic success is of primary importance. Coaches will receive regular classroom attendance reports from the High School attendance office, and progress reports from teachers.

Meet Days

1. You must attend school the day of a meet in order to compete or (practice). It is OK to miss an hour or two for an appointment of some kind, or to be gone all day for a school-related activity.
2. **If you are sick on a meet day it is imperative that you contact Coach Hackbarth in the morning so that adjustments to the meet lineup may be made.**

Meet Day Dress

The requirements of meet day dress code will be set by team captains and enforced by coaching staff. Teams grow stronger when there is unity in purpose and action.

Communication

It is extremely important that athletes and coaches keep all lines of communication open. If a problem occurs between athletes, it is my assumption that athletes will first try to solve the problem among themselves. When a vital problem arises, the **athlete** should contact Coach Hackbarth, Zappa, or Clark for a meeting before involving any other parties. At that time, the coaches will meet with the athlete and further action may be taken by coaches if a meeting with parents is necessary. On this team, communication between athletes and coaches comes first.

If a parent may have a concern or question, they may contact the coaches, but should first determine if communication can be made between the athlete and coach instead.

Practice Transportation

As athletes under the driving age will need to be transported to the middle school from the high school after school for practice, carpool arrangements will need to be made. Athletes will need to make these arrangements **without** the assistance of the coaches. Athletes may need to ask permission from parents to drive others, if so, please do so. Athletes should be considerate to everyone when making these arrangements.

Varsity Letter Requirements

Earning a varsity letter is one of the highest seasonal honors that Hudson athletics offers. It requires commitment, dedication, and discipline, especially within swimming and diving! Candidates for a letter will have demonstrated leadership and enthusiasm over the course of the season. Guidelines for the 2011 swimming and diving season will be based on a high academic performance and varsity points earned. All athletes must earn a minimum of 42 varsity points. *The coaches and captains will consider variations to these guidelines.*

This portion is to be returned to coaches the second week of practice. (8-19-11)

I, _____ (student-athlete), agree to perform and abide by the Coaches' Expectations of the Hudson Raiders Girls Swimming and Diving.

Please sign below:

Student-athlete's signature _____

Parent/Guardian's signature _____