

# Mesquite Independent School District

## Swimming Team

Policies and Procedures

2011-2012

Head Coach: Kristi Pottorff  
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### **Expectations:**

As a member of the MISD swimming team, you will be expected to follow the rules and regulations established in your Student Handbook and Student Code of Conduct book. That includes the following expectations:

- Keep your grades up
- Be prepared to swim every day of practice
- Be in the water *on time* (before the beginning of the first set)
- Let one of the coaches know *at least* two weeks in advance if you will not be able to participate in a meet
- Be respectful to your coaches
- Be respectful to your fellow athletes
- Be respectful to all officials
- Remember that you are now a varsity athlete for your school; therefore you are expected to be an ambassador for your school. Act accordingly.

### **Grading Scale:**

Six weeks grades will be weighted as follows:

Participation at Meets:	30%
Grade Sheets:	20%
Participation at Practice:	50%

#### *Participation at Meets:*

You will be expected to participate at every swimming meet. If you are unable to swim at a meet, you are required to give your coach *at least* two weeks notice. We do understand that unavoidable circumstances may arise, and we will take care of these on an individual basis.

#### *Grade Sheets:*

Every Monday, you will need to turn in a grade sheet that is signed by each of your teachers as well as one of your parents. If any one of your grades drops below a 75, you will be expected to go to tutoring for that class.

*Participation at Practice:*

You will be expected to swim every day of practice. If you miss any days of practice, you will receive a zero for the day that is missed, which does include leaving your swimsuit at home. Please see the attendance policy for any exceptions.

**Attendance:**

It is extremely important for you to attend every practice in order for you to improve your time; however, we do understand that there may be days when you will not be able to swim. In order to avoid receiving a zero for participation that day and an unexcused absence, you will need to do the following:

- If you have an after school activity that keeps your from coming to practice, you will need to get a dated and signed pass from the teacher and give it to me the next practice day.
- If you have a doctor's appointment during 4<sup>th</sup> period, you will need to have your parent sign you out at school and then bring a copy of the signed doctor's note the next practice day.
- If you are too sick to swim, you will need to get a ride home and bring a signed parent's note the next practice day explaining why you were unable to attend practice.
- If you feel that you have too much homework, you will need to get a ride home and bring a signed parent's note the next practice day explaining why you were unable to attend practice.

Please note that missing more than 2 practices within a six weeks period and missing more than 8 practices within a semester will result in expulsion from the team.

**Supplies:**

While you will be issued an MISD team swimming suit and cap, you are *not* to wear these at practice. Wearing these at practice will result in a zero for participation for that day. You will also be issued an MISD warm-up jacket and bag that will need to be returned at the end of the season. If you do not return this jacket or bag, your records will be tagged, which can and will keep you from graduating.

By signing below, you are indicating that you have read, understand, and will abide by the following policies and procedures listed above.

Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_