

SPARTAN SWIMMING 2017

COMMITMENT

Participation in this program requires an extended commitment outside of “regular” academic class hours. In order to earn an A in this course, athletes must attend practices and meets. An athlete’s participation and effort level will define individual and team successes for the season.

COMMUNICATION

Communication is an important factor towards the success of the team. An athlete must communicate in advance with the coaches if he or she is going to miss practice for any reason. Call or e-mail the coaches if you are sick (*boys: 532-8020 ext.6619, jcarcich@orangeusd.org; girls: 532-8020 ext.6626, zlarkin@orangeusd.org*). Please do not pass messages via teammates. For further information about VPHS aquatics go to the villaparkaquatics.com website.

PUNCTUALITY

Be ready for workout 10 min. before workout time. This means geared up in proper swimming or lifting attire.

TEAM CONCEPT

Coaches will place swimmers in events that will benefit the team and help the team reach its goals.

TEAM GEAR

Team shirts must be worn on meet days. Team suits are to be worn at meets, and VP caps are to be worn by all relay swimmers. Other important gear includes goggles, fins, caps and practice suits. Please I.D. all equipment with a pen.

SICKNESS

If you attend school with an illness or an injury, you must report at normal times for practice. This includes morning and afternoon workouts.

TRANSPORTATION

The athletes are required to ride the bus to all meets. Athletes may ride home with their parents after the meet has ended, as long as they have communicated this in advance with the coaches.

CONSEQUENCES

An athlete’s grade is primarily based upon their participation. Two unexcused absences from practices or being excused from practices early for discipline reasons will result in a B for the course. A third unexcused absence from a practice, or being excused early from practice for discipline reasons, will result in a C for the course and suspension from practice or competition for the remainder of the season. One unexcused absence from a meet will result in a C for the course and suspension from practice or competition for the remainder of the season. Student athletes suspended for the season will report to the pool for normal 6th period hours. Failure to report will further lower their academic and citizenship grades in the course.

Excused absences for the purposes of this program are: participation in a wedding, attending a funeral, an absence from school cleared as an illness, or a coach cleared VP teacher led review session. All absences require communication with coaches.

THEFT, DRINKING, AND DRUGS

Any athlete caught stealing property, or using alcohol or drugs, will be indefinitely suspended from the team, could receive an F in the course, and may be dropped from all Villa Park Aquatics programs.

OPERATION GRADE SLAM

One of the goals of this program is to have 75% of our athletes with GPA's of 3.0 or better. Any student with less than a 2.5 cumulative GPA or on permanent academic probation should turn in weekly progress reports to coaches.

HEALTH AND EAR CARE

It is important during the season to eat healthy, get plenty of rest, and stay warm. The spring season can get cold, so please pack warm clothes to wear when leaving the pool deck. For those with sensitive ears it is recommended that you use drops in the ears after each practice in order to dry out excess water and prevent infection. If you consistently take care of your ears, you shouldn't experience any pain or discomfort during the season.

WORKOUT INFORMATION

Swimming workouts are held:

Boys:

Mondays 6:00 – 6:40 A.M. (weight room), 2:00 – 4:00 P.M. (pool)

Tuesdays 6:00 – 6:40 A.M. (pool)

Wednesdays No Morning, 2:00 – 4:00 P.M. (pool on odd dates)

Thursdays 6:00 – 6:40 A.M. (pool)

Fridays 6:00 – 6:40 A.M. (weight room), 2:00 – 4:00 P.M. (pool)

NO MORNING OR AFTERNOON PRACTICE ON MEET DAYS

Girls:

Mondays 6:00 – 6:40 A.M. (pool)

Tuesdays 6:00 – 6:40 A.M. (weight room), 2:00 – 4:00 P.M. (pool)

Wednesdays No Morning, 2:00 – 4:00 P.M. (pool on even dates)

Thursdays 6:00 – 6:40 A.M. (weight room), 2:00 – 4:00 P.M. (pool)

Fridays 6:00 – 6:40 A.M. (pool)

NO MORNING OR AFTERNOON PRACTICE ON MEET DAYS

SPRING BREAK PRACTICE

Attendance at all Spring Break practices is required for post season special awards consideration.

Wednesday, April 5th 8:00am – 10:00am (Boys & Girls)

Thursday, April 6th 8:00am – 10:00am (Boys & Girls)

Friday, April 7th 8:00am – 10:00am (Boys & Girls)

LETTERING VARSITY

Fourth year swimmers, swimmers participating in at least 50% of the Crestview League Dual Meets, or swimmers scoring points at Crestview League Finals will earn their varsity letter for the season.

CLUB SWIMMERS

Club swimmers may practice with their clubs during the season. Year round club swimmers will be allowed to miss afternoon swimming practices on days that they will be attending club practice but must make all morning practices. Athletes will not be allowed to miss VP swim meets due to club activities without VP coach approval.

RECREATIONAL ACTIVITIES

Many students have interests outside of school and athletics that could jeopardize their athletic success. It is important to make choices year round that will minimize the possibility of incurring serious injuries. These accidents can devastate both team and individual goals. Please be careful!