

# **Clear Brook Aquatics Team Manual 2010 – 2011**



## **Coaches:**

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## **Coach's Responsibilities:**

1. Follow all guidelines in the CCISD handbook.
2. Follow all UIL rules and regulations.
3. Establish and communicate all aquatics information as needed to the parents, athletes and community.
4. Coordinate all travel arrangements for events.
5. Facility and equipment maintenance.
6. Promote beginning and future athlete opportunities.
7. Issue all equipment and make sure it is returned.
8. Coordinate all competitions.
9. Maintain accurate athlete statistics.

## **Athlete Expectations:**

1. All athletes will follow the student handbook.
2. Any athlete using any illegal substance will be immediately dismissed from the team. This includes tobacco and alcohol products.
3. **Athletes will be prepared to practice when practice starts. The practice time is NOT the arrival time.**
4. All athletes will participate in all practices, competitions or team events unless the circumstance is an emergency.
5. All athletes will obey the tardy and absence policy set forth by the coach's. See **Absence and Tardy policy as well as the Behavior Policy.**
6. All athletes will understand and follow the rules of safety and apply them in practice and competition.
7. All athletes will follow UIL rules.
8. Any athlete that fails 3 times at any grading period (3-week, 6-week, or 9-week) will be asked to leave the team until the following year. After 2 years of an athlete being removed from the team due to failing classes, the athlete will not be allowed to return to the team.
9. Athletes will wear some Clear Brook Aquatics apparel **to school** on competition days. Athletes will also be expected to wear Clear Brook Aquatics apparel when traveling to competitions.
10. Demonstrate a commitment to team goals.
11. All athletes are required to participate in swim season if they wish to play water polo. All freshmen are required to play water polo.

## **Team Captain Expectations/ Duties:**

1. The team captain(s) are responsible for all locker activities and behavior. Punishment for rule infractions will be served not only by the parties involved but also by the captain(s).
2. Team captain(s) will set a good example at practice, at competitions and in the classroom.
3. Team captain(s) will have good work ethic (give 100%, 100% of the time).
4. Team captain(s) will follow ALL athlete expectations help enforce them.
5. Team captain(s) will be a good motivator for the rest of the team.
6. Team captain(s) will responsible for reporting any teammates' to the coaches who are having problems with grades. They are to check up with each team member of their gender before a grade check period.
7. Team captain(s) will meet with the coaches once a week to report any problems or concerns about the team.

## **PRACTICE TIMES:**

**Varsity: 5:45 AM – 7:30 AM**

**JV: 1:50 PM-3:30PM Monday, Wednesday, and Friday  
5:45 AM-6:45 AM Tuesday and Thursday**

## **Tardy Policy:**

1. Practice begins AT 5:45 AM or 1:50 PM. You must be prepared to enter the water at those times, not walking in at those times. Punishments for tardies are the following:
  - A. Under 5 Minutes Late – 50 Push-ups immediately upon arrival
  - B. 5-10 Minutes Late – Above PLUS a Legal 200 Fly after Practice
  - C. Doors will be locked 10 minutes after practice starts.
  - D. If a swimmer comes after the doors are locked it counts as an attendance strike.
  - E. The late afternoon make up practice will be from 5:45 AM until 6:45 AM on a Mon, Wed., or Fri or from 2:40pm-3:40 pm for the early morning make up practice
  - F. If a swimmer is not in the water within 20 seconds of the start time for the warmup for the morning practice, they will be assigned 50 push ups.
  - G. If a swimmer is not in the water within 20 seconds of the start time for warmup for the afternoon practice, they will be assigned 50 push-ups.

## **Absence Policy:**

1. Excused absences include ONLY the following:
  - A. Note from doctor excusing you from practice or school
  - B. Teacher approved tutorial (ONLY on Tutorial Days)
  - C. Note / Phone Call / E-mail From Parents (Coach's Discretion)
2. **All** other absences are considered Un-Excused. Punishments for Un-excused absences are the following:
  - A. 3rd offense – average is dropped to a 70.
  - B. 4th offense –grade is dropped to failing
  - C. 5<sup>th</sup> offense – Expulsion from the Swim/Water Polo Team
3. **FOR EVERY 2 PRACTICES YOU MAKEUP BEFORE SCHOOL (JV) OR AFTER SCHOOL (VARSITY) ONE STRIKE WILL BE TAKEN AWAY.**

## **Coaches Cell Phone Privilege:**

You will be given Coach Newton's cell phone number and she will have yours. You will only be receiving text or phone calls related to swimming and most of the time will be before 5 pm. It is a privilege to have her cell phone number. Therefore, the following guidelines will be in effect:

- no calling or texting after 7 pm, unless it is an emergency.
- no calling or texting to ask about practice times, schedules, what time the bus leaves, etc. That is your responsibility.
- all calls or texts must be swim/water polo related

If you abuse this privilege, it will be taken away.

## **Letter Jacket Award Policies:**

### **I. General:**

In order for an athlete to receive a letter jacket in either sport they must:

1. Finish the season and remain academically eligible for the entire season (water polo and/or swimming).
2. Turn in all equipment or have paid for damaged or missing items.
3. Understand and adhere to the Clear Brook Aquatics attendance policy.
4. Recommendation of the Coaches  
(based on a participant's attendance record, work ethic in practice, sportsmanship, and follow the CCISD Student Handbook and Code of Conduct.)

### **II. Water Polo:**

Accomplish four or more of the following:

1. Be a contributing player to the team during the regular season AND post season (Regional and/or State tournaments).\*\*
2. Start over 50% of all season games.
3. Be in the Varsity or JV class period.
4. Make an All-Region, All-State, All-American, or Academic All-American team.
5. Must compete in all assigned swim meets and complete swim season.

### III. Swimming & Diving:

1. An athlete must qualify and participate in the Region VI Swimming & Diving Championships in an individual or relay event.

OR

2. Make **two** Performance Times.

#### **Performance Times**

	<u>Girls</u>	<u>Boys</u>
50 Free	28.39	24.69
100 Free	1:00.69	54.59
200 Free	2:11.49	1:59.99
500 Free	5:55.49	5:21.49
200 IM	2:29.59	2:16.39
100 Back	1:08.49	1:02.39
100 Fly	1:07.29	1:00.79
100 Breast	1:16.99	1:09.89

#### **School Records**

The following are the list of ways in order to break a school record:

- The 200 Medley Relay, 200 Individual Medley, 100 Butterfly, 500 Freestyle, 200 Freestyle Relay, 100 Backstroke, 100 Breast stroke, and 400 Freestyle Relay must all be swam in their event only.
- The 50 freestyle record can be broken in the following ways: the individual 50 free, the first 50 of the 100 free, the first 50 of the 200 free, the first 50 of the 500 free, the lead off 50 of the 200 freestyle relay, or the first 50 of the lead off 100 of the 400 free relay.
- The 100 freestyle record can be broken by: the individual 100 free, the first 100 of the 200 freestyle, the first 100 of the 500 freestyle, or the lead off 100 of the 400 freestyle relay.
- The 200 freestyle record can be broken by: the individual 200 free or the first 200 of the 500 freestyle.

#### **Student – Athlete Behavior Policy**

I. All student-athletes will be held to the following standards of behavior:

1. **Respect** – All students will treat their teammates, teachers, and coaches with respect.
2. **Facility** – Students will value the team’s equipment, locker rooms, and pool facility and treat it with the utmost care.
3. **Officials/Refs** – Students will have NO negative interaction with officials/Refs for ANY reason. All communication to officials/Refs will be done by the coaches.
4. **Profanity** – The use of profanity by students is prohibited at all times.

5. **ISS**- 1<sup>st</sup> offense- suspension from the next TWO meets or tournaments. 2<sup>nd</sup> offense- removal from the team.

## II. Effort and Attitude

1. **Effort** – 100% effort is expected at all practices and competitions. You are also expected to give 100% effort in the weight room at all times.
2. **Attitude** – A positive attitude is important for team success. This includes the athletes attitude toward their coaches, teammates, training requirements, school, ect.

## III. Consequences

1. Any action by a student-athlete that is deemed contrary to this policy by the coaches will result in punishment on an individual basis. Punishment may include in-practice discipline, parent-coach conference (via phone or in person), office referral, or expulsion from the team.

**Please read the above carefully. Then please sign the following.**

*I have read, understand, and agree to the terms and conditions of the Clear Brook Aquatics Team Manual. I wish to be a member of Clear Brook Aquatics.*

**Athlete Name – (Print)**

\_\_\_\_\_

**Athlete Signature**

\_\_\_\_\_

*I have read, understand, and agree to the terms and conditions of the Clear Brook Aquatics Team Manual. I would like the above athlete to be a member of Clear Brook Aquatics under these conditions and will assist the coaches in any way possible to that end.*

**Parent 1 Name – (Print)**

\_\_\_\_\_

**Parent 1 Signature**

\_\_\_\_\_

**Parent 1 Contact Information  
(Required)  
Mailing Address**

\_\_\_\_\_

\_\_\_\_\_

**Phone Number** \_\_\_\_\_

**\* E-mail** \_\_\_\_\_

**Parent 2 Name – (Print)**

\_\_\_\_\_

**Parent 2 Signature**

\_\_\_\_\_

**Parent 2 Contact Information  
(Optional)  
Mailing Address**

\_\_\_\_\_

\_\_\_\_\_

**Phone Number** \_\_\_\_\_

**\* E-mail** \_\_\_\_\_

*\* preferred method of communication*