

Clear Brook Aquatics Swim Season Packet 2011 – 2012



Coaches:

**Head Coach - Coach Brad Schurdell
bschurde@ccisd.net**

**Assistant Coach- Coach Jamie Johnson
jamiejohnson@ccisd.net**

**Office: (281) 284-2277
Website: www.ClearBrookH2O.org**

PRACTICE TIMES:

Varsity: 5:45 AM – 7:30 AM (Dryland clothes will be needed a few times during the week. A more detailed practice schedule will be given at the start of the season)

JV: 1:50 PM-3:30 PM Monday, Wednesday, and Friday
5:45 AM-6:45 AM and 1:50 PM – 2:30 PM 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 AFTER practice
 - B. 5-10 Minutes Late – Above PLUS a Legal 200 Fly after Practice
 - C. 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
 - D. 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.
 - E. 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. Consequences 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. 5th 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.**

Swimming Lane Etiquette:

Swimmers are expected to adhere to the following procedures during swim practices in order to ensure a good workout and experience for all athletes in each lane:

- Leave AT LEAST five (5) seconds behind the person in front of you. You may find that during some sets you may want to allow for even more time. Don't swim in someone else's water.
- If you are catching the person in front of you, then you need to go in front of them next time you stop at the wall. If you are being caught, please allow the person behind you to go in front of you next you stop at the wall. That doesn't mean when the set is over or at the 75 of a 100. It means after that 100 is over, then switch places.
- Use common sense on sets that allow for choice of strokes. If the person in front of you decides to do breaststroke and you decide to do freestyle, you should go first. Again, COMMON SENSE.
- DO NOT leave the pool in the middle of a set. Try very hard to wait until that set is over. You will be given some rest time and/ or a bathroom/ restroom break between some sets. Don't give up workout time to do this. If it is a dire emergency, please ask a coach for permission to leave the pool.
- If you must stop on the wall, in the middle of a set, wait a 50 and jump in AT THE END of line. You get to stop and rest while everyone else is working hard then jump in where you were. Push yourself to make every yard of every practice.

Other simple practice rules may be instituted by the coaches throughout the season as well.

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.

Swimming 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. 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

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**- 1st offense- suspension from the next TWO meets or tournaments. 2nd 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.

2010 - 2011 Times

WOMEN

MEN

Regionals 1st	Regionals 3rd	District 1st	District 6th		District 6th	District 1st	Regionals 3rd	Regionals 1st
1:52.45	1:58.58	1:53.98	2:09.51	200 Medley Relay	1:50.83	1:45.55	1:39.83	1:35.56
1:41.61	1:44.86	1:45.45	1:53.68	200 Free Relay	1:43.52	1:32.64	1:30.85	1:27.97
3:38.51	3:51.17	3:50.19	4:32.49	400 Free Relay	3:40.42	3:22.52	3:22.82	3:19.02
23.13	25.94	26.15	27.07	50 Free	23.50	22.65	22.26	21.66
50.23	55.64	57.69	59.39	100 Free	51.55	49.32	48.56	47.91
1:53.85	1:57.19	1:57.25	2:08.88	200 Free	1:54.47	1:47.02	1:45.94	1:45.29
5:13.83	5:26.49	5:25.15	5:53.38	500 Free	5:28.04	4:46.72	4:59.14	4:40.87
57.40	1:03.28	58.42	1:07.67	100 Back	1:00.56	57.58	56.38	51.09
1:02.27	1:09.66	1:08.29	1:16.64	100 Breast	1:08.38	1:01.12	1:02.03	57.94
58.43	59.17	59.51	1:06.40	100 Fly	58.79	54.93	53.11	51.02
2:04.07	2:12.50	2:11.07	2:30.73	200 IM	2:13.50	2:03.67	2:03.58	1:57.03

Goal Times 2011 - 2012

Name _____

Grade _____

Event	Best Time 10-11	Pre-Season Goal Time 11-12	Mid-Season Goal Time 11-12	Final Goal Time 11-12
--------------	------------------------	---------------------------------------	---------------------------------------	----------------------------------

50 Free				
100 Free				
200 Free				
500 Free				
100 Back				
100 Breast				
100 Fly				
200 IM				