

Doherty Spartans

Girls Swimming and Diving Policies

Coaches

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Coaches Goals for the Season

- Have FUN while working hard and continuing to grow.
- Build strong student-athletes who are successful in and out of the pool, at Doherty and in their future.
- Team mentality - mutual respect for one another, coaches, and all athletes and students at Doherty. WE BEFORE ME
- Increase physical and mental strength to be great swimmers/divers and athletes overall.
- Improve on maturity especially in: communication, responsibility, dedication.
- Emulate the skills of a Spartan in every aspect of: Character, Competitiveness, Communication, Critical Thinking, Collaboration, Citizenship, and Creativity.

Expectations for Swimmers/Divers

Attendance

- All athletes will attend every scheduled practice; if you have an unexcused absence you will not be able to participate in the next meet.
- Club athletes will have a modified practice schedule that will be coordinated with the athlete and the coaching staff.
- If the athlete is sick, or showing signs of COVID-19 they should not attend practice and communicate accordingly.
- Absences need to be notified to the coach from the parents via email 24 hours prior to the absence in order to not be considered unexcused.
- Unexpected absences (illness, emergencies, etc) need to be communicated as soon as it is known. These illnesses should be communicated by the parent/guardian.
- Illnesses that cause absence from 2 or more practices requires a doctor's note.

- If an athlete is not participating in 90% of practices they will not be able to compete.
- Missing practice the day before a meet will not allow an athlete to compete in the next meet. Excused absences will be considered by a case by case basis.

Eligibility

- Participating in athletics at Doherty high school is a privilege and the term “student-athlete” is taken very seriously. There is a need for increased time management skills and responsibility to complete all tasks assigned to you, both academically and athletically.
- Missing practices because of “having to study” “too much homework” will not be considered an excused absence and could result in missing the next meet.
- Eligibility is taken mid quarter and at the end of each quarter. 2-F’s at each of these points makes you ineligible from competition for the next 4 1/2 weeks.
- At least one D or more on grade checks taken weekly puts you in lunch study tables. Missing a day of study tables will take you out of the next meet.

Practice Expectations

- Pool doors will be opened 10-15 minutes prior to the start of practice.
- Athletes will arrive on time ready to enter the water at the scheduled start time with required items for practice - swimsuit, cap, goggles, water bottle.
- Any meetings with the trainer will occur before/after practice unless granted permission by the coach in the middle of practice. Any athletes not allowed to practice because of injury will check in with coach regarding further actions.
- Practices will be considered “closed”, only athletes, coaches, and managers the only are allowed on deck for during practice time. Parents are only allowed to be on deck 10 minutes prior to the end of practice if you are picking the athlete up.
- Locker rooms are currently unavailable - athletes should come to practice in their suit and plan to leave in their suit. If there are other circumstances that a locker room is needed please communicate with coaches.
- Parents should plan to pick up athletes immediately at the listed practice end time.
- Saturday morning practices are also considered mandatory. Absence policy is the same for this practice as other weekly practices.
- Holiday practices are highly recommended in order to continue for successful season. If a family is traveling this should be communicated from the parents ahead of time.

Competition Expectations

- All athletes will arrive to the facility in an efficient manner. Athletes will be released in plenty of time to arrive at the time requested by the coach.
- Transportation will be provided to meets that are outside of the county. Parents will need to provide transportation to away swim meets.
- Swimmers will be asked to swim the event that is necessary for the team success. The coach makes these choices based on practices and strategy and has both the individual and team best interest at heart.
- Relays are chosen in the same manner, and will depend on the meet.
- Line-ups for a meet will be posted the day before the meet.

- All athletes will stay for the entire competition unless discussed with the coach over 24 hours prior to the meet. Permission will be granted depending on the situation.
- Good sportsmanship is required by all athletes, to fans, officials and opponents.
- Examine the game management document posted to the website.
- For the 2021 season there will be no spectators at Doherty pool. For home meets we will be having parent volunteers. Spectators at away school will be determined the week before.

Lettering

District Lettering Policy

- Compete in half of the total varsity meets.
- Swimmers must score 10 points over the season; divers must score 6 points over the season.

Swim Team Lettering Policy

- Any athlete qualifying for state individually or on a state qualifying relay will automatically qualify for state.
- Athletes who place top 16 at the league meet will automatically receive a letter.
- Seniors and members of the league team will be considered for letters if not already automatically qualified.

Attire/Uniforms

- Everyone will be required to bring the required materials to practice daily
- Team suits will be purchased - these suits are to be worn only during swim meets. These are to be purchased for each athlete individually.
- Team gear will be ordered at the beginning of the year, there will be a team t-shirt, sweatshirt/jacket, and sweatpants. These are all optional to purchase.
- Swimmers will receive team jackets to utilize during the season, divers will receive parks to utilize during the season.

Fundraising

- Athletes will be asked to participate in a Snap Raise fundraiser.
- Kick off is TBD
- Funding will be for new supplies to benefit the team.

Team Activities

- Captains will be determined after the first full week of practice - the entire team will vote these leaders in. All upperclassmen will be eligible to be voted in. Coaches have final say on the election of the captains.
- Team Pictures - date and time for team pictures will be determined during the season. Purchasing pictures is optional.