

Rules, Procedures and Lettering Policy 2008-2009

Practice

- 1.** Swimming practice starts promptly at **2:30pm**. Diving practice starts at 6:30pm. Please arrive early to allow for time to change into your swim suits.
- 2.** Swimmers/Divers are expected to attend all practices during the season. If you are absent you must provide Coach with a written excuse and/or doctor's note. Swimmers who miss practices without approval, or have an unsatisfactory attendance rating (<70%), will be subject to meet or season suspensions.
- 3.** There will be practices during the Thanksgiving and Christmas break. You are required to attend at least 50% of all holiday practices. Anything above 50% can be used to replace absences accrued during the season or to just add to your total.
- 4.** No street clothes (school clothes) are allowed during dry land exercises. Only exercise apparel should be worn. Running shoes are required. A doctor's note is required if you are unable to participate in dry land training.
- 5.** Participants in fall sports will be excused until the completion of their season. Participants in spring sports will be expected to finish the swimming/diving season before starting practice with their respective sports.
- 6.** Parents must pick up swimmers from practice by 4:40 P.M.
- 7.** If a regular school day is canceled (snow, act.) there will be no practice.



Meets

- 1.** Attend all meets. You must notify Coach Callis at least 1 week in advance if you will miss a dual/tri meet and at least 2 weeks for invitational/championship meets. If you become ill at the last minute a doctor's note is required.
- 2.** Team members who miss a meet or their assigned event(s) during a meet without approval from the coach will be subject to meet or season suspensions.
- 3.** Only Shiloh Swimming & Diving gear such as sweat suits, swim suits, caps, towels, t-shirts, etc will be worn at Shiloh Swimming and Diving meets.
- 4.** Bus Travel: team members are required to travel to and from the meets on the team bus unless excused by Coach Callis prior to the day of the meet.



Conduct

- 1.** Shiloh swimmers and divers are expected to conduct themselves in a manner appropriate for school representation and follow all rules outlined in the SHS agenda and in the Gwinnett County Board of Education Discipline Handbook.
- 2.** Smoking is prohibited for all team members, managers and coaches.
- 3.** Coach Callis and/or Shiloh High School Administration will determine discipline procedures.
- 4.** All team members will be expected to wear Shiloh Swimming & Diving spirit wear during school on (or prior to) meet days.



Eligibility

- 1.** **ACADEMIC ELIGIBILITY-** must be enrolled in a least 4 courses per semester and have passed at least 3 courses the previous semester as well as be on track to graduate.
- 2.** **INSURANCE AND PHYSICALS-** both forms are required to participate. (If you have had a physical since April 1st of this year and it is on file at the school you do not have to submit another one this season.) Divers are required to provide a copy of their physical form to Coach Hudson.

Lettering Policy and Times

- 1. Be an eligible and active team member throughout the 2008-09 Season, and...
- 2. All team members must maintain at least an 88% workout completion rate, and...
- 3. Must meet or exceed at least two (2) of the following requirements:
 - 1) Score in four dual/tri meets
 - 2) Place in Top 20 at the county championships
 - 3) Exceed SHS Letterman qualifications listed below

	Men	Women
Swimming Events		
200 Freestyle	2:08.0	2:20.0
200 Ind. Medley	2:26.0	2:42.0
50 Freestyle	25.50	29.00
100 Butterfly	1:06.0	1:15.0
100 Freestyle	57.0	1:05.0
500 Freestyle	5:55.0	6:30.0
100 Backstroke	1:09.0	1:16.5
100 Breaststroke	1:14.0	1:24.0
Diving		
6 Dives	130 Points	130 Points

Please sign below and return to Coach Callis before Oct. 24th.

We have read, discussed and understand the 2008-2009 Rules, Procedures and Letter Policy of Shiloh Swimming and Diving (2 pages).

PRINT Student-Athlete Name: _____

Student Athlete Signature: _____ Date: _____

Parent Signature: _____ Date: _____