

SHILOH SWIMMING & DIVING

State Champions: 1992, 1994

State Top 10: 1991, 1992, 1993, 1994, 1995, 2000, 2001, 2002, 2003, 2004

All-State Awards: 1987, 1988, 1990, 1991, 1992, 1993, 1994, 1995, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2007

Rules, Procedures and Lettering Policy 2011-2012

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 4:45 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 to 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. If team or school rules are broken Coach Callis and/or Shiloh High School Administration will determine discipline procedures, include dismissal from the team.
4. Arrest/conviction of a crime will result in immediate dismissal from the team.
5. 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 5 courses per semester and have passed at least 6 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.

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Lettering Policy and Times

1. Be an eligible and active team member throughout the 2011-12 Season, and...
2. Must maintain at least an 85% workout completion rate, and...
3. Must meet or exceed at least two (2) of the following requirements:
 - 1) Score points in four regular season meets
 - 2) Place in Top 30 at the county championships
 - 3) Exceed SHS Letterman qualifications listed below

	Men	Women
Swimming Events		
200 Freestyle	2:09.0	2:20.0
200 Ind. Medley	2:30.0	2:42.0
50 Freestyle	25.50	29.50
100 Butterfly	1:07.0	1:15.0
100 Freestyle	57.0	1:05.0
500 Freestyle	6:00.0	6:30.0
100 Backstroke	1:10.0	1:16.0
100 Breaststroke	1:15.0	1:24.0
Diving		
6 Dives	130 Points	130 Points

Please sign below and return to Coach Callis before the 1st practice.



We have read, discussed and understand the 2011-2012 Rules, Procedures and Letter Policy of Shiloh Swimming and Diving (2 pages).

PRINT Student-Athlete Name: _____

Student Athlete Signature: _____ Date: _____

Parent Signature: _____ Date: _____