



Lambert
HIGH SCHOOL

LAMBERT HIGH SCHOOL LONGHORN SWIM & DIVE TEAM

2017/2018 Program handbook

Head Coach
Kerry Langley

Asst.Coach
Nathan Martin

Dive Coach
Amy Spivia

Online application: TeamUnify Lambert Swim Team
<https://www.teamunify.com/Home.jsp?team=rechslhsdt>



*2013, 2014, 2015, 2016 state champs, 2017 2nd place – 6A Women
2016, 2017 3rd place – 6A Men*

A. TEAM QUALIFICATIONS

The status as an active member of the swim team is determined solely by the coach. In order to remain an active member of the team you must attend at least 90% of scheduled practices. If you fall below 90% attendance you will not be considered for participation in meets.

You will be removed from the team if you miss more than 12 practices.

The absences may be either excused or unexcused for a total of 12.

B. ELIGIBILITY REQUIREMENTS

1. Insurance

Before any student athlete is permitted to participate in swimming or diving the athlete must submit either a signed "Waiver of Insurance" form or verification that medical insurance has been purchased through the school. Mrs. Conley will verify your status after you submit online – go to the LHS athletic page for the form.

2. Physicals

A physical examination form must be completed before any practice may begin. This is online as is the insurance and you will also need a physician's form signed and brought in to Mrs. Conley.

3. Georgia Youth-Concussion law -- This 2013 law requires

- parents and athletes to sign a concussion-information form before being allowed to participate in sports. This is also online.

4. Academic Eligibility

The State rule states that in order to be eligible to participate in any sport or extra curricular activity sponsored by the high school, the student must

- be enrolled in at least five (5) courses per semester
- have passed at least five (5) courses the previous semester
- be on track to graduate
- have above a 2.5 gpa

C. TOP PRIORITY - SCHOOL

1. Academics -

The main purpose and objective of every student athlete should be to get a good education! Swimming/diving will not be allowed to interfere with this objective. Therefore, any student with failing grades when progress reports are released will be subject to team suspension until improvement in academics is shown.

2. Attendance -

Student athletes will not be able to participate in practice or meets if they have not attended school for at least a half day (4 class periods).

3. Misconduct -

Any form of classroom or school misconduct will not be tolerated. Below are possible infractions and their punishment. Other infractions may result in suspension or removal from the team.

- Progress reports - receiving unsatisfactory reports of conduct will result in probation until improvement is shown
- In School Suspension - cannot attend practice or meets on those days; team probation or suspension are possible based on severity of infraction
- Out of School Suspension – cannot attend practice or meets on those days; suspension from team for time period determined by Coach Langley.

D. CONDUCT

1. Swimmers and divers are expected to conduct themselves in a manner appropriate for team representation. During the season you serve as a team representative to your peers and the community. As such a representative, proper conduct must be shown at all times during the season. This includes school related activities and non-school related activities. **Individuals may be removed from the team if they engage in conduct that reflects badly on the**

team.

2. Impoliteness and boisterous behavior are not permitted.
3. **Absolutely no use** of tobacco, alcohol, or illegal drugs will be permitted during the High School swim season.
Consequences for breaking this rule during your swim/dive career are as follows:
 Illegal drugs – removal from team
 Tobacco or alcohol use -
 First offense – * if athlete tells Coach of infraction
 tobacco – 1 meet suspension/alcohol – 2 meet suspension
 * if Coach discovers infraction
 tobacco – 2 meet suspension/alcohol – 4 meet suspension
 Second offense - removal from team
4. Use of tobacco, alcohol, or illegal drugs **outside** of the High School swim season may also be punished during the upcoming season if the actions reflect poorly on the Lambert swim/dive team. Consequences will be determined by the coach.
5. Discipline for misconduct will be determined by the Coach based on severity of misconduct. Discipline consequences may be team probation, suspension, or removal from team.
6. Arrest for, or charged with the commission of any act that is a felony or would constitute a felony if committed by an adult – immediate suspension until such time as allowed to participate per County Code of Conduct

E. PRACTICE TIMES

SWIM TEAM Monday/Thursday – 7:30-8:30pm & Tuesday/Wednesday – 7:30-9pm
DIVE TEAM - Tuesday, & Thursday 8:30-9:30pm
PRESEASON RUNNING around school tba
YOGA Fri at rec center tba

1. All team members are expected to attend ALL scheduled practices throughout the season. Any absence must be excused by the coach beforehand.
2. *The only excused absences will be those where you were sick enough to miss school.* Making up school work for these excused absences will also count as an excused absence from practice. **Club meetings, rehearsal for plays/performance, school pageants, required study sessions, etc will NOT count as excused absences from swim or dive practice.**
3. There will be **required** practices held over the Thanksgiving and Winter breaks. This includes USS teams and divers. If your club team does not have practices over the holiday breaks you are expected to attend our practices during that time period.
6. **USS swimmers may attend approved USS practices in lieu of high school practices. Approved USS practices are as the ones that practice at least 5 times per week.**
7. If school is canceled (ice, snow, etc.) then there will be NO practice.
8. There may be conflicts in practice schedules if you are involved in a Fall sport or other activity. Please discuss these conflicts with your coaches to avoid any problems. You will need to fulfill your Fall Activity commitments before participating in swim/dive activities. Likewise, you are expected to fulfill your commitment to swim/dive before beginning other sports/activities in the Spring.

F. Season Kickoff – T.E.A.M. Activity

1. All team members will be required to attend this event. We will be doing team building activities.
2. Tentative Date – Saturday or Sunday after tryouts.

G. Swimsuits and Swim accessories

1. Team suits and authorized cap (if a cap is worn) will be required for participation at any school meet. Note – new guidelines have been adopted for suits that are approved for use in High School meets.

2. Only Lambert, jackets, shirts, suits, etc. will be allowed at school meets. No Swim Atlanta, Dynamo, Gold, College other USS swim accessories will be used or worn at Lambert meets.

H. Meets

1. High school swimming is a TEAM sport. All scheduled swimmers/divers are required to attend all meets for the duration of the meet. THIS HAS CHANGED SINCE LAST YEAR – ABSOLUTELY NO LEAVING EARLY UNLESS A PARENT COMES TO SPEAK TO A COACH
2. **Absences from meets must be approved by the coach a week in advance.** You must submit in writing the reason for the absence at least 7 days before the scheduled day of the meet. It will be totally up to the discretion of the coach whether the absence will be “excused” or not.
3. Swimmers who miss their assigned events or who choose not to swim (without the approval of the coach) will be suspended from participating in meets for a length of time to be determined by the coach.
4. Meets scheduled so far are:
 - Time Trials** – Oct 22 – 4:00-6:00 @ CAC
 1. Fri Nov 3rd – tri meet 6-9 @ Cherokee County Aquatic Center vs Cherokee HS and (I know they are looking for someone)
 2. Thurs Nov 9th – dive meet 8:30-10:00 @ CAC vs JOHNS CREEK HS (no other teams at this time but I am waiting on her response)
 - a. Sat Nov 11th – dual meet 6-9pm @ CAC vs JOHNS CREEK HS
 3. Fri Nov 17th – dual vs South @ CAC
 4. Thurs Nov 30th – dive meet 8:30-10:00 @ CAC vs **Central and North**
 - a. Sat Dec 2nd – dual meet 6-9pm @CAC vs NORTHVIEW HS
 5. Fri Dec 8th – Chamblee Dive invite @ Chamblee
 - a. Sat Dec 9th – Chamblee Invite @ Chamblee
 6. Sat Dec 16th – Madeline Jude Brown Invitational @ Emory
 7. Sat Jan 6th - Holiday Invite (limited to 10 entries) – 12-7 @ CAC – **North and Pinecrest (diving will be at end)**
 8. Thurs Jan 18th –swim and dive meet 8:30-10:00 @ CAC vs ALPHARETTA HS
 9. Sat Jan 20th – County Meet 12-7 @ CAC
 10. ??? – last chance meet or relay meet – we need to confirm with Carla
 11. **Thurs Feb 1st-3rd – State Meet @ GA Tec**
(The state team may stay downtown Thursday night after prelims)
6. Transportation
 - a. Transportation will be provided for away meets. The transportation provided will be mandatory to all those participating in the meet.
 - b. Athletes will not be allowed to ride with parents to or from meet unless approved beforehand by Coach Langley. We had swimmers leave last year without signing out and this is not allowed for safety’s sake.
7. Events
 - a. A swimmer is allowed to enter a maximum of 4 events in any meet. No more than 2 of these may be individual events. Diving counts as one individual event in a combined meet. Coach Langley will use the requests athletes send to their team captains and determine the entries.
 - b. All meets will follow the high school meet format. Diving competition, when a part of the meet, may be held prior to the swimming events, after the 50-yard Freestyle, or after the swimming events.
 - c. Boys’ events will normally precede girls’ events.

I. Criteria for Earning a Letter

1. Swimming

To earn a letter, the swimmer must be an eligible and ACTIVE team member for the entire season and meet ALL four (4) of the following qualifications

1. Meet attendance requirements for meets, practice, and meetings.

*Practice - all athletes must attend at least **90%** of scheduled

practices (this includes USS swimmers and a card signed by your coach must be submitted before the state meet)

2. Must participate in at least **four (4) meets** (not counting State)
3. If you qualified, you **MUST** participate in the State and County Championship meets (and stay with the team for both days.)
4. Must qualify in at least one (1) of the following:
 - a. **Qualify for the State** meet (relay events included). Times from 16/17 season meets will fulfill this requirement.
 - b. **Meet 3 of the adjusted time qualifications as stated below.** These apply to individual events only. Times from 16/17 meets will fulfill this requirement.
 - c. Be a Senior who has been active team member all 4 years of high school

2. Diving –

1. Diving NFHS guidelines (includes degree of difficulty)
<https://www.nfhs.org/media/885715/2014-15-diving-officials-manual-final.pdf>
2. All the meets are run by divemeet.com . The divers will be responsible for their own dive sheets on the site. Typically we turn dive sheets in 3 -5 days before a meet.
3. Try outs will consist of 2 practices - a decision will be made on our 3rd practice at the beginning of the season. Each diver must complete one dive from each category: front 100's, back 200's, reverse 300's, inward 400's, and twisting 5,000's. We will be making cuts after the first week of practice
4. GHSSCA only allows 4 athletes per event. The 4 Lambert divers will be chosen from the best dive sheets this season. If you qualify but are not one of the top 4 you are still considered part of the qualifying team and welcome to come to the state meet to watch and cheer your team on.
5. In order to letter, it's mandatory to come to 90% of practices and show up on time and be ready and willing to work hard and try new dives. Also, the diver will participate in all meets during the season unless there's a valid excuse. Studying and illness may not be excused.



Swimming – these times may change and if they do the lettering time will be adjusted as well.

<u>State Qualifying Times</u>			<u>Adjusted Times for Earning a Letter</u>	
BOYS	GIRLS	EVENT	BOYS	GIRLS
1:51	2:07	200 yard Medley Relay	-----	-----
1:55	2:07	200 yard Freestyle	2:05	2:16
2:12	2:24	200 yard Individual Medley	2:22	2:35
0:23.5	0:26.5	50 yard Freestyle	0:25.0	0:28.5
0:58	1:05	100 yard Butterfly	1:02	1:10
0:52	0:58.5	100 yard Freestyle	0:56	1:03
5:20	5:40	500 yard Freestyle	5:45	6:07
o				
1:40	1:53	200 yard Freestyle Relay	-----	-----
1:00	1:06	100 yard Backstroke	1:04	1:11
1:07	1:15	100 yard Breaststroke	1:13	1:21
3:44	4:12	400 yard Freestyle Relay	-----	-----

J. Athlete Dues

1. Fees will go towards: meet entrance fees, pool rental fees, spirit wear, patches, banquet and banquet awards, bus fees, breakfast for away meets, Breathe Yoga, pizza parties, hotel rooms for the state meet and any other team related necessity .

2. **2017/18 fees are \$550. Each swimmer will receive an ARENA suit, t-shirt, hoodie, swim cap, magnet, county shirt, state item tbd and other item tbd if qualifying along with discounts on techno suits for state.**
3. Sibling discounts apply - \$500 1st athlete, \$400 2nd athlete, \$300 3rd athlete, 4th free
4. If you are in need of a scholarship paper work needs to be filled out –and a minimum fee that covers the spirit wear is needed - see Coach Langley right after time trials.

2017 Lambert Longhorn Swim Records				
		time	date	name(s)
	mens 200 medley relay	1:35.95	2/5/2016	S Mesihovic, J. Chulavatr, R Pilkington, W Dalton
	womens 200 medley relay	1:44.02	2/6/2016	C. Aikins, J. Lee, J. Johnson, K. Aikins
	mens 200 free	1:40.00	2/4/2016	Ryan (Tiger) Pilkington
	womens 200 free	1:51.47	2/8/2014	Aubrey Jones
	mens 200 IM	1:55.73	2/6/2016	Christian Michell
	womens 200 IM	2:02.56	2/6/2016	Caroline Aikins
	mens 50 free	:21.82	1/21/17	Wyatt Dalton
	womens 50 free	:23.29	2/8/2014	Katherine Aikins
	Mens dive			Zac Elz
	Womens dive			Kelsey Deksheniaks
	mens 100 fly	:49.10	2/6/2016	Jared Chulavatr
	womens 100 fly	:54.97	2/6/2016	Jane Johnson
	mens 100 free	:48.55	11/29/2014	Jared Chulavatr
	womens 100 free	:51.64	2/6/2016	Katherine Aikins
	mens 500 free	4:32.97	2/5/2016	Ryan (Tiger) Pilkington
	womens 500 free	4:59.58	2/8/2014	Aubrey Jones
	mens 200 free relay	1:25.69	2/4/2017	A. Ray, W. Dalton, R. Pilkington, C. Braithwaite
	womens 200 free relay	1:35.90	2/8/2014	C. Aikins, L. Smith, E. Fish, K. Aikins
	mens 100 back	:50.49	2/4/17	Lleyton Smith
	womens 100 back	:55.22	2/8/2014	Megan Bestor
	mens 100 breast	:56.41	2/7/2015	Jared Chulavatr
	womens 100 breast	1:05.00	2/4/2016	Joonyoung Lee

	mens 400 free relay	3:11.79	2/4/2017	M. Johnston, S. Mesihovic, A Ray, W. Dalton
	womens 400 free relay	3:30.56	2/8/2014	A. Jones, E. Fish, J. Lee, K. Aikins

**Detailed
Swimming and
Diving Rules**

and Procedures <http://www.ghsa.net/swimming-and-diving>



please sign and bring this page in to Coach Langley the week after cuts with your athletic fees

I have read the guidelines and expectations and understand that I am contractually obligated to abide by the stated rules for participation as outlined in the 2017/18 Lambert Longhorn Program Handbook. I acknowledge that the summer training and yoga sessions do not guarantee a spot on the team as those cuts are made during time trials.

I recognize that the coaches prepare for meets weeks in advance and will confirm participation in meets via teamunify as well as contacting my class captain (note that meets are mandatory barring sickness or injury) – this way you can avoid paying the entry fees for your swimmer as no shows will be charged the entry fee AND will not be allowed to participate in the following meet – the most efficient method is to text your class captain or Coach Langley at 404-569-6906.

Swimmer's Name _____ Signature _____ Date _____

Parent's Name _____ Signature _____ Date _____

Thank you to our sponsors!





NORTH FULTON
ENDODONTICS



NGA EMBROIDERY
SCREEN PRINTING
PROMOTIONS.COM PROMOTIONS