



LAMBERT

LONGHORN

SWIM & DIVE TEAM

2019/2020 Program handbook

Head Coach
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Asst. Coaches
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MANDATORY REGISTRATION OPENS APRIL 1ST TeamUnify Lambert Swim Team
<https://www.teamunify.com/Home.jsp?team=rechslhssdt>



This packet must be turned in to a coach prior to trying out.

Detailed Swimming and Diving Rules and Procedures <http://www.ghsa.net/swimming-and-diving>

A. TRYOUTS **I have read and agree to the following _____**

1. **Mandatory** tryouts will be held Saturday October 19th
2. All swimmers will swim 50 free and 100 of all strokes – no exceptions.
3. All divers are to be able to dive 1 dive from each of the 5 categories.
4. All athletes should be able to hold a plank for 1 minute, do a minimum of 50 crunches and 20 pushups.
5. The following graph depicts the suggested times needed for tryouts but does not guarantee placement on team due to pool space.

TRYOUT TIMES

BOYS	EVENT	GIRLS
-----	200 yard Medley Relay	-----
2:18.00	200 yard Freestyle	2:30.00
2:33.00	200 yard Individual Medley	2:48.00
29.00	50 yard Freestyle	33.00
1:09.00	100 yard Butterfly	1:15.00
1:02.00	100 yard Freestyle	1:10.00
6:12.00	500 yard Freestyle	6:40.00
-----	200 yard Freestyle Relay	-----
1:09.00	100 yard Backstroke	1:15.00
1:17.00	100 yard Breaststroke	1:27.00
-----	400 yard Freestyle Relay	-----

B. ELIGIBILITY REQUIREMENTS **I have read and agree to the following _____**

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 October 14th, 2019 and be valid through the season – February 10th 2020. 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
- have above a 2.5 gpa

C. CONDUCT**I have read and agree to the following _____**

1. Swimmers and divers are expected to conduct themselves in a manner appropriate that reflects Longhorn Pride. 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 if they engage in conduct that reflects badly on the team.
2. Impoliteness and boisterous behavior are not permitted – this includes bullying!
3. **NO TOBACCO, ALCOHOL. VAPING, ILLEGAL DRUGS** will be permitted during the High School swim season. Consequence is dismissal from team.
4. Use of the above 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. 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 Forsyth County Code of Conduct.
6. **Be careful of social media** – after events from last year we are planning on monitoring social media this season. It is recommended you refrain from any social media including Snapchat, Instagram, Twitter and the like. Remember you are a responsible member of our Longhorn team – see 1-5 above.

D. TENTATIVE PRACTICE until Sept 2019**I have read and agree to the following _____**

SWIM TEAM
Monday-Thurs 8:00-9:30
Starts 3rd week in Oct

DIVE TEAM
Mon & Thurs 8:00-9:30
Starts 3rd week in Oct

YOGA
tentative

WEIGHT TRAINING
Wed & Fri am 6:30-7:30
Starts 2nd week of school

All swimmers are to swim in a tank top (preferably a t-shirt with the arms cut off so it does not affect the shoulders) for the first month of practice. Drag suits for guys and double suits for girls are highly suggested.

1. All team members are expected to be at practice ready to go 15 minutes before practices – suits on, in t-shirt and shorts for drylands.
2. Being 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 may not be considered for participation in meets.*
 - **The absences may be either excused or unexcused but are a total of 6 (swim) 3 (dive).**
 - Club meetings, rehearsal for plays/performances, school pageants, required study sessions, etc will NOT count as excused absences from swim or dive practice.
 - **You may be removed from the team if you miss more than 12 practices.**
3. There will be 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. These practices will count for 2 practices.
6. **USS swimmers may attend approved USS practices in lieu of high school practices.**
 - Approved USS practices are as the ones in which YOU practice at least 5 times per week
 - These swimmers must make tryout times.
7. If school is canceled (ice, snow, etc.) then there will be NO practice. We err on the side of safety for and if the weather looks too iffy we will cancel as we do not want new drivers in those situations.

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
 - 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 any Spring Activities.
9. If you are injured and cannot swim you are expected to be at practice doing drylands or helping the coaches – we do not have enough lane space to reserve a lane for solely kicking, etc.
 - Please submit a doctor’s note.

E. Swimsuits and Swim accessories	I have read and agree to the following _____
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1. Team suits and authorized cap 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. NO logos larger than 2x2, no tie backs, **no deck changing**.
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.

F. Meets	I have read and agree to the following _____
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1. High school swimming is a TEAM sport. All scheduled swimmers/divers are required to attend all meets for the duration of the meet and must ride the buses home from away meets.
2. 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 AND will pay entry fees for events missed.
3. Transportation – home meets at CAC are come on your own – away meets will have buses and everyone must ride the bus to and from the meet – exceptions are to be sent to Coach Langley 24 hours in advance.
4. Taping – if you need sports tape a doctor’s note is needed to compete in meets – legal rule.

4. MEET SCHEDULE

Tryouts – Saturday Oct 19th @ CAC

1. Sat Nov 2nd – North Invite Kickoff @ CAC DIVE
2. Sat Nov 9th – dual @ CAC vs Johns Creek DIVE
3. Fri Nov 22nd / Sat Nov 23rd – McCallie/ in Chattanooga DIVE (only 4 per event)
4. Sat Nov 30th – tri @ CAC vs South and Pinecrest DIVE
5. Fri Dec 6th – Chamblee DIVE invite @ Chamblee
Sat Dec 7th – Chamblee Swim Invite @ Chamblee
6. Sat Dec 14th –MJB meet @ Emory or Tech DIVE (only 4 per event)
7. Sat Dec 21st – dual @ CAC vs Walton DIVE
8. Fri Jan 3rd – Holiday Invite DIVE 5-9pm @ CAC
Sat Jan 4th - Holiday Invite – 12-7pm @ CAC
9. Sat Jan 18th – MLK meet @ Dr. Martin Luther King Jr. High School
10. Sat Jan 25th - County Meet 12-7 @ CAC - 6 DIVE
State Meet - Thurs Feb 6-8 –@ GA Tec

5. 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.

G. Criteria for Earning a Letter	I have read and agree to the following _____
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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

- 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 after the state meet)
 - This will also include WEIGHT TRAINING WED AND FRI AM THE ENTIRE YEAR – **TENTATIVELY** 6:30-7:30am at school
 - AGAIN this is a max of 6 absences for swim and 3 for dive
- Must participate in at least **four (4) meets and County** (state excluded)
- Must qualify in at least one (1) of the following:
 - Qualify for the State meet in an individual event.
 - Meet 2 of the individual lettering times. Only times from this season's high school meets will fulfill this requirement.
 - Be a Senior who has been active team member all 4 years of high school
- Continue to show Longhorn pride by leading by example, being energetic at meets, etc.

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 the second week in Oct. Each diver must complete one dive from each category: front 100's, back 200's, reverse 300's, inward 400's, and twisting 500's. We will be making cuts after the first week of practice
4. GHSSCA state only allows 4 athletes per event. The 4 Lambert divers will be chosen from the best dive sheets/ highest dds this season ALONG with practice participation and attitude. The final 4 will be at the discretion of the coaches. 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 (missing no more than 6), 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.

H. Athlete Dues	I have read and agree to the following _____
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1. Fees will go towards: meet entrance fees, pool rental fees, spirit wear, patches, banquet and banquet awards, bus fees, breakfast for away meets, weight training participant t-shirt, bag and swim cap, pizza parties, donut breakfasts, hotel rooms for the state meet if applicable and any other team related necessity

2. **2019/2020 fees are \$600. Each swimmer will receive a suit, t-shirt, hoodie, swim cap and state item tbd if qualifying.**
3. Sibling discounts apply - \$600 1st athlete, \$450 2nd athlete, \$300 3rd athlete, 4th free
4. If you are in need of a scholarship paper work needs to be filled out – but a minimum fee that covers the spirit wear of \$250 is mandatory - see Coach Langley right after time trials.

I. Time Qualifications

Swimming – the state times may change and if they do the lettering time will be adjusted as well – the tryout times are the benchmark – athletes are expected to make at least 2 of these.

STATE TIMES

BOYS	EVENT	GIRLS
1:51.00	200 yard Medley Relay	2:07.00
1:55.00	200 yard Freestyle	2:07.00
2:12.00	200 yard Individual Medley	2:24.00
23.50	50 yard Freestyle	26.50
58.00	100 yard Butterfly	1:05.00
52.00	100 yard Freestyle	58.50
5:20.00	500 yard Freestyle	5:40.00
1:40.00	200 yard Freestyle Relay	1:53.00
1:00.00	100 yard Backstroke	1:06.00
1:07.00	100 yard Breaststroke	1:15.00
3:44.00	400 yard Freestyle Relay	4:12.00

LETTER TIMES

BOYS	EVENT	GIRLS
----	200 yard Medley Relay	----
2:05.00	200 yard Freestyle	2:16.00
2:22.00	200 yard Individual Medley	2:35.00
25.00	50 yard Freestyle	28.50
1:02.00	100 yard Butterfly	1:10.00
56.00	100 yard Freestyle	1:03.00
5:45.00	500 yard Freestyle	6:07.00
----	200 yard Freestyle Relay	----
1:04.00	100 yard Backstroke	1:11.00
1:13.00	100 yard Breaststroke	1:21.00
----	400 yard Freestyle Relay	----

J. Communication

I have read and agree to the following _____

1. **GROUPME** –will be used by class captains for team communication only.

- The captain for each class will send out weekly GroupMe messages to the athletes for communication purposes – this will also serve as requests for meets.
- GroupMe’s are not to be shared with individuals outside the GroupMe.

b. **TEAMUNIFY** – everyone must register for tryouts via teamunify BEFORE TRYOUTS.

<https://www.teamunify.com/Home.jsp?team=rechslhssdt>

- WE WILL NOT USE TEAMUNIFY FOR MEET PARTICIPATION – THIS IS ONLY FOR PARENT COMMUNICATION - mainly weekly coaches corner communication, meet results and volunteer sign ups.



K. Athlete Information

Name _____

Grade _____

Athlete cell number for GroupMe _____

Athlete e-mail address _____

Parent e-mail address _____

Please tell us your goals for the season and your times for the events below:

Goals _____

50 free _____

100 breast _____

100 fly _____

200 free _____

100 free _____

200 IM _____

100 back _____

500 free _____

T-shirt size _____

Suit Size _____

Hoodie size _____

Circle: brief / jammer



We have read the guidelines and expectations and understand that the athlete is contractually obligated to abide by the stated rules for participation as outlined in the Lambert Longhorn Program Handbook. We have read each section and understand the requirements to be a longhorn swimmer and diver.

Swimmer's Name _____ **Signature** _____ **Date** _____

Parent's Name _____ **Signature** _____ **Date** _____

