

Name _____

Montgomery High School Varsity Swim Team Expectations



TRY-OUTS

- Try-outs will begin November 15, 2010. Try-outs are MANDATORY. See attached sheet for try-out guidelines.

PRACTICES

- Practice runs Monday – Friday 2:30–4:30pm AND Saturday 7:30–9:30am. This does not mean you are walking into the pool area at 2:30pm/7:30am, you need to be in your suit, cap and goggles on, ready to practice at 2:30pm/7:30am. (Some “break” practices will be from 8:00am–10:00am and will be announced)
- You will be given 3 unexcused lates to practice. Anything over 3 lates will count as a missed practice.
- You have 4 unexcused absences from practice. Any more than 4 unexcused absences will result with you being dismissed from the team.
- If you practice with a club team, you will need to attend 1 practice per week at MHS (if there are no meets that week). We want you to be a part of our team and get to know everyone on the team. *We will periodically be giving the “club swimmers” a progress report to give to your club coach. You must have your club coach sign that you attend club practice on a daily basis. (If MHS practices 6 practices a week, you are expected to have 6 practices in with your club team, etc.) It is not fair if you skip club practice when your teammates are practicing at MHS.
- If you have to stay after with a teacher for extra help, you must bring a pass from that teacher and participate in the rest of the day’s practice. You MUST be at practice no later than 3:35pm, otherwise it will be counted as a cut. School clubs/meetings (i.e. Student Council, after school music clubs/activities, LAFF, Math Team, MSEA) do not count as after-school help and are unexcused absences.
- We expect you to swim the entire practice that is written up for you.
- You must practice over any breaks, whether with your own club team or with our team. If you do not swim on a club team, we will be holding practice over the breaks. If you are going away on vacation over winter break, you must let Coach Scarpa know, IN WRITING, by November 20th. Otherwise, you will be required to attend practice over this time. If you do not attend practice over the break and do not notify us by November 20th, the missed practices will be unexcused!

MEETS

- Meets are **mandatory**.
- If you refuse to swim an event, that is grounds for being asked to leave the team. Swimming is very individual, but it is also a **team** sport. Please see us INDIVIDUALLY if you feel you want to switch an event. We will do our best to accommodate you, but there is no guarantee that you will be taken out of that particular event. **Do not ask a teammate to swim an event for you**—it is our job to decide who swims in each event.
- If you know ahead of time that you are going to miss a meet (whether it is excused or unexcused), you must let us know, IN WRITING, at least 1 week in advance. **If you miss a meet for an unexcused reason, you will sit out of the next meet (but are still **required** to attend the meet).
- If you are sick and do not go to school (or get sent home sick from the school nurse), you MUST e-mail Coach Scarpa at cscarpa@mtsd.us by 10:00am on the day that you are absent. If you do not e-mail to let me know, you will sit out of the next meet, as well. **It is a state law that if you do not attend school, you may not participate in any athletic activity after school.**
- If you miss a meet without letting me know beforehand, you will sit out of the next meet, however, you are still **required** to come to the meet and help out on deck.

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- We encourage you to ride the bus home from an away meet. If your parents want to take you home with them from an away meet, they must sign you out with the coaches. Otherwise, you will be required to take the bus home from the meet. Parents may **ONLY** take their **OWN** children home from meets. ***Please see the Athletic Director with a written note at least one day before a scheduled meet if you need to go home with another parent.
- If you are scheduled to swim in the Somerset County Meet/Skyland Conference Meet and/or the State Tournament and do not attend, your varsity letter will automatically be revoked.
- If you are not swimming in the Cougar Relays or in the Cougar Invitational, you are required to help out on the pool deck/concession stand for the entire meet. This is a team fundraiser & everyone needs to participate.
- THE STATE TOURNAMENT RUNS OVER PRESIDENT'S WEEKEND IN FEBRUARY. DO NOT PLAN ANY VACATIONS FOR THIS TIME. IF YOU MISS A STATE MEET FOR ANY REASON (OTHER THAN AN ILLNESS, WHICH WE WILL REQUIRE A DOCTOR'S NOTE), YOUR VARSITY LETTER WILL AUTO MATICALLY BE REVOKED AND YOU WILL NOT BE ELIGIBLE TO SWIM IN THE NJSIAA INDIVIDUAL STATE TOURNAMENT. WE WORK ALL YEAR TO GET TO THIS POINT AS A TEAM; THE WHOLE TEAM SHOULD BE PREPARED TO SWIM. IN ADDITION, IF YOU ARE SCHEDULED TO SWIM IN THE MEET OF CHAMPIONS AND DO NOT ATTEND (OTHER THAN FOR AN ILLNESS, WHICH WE WILL REQUIRE A DOCTOR'S NOTE), YOU WILL BE REQUIRED TO REIMBURSE THE SCHOOL FOR EACH INDIVIDUAL EVENT FEE AND THE ENTIRE RELAY FEE.

ABSENCES

- EXCUSED:
 1. Sickness with a doctor's note
 2. Death in the family
 3. School activity affecting your grades with a note from your teacher (band/chorus concert, SAT's, etc.)
- UNEXCUSED:
 1. Detention/Suspension
 2. Sickness without a doctor's note (parent note does not count)
 3. Other school activities including after school clubs
 4. Make-Up Tests/Quizzes without permission from the coach

VARSITY LETTER REQUIREMENTS

- Earn 21 points throughout the course of the season (for every relay that you swim, you will earn at least 1/2 a point towards your varsity letter) or swim one of the given Varsity times for an event twice throughout the season
- Attend all meets
- Attend practices (ON TIME)
- Attitude – a positive attitude with good sportsmanship
- Scorekeepers and Managers will receive a varsity letter pending their attendance at all meets.
- It is at the **coach's discretion** as to whether or not you have earned a varsity letter at the end of the season. Simply meeting the requirements may not mean that you earned this letter.

Go over this sheet with your parents and sign on the lines below that you have read and agree to all of our expectations for the team. This sheet must be returned by the first day of try-outs, NOVEMBER 15, 2010.

Both parents and swimmers should e-mail Coach Scarpa (cscarpa@mtsdl.us) to be added to the swim team distribution list. Put your name in the subject line and just write "swim team" in the body of the e-mail.

(Swimmer's Signature)

(Parent's Signature)