

Disclosure Document for RHSM SWIMMING

COACHES: Mark Gray 280-2519, Sara Watchorn 801-953-9449

STARTING PRACTICE DATE: September 22, 2008

ENDING DATE: February 7, 2009

PRACTICE TIMES: Daily, 3:30-5:00 p.m. Morning workouts-- Voluntary

Attendance Requirements

Swimmers should plan on attending at least 85% of all practices. Attendance at all swim meets is **mandatory**, unless otherwise indicated by the coach. In order to participate in a practice or meet, a student-athlete **must** be in attendance at **every** class that day unless he or she receives an excused absence. Medical or dental appointments, funerals, weddings, field trips and other school-related functions will be considered as excused absences and participation may be allowed at the discretion of the coach. Failure to attend classes due to illness, even if a student attends part of a day, will result in ineligibility for practice or meet participation that day. (RHSM Athletic Handbook)

If an athlete must miss a practice or meet, notification of the coach should be done as far in advance as possible, **not** the day of the meet or practice unless the absence is due to illness. Each coach may develop a policy concerning tardiness or absence from practices or meets. (RHSM Athletic Handbook) **If you are not ready to start practice when practice begins, you are late and it will count as ½ a practice.**

After receiving a copy of the practice and meet schedule, an athlete must notify the coach **IMMEDIATELY** concerning any obvious conflicts he/she has with meets and/or practices. If any other conflicts arise during the season, the coach should be notified immediately. Conflicts arising from academic needs or personal circumstances should be discussed with a player's coach as soon as the need arises so that arrangements for appropriate accommodations can be made, if possible. (RHSM Athletic Handbook)

Swim meets

Any player without an excused absence who does not attend **ALL** of his or her classes at school on a meet day will not be allowed to play in that day's meet. Medical, dental, funeral, weddings, or school-related functions will be considered as excused absences, and participation will be at the coach's discretion. Failure to attend morning classes due to illness, but a return to afternoon classes will result in ineligibility for meet participation that day. **If they miss two or more days, then they will be sitting out the next meet. However, they are can attend morning workouts as make ups.** Furthermore, all players must have completed required medical exams and other required forms to be eligible for meets and practices. (RHSM Athletic Handbook)

Swimming events can be an issue for students, parents and coaches. The goal is to give swimmers experience. The swimmers will swim a variety of events in the different meets.

Serious disrespectful behavior or negative attitude at any time may result in loss of playing time or even dismissal from the team. Players who are late to or have an un-excused absence from practice risk a loss of playing time. Chronic tardiness or absence may also result in dismissal from the team.

Conflicting Activities

All student athletes who are considering participation in a sport as well as involvement in another school activity such as the school play, debate, music, etc., are responsible for contacting both parties involved to inform each of potential conflicts. Both supervisors then have the option of requiring the student to make a choice if the schedules submitted and discussed cannot be reconciled in such a way that permits the student-athlete to participate in both activities to the satisfaction of the supervisor or the coach. This policy pertains to non-school related activities as well (music lessons, dance lessons, outside RHSM sport team participation, etc.). (RHSM Athletic Handbook)

Athlete/ Coach Conflicts

If a student-athlete has a problem with a policy or decision made by a member of the RHSM coaching staff, it is expected that a meeting to discuss the conflict will first be held between the coach and the athlete. If the situation is not resolved following this meeting, the coach should meet with the parent or guardian of the athlete for further discussion. The next step would involve a meeting with the Athletic Director, and the final meeting, if necessary,

would involve the RHSM principal (and Head of School if deemed necessary). Following such a procedure will assure all involved parties of a fair resolution to the situation. The coach and athletic director will work to see that all concerns are heard and responded to. (RHSM Athletic Handbook)

Grading Policy

All swimmers start out with an A grade. Missing practices, lack of effort in practices, and poor conduct at meets will lower the grade.

Eligibility Requirements

The Utah High School Activities Association has established a number of eligibility requirements for students who wish to participate in the high school athletic program as follows:

- A. **Scholastic Eligibility** (RHSM Athletic Handbook):
 1. **An individual must be a full-time student at RHSM.**
 2. **A student cannot fail more than one subject in the preceding grading period.** Incompletes (I), no grades (NG) and no credits (NC) are considered failures until made up.
 3. **A student must have obtained a minimum grade point average (GPA) of 2.0 or its equivalent in the preceding grading period.**
 4. **A student who is scholastically ineligible for a grading period cannot represent the school in any contests** (can't be in uniform, can't warm up with the team, can't sit on the bench with the team, can't be introduced as a team member)
- B. **Age Requirement** (RHSM Athletic Handbook):

If a student turns nineteen (19) prior to September 1 of the school year, he or she is ineligible for participation.
- C. **Seasons Rule** (RHSM Athletic Handbook)
 1. No student shall participate in more than four seasons in any one activity and not more than 3 seasons in any one activity after entering the tenth grade.
 2. A student may participate in only one season per sport in any school year. Participation, for purposes of this rule, includes trying out for a team.
 3. A school may sponsor an activity only once in any school year.
- D. **Participation on Outside Teams** (RHSM Athletic Handbook):

A student, while participating as a member of a high school athletic team, may not participate on a team not sponsored by his or her school in the same activity during the same season. A student may compete in a non-school sponsored contest as an individual, not a team member, while a member of a high school team during an activity season.
- E. **Physical Examinations, Parental Consent Forms, Tryout Checklist Form** (RHSM Athletic Handbook):
 1. No student shall be eligible to compete in any athletic contest sponsored by the UHSAA unless the student has a physician's certificate stating that he or she is physically able to compete in interscholastic athletic contests and practices. A health examination must be performed and the Pre-Participation Athletic Health Exam (**FORM A**) must be on file with the Athletic Director before a student may participate in practices or contests.
 2. Interim questionnaires (**FORM B**) must be completed by the parent or guardian each subsequent year after the Form A has been filed. A re-evaluation physical examination will be required if any positive responses appear for questions 1-16 on Form B.
 3. A UHSAA **Disclosure and Consent Form** must be completed and signed by the parent or guardian (and signed by the student) annually.
 4. A UHSAA **Tryout Checklist Form** must be completed and signed by the student athlete and parent or guardian for each sport before practices begin.
 5. The coach's disclosure document must be signed by the student athlete and parent/guardian (or both parents if both will be involved in athletic related decisions) and returned before participation in a contest can occur.

Insurance

The possibility of injury (which can range from minor to major in nature and even death) is inherent in participation in sports. Consequently, all athletes should be covered under hospitalization insurance through their family.

Transportation

The following policies will apply to athletic team transportation at RHSM (Athletic Handbook):

1. The Athletic Director is responsible for arrangements for team transportation to away sites.
2. Teams or individuals may, in certain situations, travel to contests or practices in private cars. The head coach or Athletic Director may arrange for cars and drivers in these instances.
3. Licensed student athletes may drive to and from off campus events with the coach's permission, provided he or she has on file a signed parental release form giving permission for them to do so. Athletes who have signed forms on file which allow him or her to be transported to a meet or practice site by another licensed, parentally released student, will also be allowed to do so. Student athletes who choose to accept this responsibility must notify the coach of this decision and must also submit the required paperwork.
4. **Students are expected to utilize transportation provided by the school to away sites. A written request from a parent or guardian must be submitted to the Athletic Director if a student-athlete must drive to a contest when team transportation is provided. If the request is granted, written permission from the parent or guardian must be submitted to the Athletic Director and coach.** The same type of permission will be required if an athlete will use alternative transportation back to RHSM, even if that transportation will be provided by the athlete's parent or guardian. Each request of this nature will be considered on its own merit by the coach and/or Athletic Director.
5. Coaches and student-athletes are responsible for the care of vans and buses. Upon return from a trip, athletes are expected to remove all trash and equipment from the vehicle(s).

FAILURE TO FOLLOW THE ABOVE-MENTIONED GUIDELINES MAY RESULT IN SUSPENSION FROM THE TRAVELING SQUAD AND/OR REVOCATION OF DRIVING PRIVILEGES TO ATHLETIC PRACTICES AND/OR CONTESTS.

Miscellaneous Information

1. TEAM CUTS

There will be no "cuts" as such. If you are just starting involvement in competitive swimming you have as good a chance to make this team as those who have been swimming for a while. Any swimmer who has the determination to make the practices, who gives his or her best effort every day, who is a contributing and positive member of the team will make the team, no matter their speed.

If a swimmer skips practices for no reason other than that he/she is lazy, messes around in the few practices he/she manages to attend to, criticizes others instead of building them up, shows all the world that he/she values himself/herself to the exclusion of his teammates and his/her team, but happens to have more talent than a human should be allowed to have, he/she will have to look around for another team on which to waste that talent!

2. Athletes will be responsible for paying for their own meals on road trips, swimsuits and other gear that may be need for practice.
3. Injuries should be reported to the coach and trainer immediately.
4. Required equipment: Swim Cap, Swim Suit, Goggles, Water Bottle, Paddles.

2008-2009 RHSM High School Swimming Schedule

Date	Event	Location	Time
Friday Oct 31st	RHSM @ Viewmont	South Davis Rec Center	1:30 pm
Thursday Nov 6 th	RHSM @ Bear River	Bear River	3:00 pm
Thursday Dec 4th	RHSM @ Logan	Utah State	4:00 pm
Thursday Nov 13 th	West Jordan @ RHSM(?)	Steiner	3:30pm
Tuesday Dec 2 nd	Brighton,MtCrest,Cyprus @ RHSM/East	Steiner	3:30pm
Tuesday Dec 16 th	Alta/Granger @ RHSM/East	Steiner	3:30 pm
Saturday Dec 20 th	Judge Invitational	Fairmont	TBD
Thursday Jan 8 th	RHSM/East @ Wasatch	Wasatch	4:00 pm
Thursday Jan 15 th	RHSM/BenLomand @ Ogden	Ogden High School	3:30 pm
Saturday Jan 24 th	Region Championships	Utah State(?)	10:00am?
Fri & Sat Feb 6 th -7 th	3A State Championships	BYU(?)	Early Session

MEET FORMAT

All meets will have the same order of events as listed below:

200 Medley Relay
 200 Freestyle
 200 Individual Medley
 50 Freestyle
 100 Butterfly
 100 Freestyle
 500 Freestyle
 200 Freestyle Relay
 100 Backstroke
 100 Breaststroke
 400 Freestyle Relay

**In each event girls heats will be first.

NO PLAYER CAN ENTER A MEET UNTIL THE COACH HAS RECEIVED AN AGREEMENT TO DISCLOSURE DOCUMENT THAT HAS BEEN SIGNED BY THE PARENTS AND THE ATHLETE.

I understand and agree to follow the outlined policies regarding participation in the RHSM Upper School Athletic program and have read and understand the Athletic Handbook portion of the Upper School Parent-Student Handbook. **(If two parents/guardians will be involved in the student's participation in the athletic program, BOTH must sign this document.)**

PLAYER NAME (**PLEASE PRINT**)

PLAYER SIGNATURE

PARENT/GUARDIAN NAME (**PLEASE PRINT**)

PARENT/GUARDIAN SIGNATURE

PARENT/GUARDIAN NAME (**PLEASE PRINT**)

PARENT/GUARDIAN SIGNATURE

Date signed: _____

Sport: _____