

2022 Eau Claire North Girls Swim & Dive HANDBOOK



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Attendance

Practice Attendance

By committing yourself to this sport, you are committing yourself to the rigor that comes with it. Attendance is key in determining your success on this team. You are a student first, but by choosing to be part of North Swim & Dive, you are choosing to make the team a priority. It comes down to effectively managing your time.

- All practices and team functions are **MANDATORY**.
 - Missing practice will result in not being able to compete in meets, though attendance at the meet will still be expected.
 - There may arise individual circumstances where this rule could be adjusted, but that will be determined by coaches on an individual basis.
 - Communication about absence from practice or competition **MUST** be communicated **BEFORE** the practice or competition is scheduled to begin.
 - Swimmers contact Coach Katie Albin kalbin@ecasd.us (218-590-6981)
 - Divers contact Coach Sara Bates bastessm@uwec.edu (715-523-0626)
- If an injury occurs that limits a swimmer/divers practice ability, a note from the athletic trainer or a physician, explaining the nature of the injury and what the athlete can/cannot do, must be provided to coaching staff.
 - Attendance at practice while injured will still be expected.
 - Before participation in practices can begin again, a note of approval from either the trainer or physician must be provided.
- Practice sessions are closed to all but swim and dive team personnel.

Classroom Attendance

Academic success comes first. Coaches receive regular classroom attendance reports from the NHS attendance office and progress reports from teachers. Unexcused absences or tardies from class is not acceptable for swimmers and divers. Unexcused absences could result in the swimmer/diver not being allowed to participate in a practice and/or competition.

Competition

Lineups

Meet lineups will be developed according to what is best for the team. Athletes should always be prepared to compete in **ANY** event.

- During meets, athletes must double check the lineup so they know what event(s) they will be competing in and they must always keep track of meet progress so they don't miss their event(s).

Meet Day Dress

Teams grow stronger when there is unity in purpose and action.

- During the school day, the requirement is that everyone dresses the same based on team Captain decisions.
- On pool deck, athletes are encouraged to wear apparel that represents North.
- During National Anthem, athletes must wear team warm-ups as a display of unity.
- As stated by NFHS ruling, if an athlete leaves the pool deck at any time, she must be clothed.

BRC, Sectional, and State Meet Participation

The championship meets are the pinnacle of the swim and dive season. It is a great achievement to earn a spot on the championship team.

For taper to work in the end-of-season meets, there can be no wavering in commitment and motivation **for the entire season!** Entries in these meets are limited and will be awarded on the basis of qualifying times and scores, practice attendance, and commitment.

- BRC Meet: 36 individual event entries, 2 relays per relay event
- Sectional Meet: 17 individual event entries, 1 relay per relay event
- State: based on earning a qualifying time or score OR winning an event at the sectional meet

School District Travel Policy

The Eau Claire Area School District requires that all team-members travel together, both to and from meets. Traveling together helps build team unity. Exceptions to this policy will be made at coaches discretion.

Equipment

Athletes are responsible for keeping track of their own equipment at practices and meets.

Practice

All swimmers and divers are expected to arrive with the following equipment:

- Practice swim suit
- Water bottle
- Dry-land clothes (workout clothing and tennis shoes)
- Towel
- Practice swim cap (swimmers)
- Goggles (swimmers)
- Yoga Mat for on deck dryland (swimmers)
- Shammy (divers)

*Spares of all above items are strongly encouraged

Competition

All swimmers and divers are expected to arrive and leave competitions with the following equipment:

- Team swim suit
- Water bottle
- Team warm-ups
- Team swim cap + plus spare (swimmers)
- Goggles + plus spare (swimmers)
- Shammy (divers)

In addition, recommended competition items for both swimmers and divers include:

- Healthy snacks
- Extra clothing to stay warm on pool deck
- Sandals or shoes for pool deck and locker room

Team Parkas

Eau Claire North Athletics provides Swim and Dive with team parkas. At the start of the season, each swimmer and diver will be provided a team parka. The athlete is responsible for this parka for the duration of the season until it is returned at the end-of-season banquet.

Any lost parka will be paid for by the swimmer or diver.

Health and Wellness

Though the majority of training happens in the pool, an important aspect of the swim and dive training program is how athletes take care of their bodies off the pool deck. To avoid illness and injury during the season, wellness and nutrition should be taken seriously.

Nutrition

What is put into the body is the fuel used to perform in the pool. The better the fuel is, the better the performance will be. A well-balanced diet is crucial to success. When it comes to proper nutrition ...

- Drink LOTS of water throughout the entire day
- Eat a well-balanced diet (fruits, veggies, protein, carbs, etc.)
- Eat a healthy snack within two hours before swimming and diving
- Avoid soda, coffee, and energy drinks
- Avoid dieting (attempting to lose weight)
- Avoid sweets (especially prior or during competition)

Wellness

In addition to healthy eating, mental and physical wellness is crucial for a successful season.

- Sleep
 - Athletes should strive to get 8 hours of sleep every night
- Water bottles
 - A water bottle should be carried throughout the school day
 - Do NOT share water bottles; that is an easy way to spread germs
- Emotional wellness
 - Time management: A healthy balance needs to be found between schoolwork, practice, family time, social time, and alone time. Make a plan and stick to it.
 - Talk with family, team, and/or coaches when feeling overwhelmed. We are here to help.

Drugs and Alcohol

There is a strict, **ZERO** tolerance policy in regards to drug and alcohol use. An athlete caught using an illegal substance will be subject to suspension and/or possible removal from the team.

Dryland

Due to its low-impact nature, it is difficult to build muscle through swimming and diving alone. Dryland training helps to build major muscle groups, including the core, which are crucial in developing speed and efficiency in the pool. Building muscle also helps to reduce risk of injury. Dryland is a mandatory element of the swim and dive training program and will take place on the pool deck during practice.

Sportsmanship & Social Media Posting

Sportsmanship

We pride ourselves on being a team known for their sportsmanship. Our athletes are known for displaying positive energy and encouragement on and off the pool deck.

- As a display of good sportsmanship, all swimmers are expected to stay in the water until all lanes have completed the event.
- Athletes are expected to be on the pool deck at all times during a meet to support their teammates.
- At the conclusion of every competition, athletes will line up and shake hands with opposing teams and coaches.
- Team cheers are a fun and positive way to build comradery and display sportsmanship.

Social Media Posting

When posting on social media platforms such as Facebook, Twitter, Instagram, SnapChat, etc. swimmers and divers need to be aware of the following expectations:

- Always post positive messages regarding North High athletics, fellow athletes, and competitors. .
- Have permission from individuals before posting a picture with them (verbal is fine).
- Always display sportsmanship while on social media platforms.

Failure to follow these expectations may result in loss of practice privileges, competition time, or removal from the team. Consequences will be determined by the coaching staff and athletic director.

Team Awards

Varsity Letter Requirements

Earning a varsity letter is one of the highest honors North athletics has to offer. It requires a high degree of commitment and performance, especially in swimming and diving. Candidates for a varsity letter demonstrate leadership and enthusiasm over the course of the season. **Final determination of letter awards will be made by the coaches.** Varsity letter requirements are as follows:

- Participated in the state swim/dive competition
OR
- Participated in the sectionals swim/dive competition
OR
- Participated in ECN Swim & Dive for four years AND participated in at least one individual varsity entry in a dual meet

Junior Varsity Letter Requirements

- Participated in the BRC competition

Participation Certificate Requirements

- Consistent attendance and positive attitude at practices and meets

Team Awards

The following awards are determined by the team and awarded at the end-of-season banquet.

- **Swimmer of the Year:** most valuable swimmer on the team
- **Diver of the Year:** most valuable diver on the team
- **Rookie of the Year:** most valuable newcomer to the team (swimmer or diver)
- **Best Team Spirit:** most team spirit in and out of the pool (swimmer or diver)
- **Most Improved:** greatest improvements throughout the season (swimmer or diver)
- **Perfect Attendance:** any athlete who displays perfect attendance at all practices and meets

Team Unity

Captains

Each year, three senior swimmers/divers are determined through an application and interview process to lead and encourage the following year's team to a successful season. Captains earn their positions because of their leadership, dedication, and positive attitudes shown throughout their years on the team, along with their vision and goals for improving team culture during their senior year. Some of the responsibilities that captains have are building team morale, carrying on team traditions, and communicating with all members of the team. Captains are a valuable resource for all athletes.

Locker Buddies

A fun tradition of the swim and dive team is locker buddies. Captains establish buddy groups and communicate expectations. Buddies provide athletes with an immediate support system. Throughout the season locker buddies help to encourage, support, and motivate each other.

Training and Taper

Coaches spend time developing a complete training program for their swimmers and divers. This program, if followed to fidelity, is a recipe for success. It starts with the basics, builds with intensity and duration, and concludes with a purposeful taper. During taper, duration (yardage/dive time) is decreased while intensity and rest time are increased. A common taper training tool is adding extra layers (multiple suits, tights, etc.) to create extra drag in the water. Taper is a time when athlete bodies are able to fully recover from weeks of high-intensity training to prepare for final competitions.

Shaving

A training protocol that is unique to the sport of swimming and diving is a lack of shaving throughout the season to increase resistance in the water. This has also proven to be a fun team-bonding experience. Waiting to shave until the day/morning before an athlete's final meet stimulates both physical and mental preparedness. There is strong evidence to support this practice.

Team Pasta Dinners

Pasta dinners are a great way to get the team together to eat healthy carbs and have bonding time for athletes prior to competition. Pasta dinners take place prior to home meets after practice in the cafeteria. As per tradition, these dinners will be hosted on a rotating schedule by class, starting with the senior class hosting the first dinner. The final team meal will be hosted by coaches.

2022 Eau Claire North Girls Swim & Dive



I _____ hereby agree to the North Girls Swim and Dive procedures and expectations. I agree to be a supportive team member and represent the best of Eau Claire North High School Athletics. I understand that by not adhering to these expectations could result in loss of competition time, practice time, or removal from the team.