**Dublin Jerome Swimming**

**Team Handbook**

**2023/24 Season**

**NOTE:** The following guidelines set forth in these pages are in addition to those set forth in the Dublin City Schools, High School Student Handbook. Each parent and swimmer should ensure they have read and understand **ALL** roles and guidelines that will govern the 2023/24 season.

**Coaching Staff**

Head Coaches:

Morgan Quesnel – C: 614-307-3593 / E-mail: morgancquesnel@gmail.com

Jordan Gundlach – C: 614-721-9031 / E-mail: jordancgundlach@gmail.com

**Assistant Coaches:**

Shannon Richardson

Aidan Hartsell



Practices

The only exceptions to required practices are as follows:

1. Illness, injury, or family emergency. If any of these circumstances apply to you, please contact either Morgan or Jordan prior to the start of practice to communicate this absence. If you are ill, please keep the health of your teammates in mind and stay home.
2. Closure of a facility where practices occur (pool or school).

Practices:

* All swim practices, unless otherwise communicated by a head coach (or a meet is scheduled), will be held Monday-Friday, 3:15pm-5:30pm, at the Dublin Community Recreation Center. Please be aware that the holiday practice schedule will differ from the general schedule that runs while school is in session. This will be communicated by the coaches once the schedule has been finalized.
* Lifting will be held on Monday, Wednesday, and Friday morning at Dublin Jerome High School, from 6:00-7:00am. This time may fluctuate at the discretion of the coaching staff due to holidays or school closure and will be communicated by the coaching staff.
* There may be additional practices announced prior to and during the season; such as power rack sessions, etc. These will be communicated by the coaching staff, and athletes will be expected to attend these as they would any other practice. The attendance policy will apply to these as normal.
* Holidays:
	+ The holiday season is peak training season for high school swimming. Although absences due to holiday circumstances will be understood and accommodated, it is HIGHLY recommended that swimmers attend as many of these practices as possible.
	+ If a swimmer is aware that they will be missing any practice(s) during the holiday training season, both head coaches must be informed of this prior to the holiday break schedule beginning.

Attendance

Every swimmer will be held accountable to the attendance policy below.

Infractions to the attendance policy involves an occurrence of one of the following:

1. Tardy = A swimmer will be considered tardy and will incur a point if they are 5 or more minutes late to any practice or competition.
2. Unexcused absence = An absence not related to illness, injury, emergency, another school function, or any other reason not communicated to the coaching staff prior to the start of the missed practice.

Each of the above-mentioned circumstances are worth one point. An individual will incur a point when any of these circumstances apply. The point accountability system that will apply to all swimmers is outlined below.

* 2 points = After incurring 2 points the swimmer will receive an attendance policy warning from the coaching staff.
* 4 points = After incurring 4 points the swimmer will be required to have a meeting with the coaching staff where they will receive a final warning and discuss an attendance policy action plan for success.
* 6 points = After incurring 6 points the swimmer will be required to sit out of the next dual meet.
* 8 points = After incurring 8 points the swimmer will be temporarily suspended. The details of this suspension will be at the discretion of the coaching staff.
	+ Swimmers that incur 8 points will also be disqualified from earning a varsity letter.

It is understood that unexpected circumstances arise that may influence a swimmer’s ability to adhere to the attendance policy. In order to accommodate such circumstances, the coaching staff must be communicated with appropriately. These situations will be addressed on a case-by-case basis.

Sportsmanship/Behavior Expectations

Every swimmer will be expected to treat their teammates, as well as competitors, coaches, officials, and volunteers with the utmost respect. An individual’s behavior is a direct reflection of Dublin Jerome High School and the Dublin Jerome swim and dive team.

Bullying, harassment, use of profanity, insubordination, violations of the Jerome or Dublin City Schools Code of Conduct, a negative impact to team culture (including via social media), and general poor behavior will not be tolerated and will result in disciplinary action.

Use or possession of any controlled substances is strictly prohibited and will result in disciplinary action involving the school.

Athletes will be expected to clean up after themselves and to leave practice, competition, and host locations of team functions in a clean state. Vandalism or disrespectful use of these areas will result in disciplinary action.

 An observation by the coaching staff of any of these implications will be immediately addressed. The coaching staff takes these items very seriously, and multiple violations or behaviors that threaten the safety of an individual or the team will not be tolerated. Consequences of such behavior could include disciplinary action ranging from meetings with the coaching staff, disqualification from receiving a varsity letter, up to and including removal from the team.

Tryouts/Team Structure

The coaching staff maintains the right to modify the structure of tryouts and the team roster from year to year. The coaching staff also maintains the right to withhold the privilege of trying out for the team if an individual’s behavior/actions have negatively impacted the team.

The 23-24 season tryout expectations and team roster structure are outlined below as well as posted on the website.

Tryouts for the current season will be held on October 27th, from 3:15-5:30pm.

Swimmers are encouraged to be in their best shape possible and to be prepared with a suit, cap, and goggles.

Exempt Swimmers: Returning state qualifiers and will be exempt from required tryouts.

Team size will be determined based upon tryout results and coaches' discretion.

Tryouts:

Swimmers will be permitted approximately 20 minutes to do a warm-up of their choosing in the water. Coaches are also able to provide a warm-up.

Swimmer must be able to complete 8x100 freestyle (consecutive) on a 1:15 base, at minimum.

Swimmer must be proficient in all 4 strokes – butterfly, backstroke, breaststroke, and freestyle.

Swimmer will complete 1x100 of each stroke off of the starting blocks for time, with rest provided in between.

Post-Tryout/Notification:

Head coaches will send out tryout results via e-mail before 7:00pm of the following day.

Varsity Letter Requirements

A varsity athlete is a team leader. These individuals are willing to go the extra mile to support and build the team. They set an example for other members of the team in their conduct during and outside of practice and competition. The varsity athlete demonstrates dedication to the team, consistent effort, and mastery of their sport.

The minimum requirements to earn a varsity letter for the 23/24 season include:

* Swimmer is in good attendance policy standing.
* Demonstrates leadership on the team.
* Practices good sportsmanship.
* Swimmer finishes in the top 16 in at least one event at District Championships.

Varsity letter requirements maintain the right to be altered under coaches' discretion.

Acknowledgement

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have read, understand, and agree to uphold all of the policies, requirements, and expectations outlined in the handbook for the 23-24 Jerome swim season.

Swimmer Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_

Parent Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_