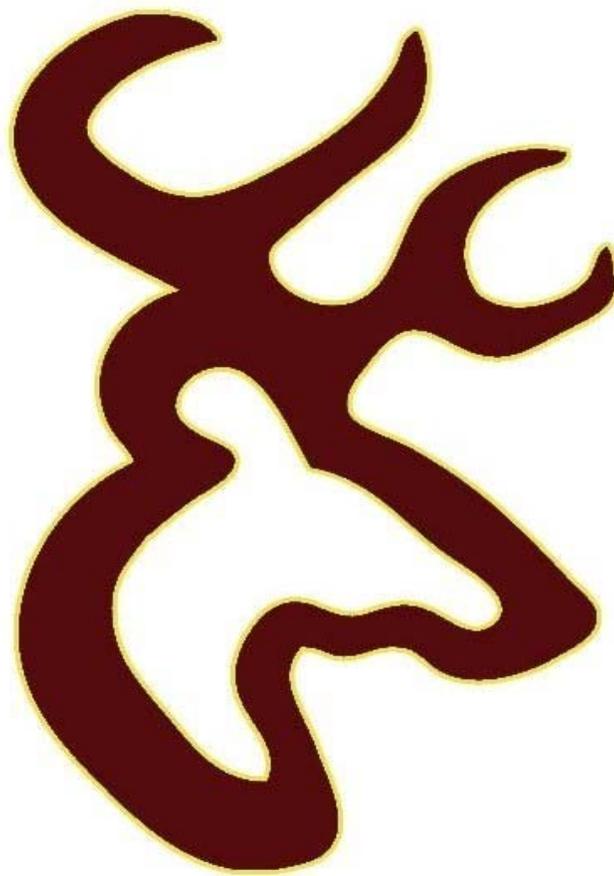


# **DEER PARK HS**

## **SWIMMING & DIVING**



**HANDBOOK 2019-2020**

## **Deer Park HS Records (as of May 2019)**

### **200 Medley Relay**

**Girls (2019): Caitlyn Bracher, Sierra Moralez, Sara Boone, Emily Pope - Time: 1:47.61**

**Boys (2014): Will Fussell, Zack Zalud, Brandon Mohle, John Fulton - Time: 1:36.96**

**200 Freestyle: Girls (201): Jordyn Waters -Time: 1:56.32; Boys (2015): John Fulton - Time: 1:44.53**

**200 IM: Girls (2018): Sara Boone - Time: 2:10.50: Boys (2016): Dylan Saxton - Time: 1:56.58**

**50 Freestyle: Girls (2014): Abby Gardea - Time: 23.91; Boys (2019): Zander Macleod-Boyd - Time: 21.67**

**Diving (6 Dives): Girls (2015): Sidney Stuart – Points 145.10: Boys (2010): Ryan Smith – Points 280.65**

**Diving (11 Dives): Girls (1995): Julia Zesiger – Points 367.30: Boys (2010): Ryan Smith – Points 552.10**

**100 Butterfly: Girls (2019): Sara Boone - Time: 58.33: Boys (2019): Zander Macleod-Boyd - Time: 51.46**

**100 Freestyle: Girls (2018): Jordyn Waters - Time: 54.03: Boys (2013): Will Fussell - Time: 47.92**

**500 Freestyle: Girls (2017): Sara Boone - Time: 5:23.73: Boys (2013): Core Duke - Time: 4:42.10**

### **200 Freestyle Relay**

**Girls (2018): Sierra Moralez, Sara Boone, Emily Pope, Caitlyn Bracher - Time: 1:38.67**

**Boys (2016): Dylan Saxton, Arden Manuel, Riley Manuel, Dillon Chandler - Time: 1:28.02**

**100 Backstroke: Girls (2012): Abby Gardea - Time: 57.63; Boys (2014): Will Fussell - Time: 51.15**

**100 Breaststroke: Girls (2017): Sierra Moralez - Time: 1:05.57; Boys (2014): Zack Zalud - Time: 57.74**

### **400 Freestyle Relay**

**Girls (2017): Sara Boone, Melia Dibello, Emily Pope, Jordyn Waters - Time: 3:42.42**

**Boys (2017): Jimmy Burke, Riley Manuel, Dylan Saxton, Arden Manuel - Time: 3:12.51**

## ELIGIBILITY REQUIREMENTS

Swimming and diving on the Varsity level is extremely demanding. Swimmers and divers must be able to handle the demands of their academic work along with the rigors of swimming.

*Swimming is a very challenging sport, which requires the following:*

- Swimmers must be physically able to participate at an advanced level of swimming and participate in the training that goes with it.
- Swimmers must be mentally able to handle the demanding and sometimes grueling schedule that goes with being a Student Athlete.
- Swimmers must have a high degree of character and integrity than the average student.
- Swimmers must maintain a passing average in all classes.
- Swimmers are expected to treat all teammates with respect and honor both in and out of the water.
- Swimmers are expected to commit to team, practice schedule and meet schedule during our season.
- Swimmers are expected to abide by all UIL, district and school rules for students and athletes.
- Swimmers are expected to abide by all rules in this handbook, as well as all rules communicated to them by Coach Moralez.

## ATTENDANCE GUIDELINES

Attendance to swim practice is mandatory. Attendance will be taken at the beginning of the scheduled practice time. Tardies and absences, excused or unexcused, will be treated just like any other class and will be reported to the attendance office. Getting out of practice early is an absence in the coach's records.

Additional attendance standards:

- Any swimmer falling below 90% in their attendance may lose eligibility to participate in the next meet. Attendance resets after each meet.

**- One (1) UNEXCUSED absence during the week of a scheduled meet may result in suspension from meet**

**- Two (2) or more tardies during a one-week period may result in a suspension from the next meet.**

**- Six (6) or more tardies during a three-week period may result in a suspension from all meets during the first three weeks of the next six-week period.**

- Excessive absences and/or tardies may result in removal from the team.

## PRACTICE REQUIREMENTS & STANDARDS

**Practice is mandatory.** If you don't practice, you are not a member of the team. The practice schedule will be explained to the swimmers by the coach at the beginning of the year. Any changes during the year will be communicated as they occur. A practice schedule has been set, but is always subject to change. The coach will communicate any changes to the practice schedule as they occur.

After a swimmer competes in his or her last meet of the season, they will be excused from practice until a week after our last meet or unless instructed otherwise by Coach Moralez. This is in relation to needed pool space for those swimmers who have qualified for Regionals and/or State. Those who did not qualify will be required to participate in supervised physical activities and should come prepared accordingly.

**Swimmers should bring swim suit(s), goggles (2), swimcaps, proper workout clothes and gym shoes (no open toe shoes) to every practice.** A swimmer must never assume there is no practice. Failure to attend practice will be considered an absence in the coach's records. Failure to be prepared for practice will result in an absence in the coach's records.

\*\*There are no bad weather days. If the conditions make it impossible to swim, there will be some sort of practice. **ALWAYS assume we are at the pool.** If we are doing dryland training you will be notified in a timely manner.

\* Weight Training - Coach Morales, Coach Henry or Coach Weise will notify swimmers and/or parents of weight training schedule accordingly. This is an important and integral part of the physical aspect of swimming. Also, during off-season (March-May) we will continue weight training to further swimmer's endurance

**Failure to attend practice will result in consequences. (See Attendance Policies)**

### PRACTICE SCHEDULE

**After try outs occur and coaches determine which athletes will be in 1<sup>st</sup> or 7<sup>th</sup> period Athletics (Swimming/Diving), then the necessary practice schedule will be communicated.**

<b>Varsity (1<sup>st</sup> prd. Athletics)</b>	<b>7:00am – 9:00am (Monday-Friday)</b>
<b>Junior Varsity (V2) &amp; Diving (7th prd)</b>	<b>3:15pm-4:30pm (Monday-Friday)</b>

### HOLIDAY PRACTICES

Scheduled holiday practices during the winter break are mandatory. It is very important to continue practicing consistently with our team during this period due to the proximity of championship meets. Failure to attend any of the scheduled practices, or notify Coach Morales or Coach Henry of absence, may result in suspension from competing in future meets, including District.

**The Thanksgiving, School Holiday and Winter Break Practice schedule for the 2019-20 season is as follows:**

#### **Date & Times (NOTE: Times and days are subject to change)**

<b>Monday, Oct. 14, 2019</b>	<b>VARSAITY 1 7-8:30am; V2 3-4:30pm</b>
<b>Monday, Jan. 20, 2020</b>	<b>VARSAITY 1 7-8:30am; V2 NO PRACTICE</b>
<b>Monday, Nov. 25</b>	<b>VARSAITY 1 7-9am; V2 9-10:30am</b>
<b>Tuesday, Nov. 26</b>	<b>VARSAITY 1 7-9am; V2 9-10:30am</b>
<b>Wednesday, Nov. 27</b>	<b>VARSAITY 1 7-9am; V2 9-10:30am</b>
<b>Friday, Dec. 20</b>	<b>VARSAITY 1 7-9am; V2 9-10:30am</b>
<b>Saturday, Dec. 21</b>	<b>VARSAITY 1 7-9am; V2 9-10:30am</b>
<b>Friday, Dec. 27</b>	<b>VARSAITY 1 7-9am; V2 9-10:30am</b>
<b>Saturday, Dec 28</b>	<b>VARSAITY 1 7-9am; V2 9-10:30am</b>
<b>Monday, Dec 30</b>	<b>VARSAITY 1 7-9am; V2 9-10:30am</b>
<b>Tuesday, Dec 31</b>	<b>VARSAITY 1 7-9am; V2 9-10:30am</b>
<b>Thursday, Jan. 2, 2020</b>	<b>VARSAITY 1 7-9am; V2 9-10:30am</b>
<b>Friday, Jan. 3, 2020</b>	<b>VARSAITY 1 7-9am; V2 9-10:30am</b>
<b>Monday, Jan. 6, 2020</b>	<b>VARSAITY 1 7-9am; V2 9-10:30am</b>

NOTE: This schedule follows the U.I.L. policies & procedures regarding holiday practices, which states:

*“A school shall not conduct contests or practices, use school facilities, personnel or equipment during five consecutive days of December. Schools may choose any five consecutive days which include December 24, 25 & 26,...”*

If it is unavoidable, out of town family trips will be excused with prior notice. But please keep in mind, too big a break in training at this point in the season will negatively affect the athlete's end of the season performances.

**Missed training cannot be made up.**

**Deadlines to communicate plans for holiday trips that will cause a swimmer to miss practice are NOVEMBER 18, 2019 (for Thanksgiving) and DECEMBER 16, 2019 (for Christmas). This needs to be communicated in writing either through e-mail, text or written note to Coach Moralez. Communication needs to include the specific dates and destination of travel plans.**

\*\* If an athlete must miss a practice due to an emergency, illness, or any other unexpected circumstance, the reason must be communicated to the coach within 24 hours or it will be unexcused regardless of the reason.

### **LOCKER ROOM & EQUIPMENT REGULATIONS**

The locker room is a reflection of the team. It shall remain clean at all times. Any problems with the locker rooms needs to be reported to Coach Moralez or Coach Henry immediately. There will be absolutely no horse-playing or physical contact. Athletes who use locker rooms must respect personal possessions and follow DPISD rules. Any abuse of lockers or locker room will result in loss of locker privileges.

All equipment issued to swimmers or divers is property of DPISD and shall be treated with the best of care. The equipment is not to be used for any practice or worn at any time other than a DP HS event (i.e. practice or meets). All equipment issued will be logged with student name and ID number. All equipment must be returned at the end of the year. If equipment is not returned, student will have an outstanding debt with Deer Park High School and may incur other consequences.

### **TRANSPORTATION GUIDELINES**

All team members will be required to ride the bus *to and from every meet*. In the case of an emergency, swimmers may leave with a legal guardian. In addition, if a parent or guardian wishes to take athlete with them, then it becomes the individual(s) and guardians responsibility to fill out proper paperwork and sign. **Swimmers and divers will only be released to a legal guardian after all necessary paperwork and arrangements have been made between Coach Moralez or Coach Henry.**

**Swimmers/Divers must arrive or be dropped off, preferably before 6:45am at DP South with enough time to change and be on time for practice or weight training.**

### **ACADEMICS & TUTORIALS (including make-ups, corrections or retests)**

Swimmers are expected to be students before athletes. Due to the demanding time requirements of swimming, organizational skills are a must in order to succeed in both academics and athletics. Students with academic issues may be required and advised to attend afterschool tutorials (4:00pm and after) or morning tutorials for 7<sup>th</sup> period athletes. Practices are designed so students may attend tutorials, corrections or make up tests, therefore, the scheduling of tutorials should be at the appropriate times: **AM tutorials for 7<sup>th</sup> period - V2 and PM tutorials for 1<sup>st</sup> period – V 1. Athletes will be receiving some days back during the season to make up for missed instructional time due to swim meets (DATES TBD).**

Coaches will be receiving a computer-generated progress report from all teachers. If a student is having a problem, Coach Moralez and Coach Henry will work with the athlete and his/her parents in order to rectify the problem. We would like to prevent the failing of any course in order to maintain eligibility.

Becoming a successful swimmer involves exceptional time management skills. Stay on top of your studies and don't procrastinate when it comes to preparing for tests and completing projects. **Last minute studying (cramming) and work completion due to procrastinating is not an excused absence.** (ex. "Coach, I have a test today. I need to leave practice early to study."). **Study on your own time—Not during practice!**

### **GRADING POLICY**

Your grade in our class will be determined by your participation and performance on a weekly basis; which includes, but is not limited to, attendance to practice and meets, effort, and ability to follow team rules and guidelines. Behavior and conduct will be taken into consideration when grades are given. **There will also be several assignments to be completed (i.e. Canvas) and turned in throughout the season.**

**Meets/Events.....50%**

- **Attend all meets or team functions**

**Practices/Effort.....50%**

- **Participation, work ethic and behavior**

### **MEETS**

A meet schedule will be set up through Rank One during the first few weeks of school. Additionally, there will be a Meet schedule posted or handed out. These schedules are subject to change based on when information is available for some meets. Changes will be communicated as soon as they occur.

**All meets are set up accordingly so you son or daughter will have an adequate number of meets to attend. Unless notified otherwise, your child will be expected to attend the meets they are entered or are qualified to swim in.** UIL allows a swimmer to swim in **eight (8)** invitational meets (not including Districts, Regionals or State). **If a meet must be missed, you must notify Coach Moralez or Coach Henry as soon as possible.** Failure to attend meets without notifying coaches for unapproved reasons may result in suspension from other meets or team.

**Most meets have limits on the number of entries per team and some meets have qualifying time standards, thus every swimmer may not participate at every meet.** DP will swim the fastest qualified swimmers. Swimmers and parents will be notified of meets with qualifying times or meets with entry limits.

*Other qualifying and eligibility factors:*

\*See "Attendance Policies"

- "Injuries" or absent for medical reasons
- Must meet all qualifications and requirements stated in this booklet.
- Must not have missed **1 practice (unexcused)** out of any of the 5 practices prior to the swim meet.

## **LETTERING STANDARDS**

Each swimmer and diver who has completed or can complete the requirements of a pre-season tryout will be treated as a member of the varsity team. However, there are guidelines and standards for earning a “letter”. This is not a substitute for a PE class and thus the tryout process will be both physically and mentally demanding. This is a high school athletic program that involves competition at an elite level.

### **Varsity Letterman Requirements:**

*Varsity athletes must achieve one of the following:*

1. Qualifying for Regionals in any event at District Meet (Top 6).
2. If a swimmer/diver scores for the team at District meet for two (2) straight years (placing Top 8).
3. Has competed for DPHS Swimming and Diving team for two or more years (case by case basis); has consistently shown excellent attendance, good academic standing, no behavior issues, superior practice skills and team involvement. In addition, he/she must have competed in five or more meets per season.

### **EOY AWARDS (to be awarded and recognized at Spring Banquet)**

*Each award is measured by characteristics of Desire, Dedication, Discipline and Determination.*

**Newcomer of the Year (Girl & Boy)** – to be given to incoming swimmer or diver who has success in competition and who excels in practices.

**Most Improved (Girl & Boy)** – to be awarded to athlete who overcomes challenges, is successful at meets, gives max effort in training, builds up self-confidence (self-worth) and is a respectable teammate.

**Most Valuable Athlete S/D (Girl & Boy)** – to be awarded to individual who competes and trains at the elite level. This is proven by their overall performance individually and contribution to the team.

**Most Outstanding Athlete S/D (Girl & Boy)** – Along with MVA description above, they will be expected to display a positive attitude, be successful at meets, be a team leader, a respected teammate, overcome adversity and contribute to the achievements of the team

**DEER Award (Girl or Boy)** – this is awarded to only ONE student/athlete who displays the qualities of Dedication, Effort, Excellence and Resilience.

## CONDUCT & DISCIPLINE POLICY

Deer Park HS swimmers and divers are expected to display the highest level of sportsmanship and respect to the coaches, their teammates, officials and other teams. Anything less will not be tolerated and may result in suspension from a meet or the team. All swimmers are expected to follow DPISD rules at all times. In addition, each swimmer and diver is expected to maintain the highest level of **sportsmanship** towards teammates and competitors alike.

DPISD has a zero tolerance policy for the use of alcohol, drugs, and hazing. Any athlete involved in using alcohol, drugs, or tobacco at any swimming event or trip in which he/she represents DPISD will be immediately suspended from the team and possibly removed for up to one year. There will be absolutely no “hazing” of any team members at any time. Swimming is a sport where underclassmen are a part of the team.

## DISCIPLINARY ACTION

Any behavior at all times and places that require disciplinary action will be handled on case by case basis by Coach Moralez and Coach Henry. Below is the general outline of action (may vary depending on situation).

**1st Offense-** Coach will meet with student and discuss the matter and possible consequences. Parent contact is possible via email or phone call.

**2nd Offense-** Coach will meet in person with student and parent(s) to discuss matter and possible consequences.

**3rd Offense-** Coach will meet with student, parent(s)/guardian(s) and possibly a DPHS Administrator. In addition to other possible consequences, student will be suspended from team until Coach Moralez feels behavior will not be a problem again.

Depending on severity of offense, suspension is a possible consequence at any step. All matters of discipline that violate school or district policy will be reported to the appropriate administrator and any consequences they apply to the behavior may be in addition to team consequences. If the athlete refuses to comply with the punishment, he/she will be dismissed from the program.

## SOCIAL MEDIA POLICY & GUIDELINES

The DPISD Athletics Department recognizes and supports our student-athletes' rights to freedom of speech, expression, and association, including the use of online social networks. However, each athlete must remember that participating and competing for Deer Park High School is a privilege, not a right. Any online postings must be consistent with federal and state laws as well as team, department, university, and NCAA rules, regulations, and policies (including the guidelines listed below).

**Social media** can be a positive thing when used appropriately. 98% of employers and 90% of graduate schools admit to using social media profiles to weed out potential applicants and to police current employees. We want you to learn how to use social media in a positive way in order to best represent yourself, our team, and the entire athletic department at Deer Park High School. Treat every “tweet”, “chat”, “snap” or “post” as if you were giving a press conference. Anybody in the world with internet access can see this and use as evidence. Be mindful with what you post or send as this will represent you, your family, our team, DPHS and DPISD.

All swimmers and divers must adhere to the following guidelines:

- 1) Do not post, tweet or snapchat during class unless for educational purposes.
- 2) No offensive/vulgar material or language will be tolerated. This includes posts about drugs, violence, sex, and race. This guideline applies to your Bio's on these sites as well.
- 3) No degrading or complaining about teammates, coaches, DPHS employees, opponents, or officials.
- 4) No posting of information that is sensitive to any DPHS team or organization. This includes plays, strategies, injuries, lineups, etc.
- 5) Do not post a picture of a teammate, opponent or coach without their permission.
- 6) A 'retweet' or 'like' will be seen as an endorsement and affirmation; thus, will be viewed as if the post came directly from your account.
- 7) What happens in the locker-room, meets or in practice does not belong on your **social media** account.

Any of the actions above may result in discipline and possible removal from the team. A repeat offender may be required to delete any one or all of his online accounts. Any athlete who does anything that could be detrimental to the team in or out of the water – will be subject to disciplinary action deemed appropriate by Coach Moralez, Coach Henry and DPHS Administrative staff.

### *Deer Park Athletics Parent/Coach Communication Plan*

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to children. As parents, when your children become involved in our programs, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach.

#### *Communication that you should expect from your child's coach:*

1. Expectations the coach has for your child as well as all the athletes on the team
2. Locations and times of all practices and contests
3. Team requirements, i.e., practices, special equipment, out-of-season conditioning, etc...
4. Discipline that may result in the denial of your child's participation

#### *Communication coaches expect from parents:*

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance

As your child becomes involved in the programs at DPHS, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

#### *Appropriate concerns to discuss with coaches:*

1. The treatment (coaching) of your child
2. Ways to help your child improve
3. Concerns about your child's behavior or effort

It is very difficult to accept your child's not competing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those following, must be left to the discretion of the coach.

***Issues not appropriate to discuss with coaches:***

1. Relay spots
2. Team Strategy
3. Other student-athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have clear understanding of the other's position. When these conferences are necessary, the following procedures should be followed to help promote a resolution to the issue or concern.

***If there is a concern to discuss with a Coach, the procedure should be as follows:***

1. Wait 24-48 hours.
2. Encourage your child to speak directly with coach; many times this can take care of the problem.
3. Email, text or call Coach to set up an appointment.
4. If the coach can't be reached, contact the Athletic Director, Darren Chandler.
5. Please do not attempt to confront a coach before or after a contest or practice (refer to #1). These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.
6. If the meeting with the coach did not provide a satisfactory resolution, call and set up an appointment with the Athletic Director to discuss the situation.

## Team Policies and Standards Acknowledgement

We have received and read the 2019-2020 Deer Park High School Swimming & Diving Team handbook. We agree playing and participating in sports at Deer Park High School is a privilege that can be earned by following the rules and guidelines. We understand and agree to all rules, policies, guidelines and standards set forth in the handbook. We understand violations could result in proper disciplinary action and/or dismissal from program.

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Print Name of Swimmer/Diver

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Swimmer/Diver Signature

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Date

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Parent/Guardian Signature

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Date