

Souhegan High School Swim Team Rules 2007-2008

- 1 All rules in the Souhegan School Policy book will be followed.
- 2 If you do not have an excused absence from practice then you will not swim in the following meet. Any absence, tardiness, or early release must be accompanied by a note with a parent's signature. Failure to comply will result in disbarment from the following meet. Valid excuses are at the coaches' discretion but may include sickness, excessive schoolwork, and unsafe driving conditions. Watching television or other similar extracurricular activities during an excused or unexcused absence will strictly result in disbarment from the following meet.
- 3 You must complete 2 practices during the week so you can participate in the next meet.
- 4 A full practice starts with 15 minute stretching warm-up before your swim, includes a 10 to 15 minute warm-up in the water, followed by and a full practice. The hours of practice are 7:15 to 9:30 pm on Tuesday and 8:15 to 9:30 on Thursday without leaving the pool area early.
 - If you leave practice early it will not count as a full practice and you will not swim in the following meet.
 - If you must leave the practice early or show late, have a parents note with you.
- 5 If you leave practice early you must have consent of the Coach.
- 6 If you show up late for practice, you must complete the practice when the team is finished.
- 7 When at practice you are asked to show consideration to other team members so all can hear the coach's instructions.
- 8 If you do not attend 4 consecutive practices without the consent of the coach we will consider you off the team.
- 9 We do not want team members acting during and not attending warm-up.
- 10 Parents will be contacted when problems arise.
- 11 Sign ups for meet events are as follows.
 - Team Captains can pick their events first.
 - Animals pick their events second.
 - Seniors pick their events third
 - All other swimmers pick their events.
- 12 You can only swim in 2 individual events and 2 relays per meet.

Although everyone will be given the opportunity to pick events, coaches have the final say in the events that are swum. There are many reasons that a coach will want a swimmer to swim a specific event. Many times the reason is to maximize the team points based on our opposition's strengths and weaknesses. Many times the reason is for evaluation purposes: coaches need to watch your stroke technique and turn technique under race conditions. Coaches would like all swimmers to attempt the 500 free, 200 free, and 200 IM at some point in the season. But if you have a specific reason why you need to swim a particular event on a particular day let the coaches know; we may or may not be able to accommodate the request but it will be given full consideration.

- 1 Team Captains will lead all warm-ups before the team enters the pool.
- 2 Team Captains will lead all team cheers.
- 3 Team Captains will be the example both in and out of the water.
- 4 Team Captains are expected to be on time at all practices unless given and excused absence by the Coach.
- 5 Team Captains are expected to finish all practices.
- 6 Team Captains will help in the administration of the team so to learn all team members' names.
- 7 Team Captains help pick up after the meet and lead the team in a final cheer.