

# Frisco Independent School District

## Swimming & Diving

### *Team Expectations*

To eliminate any potential disciplinary problems during the Swimming & Diving season the following Team Expectations have been developed. Following these Expectations will help insure a successful season with maximum understanding and communication. Failure to comply with the following Team Expectations will/may lead to disciplinary action and/or dismissal from the program. Team members must always provide support for their coaches and teammates. To be successful, we must work together as a **TEAM**.

**In addition to the following Team Expectations; Swimmers/Divers will be expected to abide by all Frisco ISD Swimming & Diving Policies and Frisco ISD Policies.**

1. All Swimmers/Divers are required to have a current physical and medical history on file along with all other required paper work turned-in before the Swimmer/Diver will be allowed to participate in any practice session or participate in any meets.
2. All Swimmers/Divers are expected to double block Swimming/Diving in their schedule. There may be academic circumstances that prevent double blocking and the Swimmer/Diver must single block their schedule. Single blocked Swimmers/Divers are expected to attend scheduled practice every day; Swimmers will be allowed to get out of practice to get to school for first period on their single blocked days. Swimmers/Divers must get their coaches and school administration approval prior to single blocking.
3. Disrespect aimed at Coaches, Teachers, Officials, and Teammates will not be tolerated. Frisco ISD Swimmers/Divers are expected to display exemplary behavior at all times.
4. Practice time is for practice, not homework. Homework should be completed at home and/or during study hall study time.
5. Swimmers/Divers are responsible for all equipment checked out to them. All equipment and supplies must be returned in good condition. Payment will be assessed according to condition of the equipment. Replacement is required if the equipment is lost.
6. Swimmers/Divers are responsible for all information they miss if they are absent from practice.
7. If school time is missed to attend a Swim Meet, the Swimmer/Diver may not miss any classes up to dismissal. Swimmers/Divers are responsible for all work missed in their classes.
8. Inconsistent practice participation will result in the Swimmer/Diver not being entered in meets. Swimmers/Divers that miss multiple unexcused practices the week of a meet may not be entered.
9. Jewelry, in any form, will not be allowed in practice or at meets. (This applies to both Female and Male Swimmers/Divers) Male facial hair will not be allowed and sideburns shall be no lower than the bottom of the ear.
10. Swimmers/Divers will be expected to participate in the Frisco ISD drug testing at the request of school officials. (FISD Board Policy)
11. Swimmers/Divers must wear appropriate apparel, staying consistent with school colors, at all practices and meets. This includes the technical suits worn at championships meets and team caps at practice.
12. Social Media: Swimmers & Divers are expected to use discretion when posting pictures, videos, or statements on social media at all times. Postings should portray a positive image on both the individual and all FISD Athletic Programs and Athletes at all times, both on or off campus. All social media may be monitored.
13. Swimmers/Divers are expected at all times to follow all FISD, Centennial HS, Frisco HS, Heritage HS, Independence HS, Lebanon Trail HS, Liberty HS, Lone Star HS, Memorial HS, Reedy HS, Wakeland HS, and FISD Swimming & Diving Program policies and expectations.

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### Grading/Attendance Policy

The following attendance policy will be in effect for all Frisco ISD Swimmers & Divers during the Swimming & Diving season.

1. All Swimmers/Divers are expected to attend, participate, and be on time for all scheduled practices sessions, including holidays and outside school time.
2. All Swimmers/Divers are expected to participate in all meets in which they are entered. All Swimmers/Divers are expected to attend all home meets **even if they are not participating in the meet.**
3. All Swimmers/Divers are expected to arrive on time at the designated departure point for all travel meets and the Frisco ISD Natatorium for all home meets. All Swimmers/Divers are expected to arrange transportation home after returning from a travel meet or a home meet.
4. All Swimmers/Divers that leave practice early will be required to sign out each time they leave early. Failure to sign-out will result in grade reduction.

Unfortunately, there are circumstances beyond our control and an athlete has to miss practice. If your swimmer/diver is not in attendance at practice they will be counted absent. Contact your Swimmer/Diver's coach and the attendance clerk on your campus and notify them by e-mail that your Swimmer/Diver will be absent from practice and for what reason. **Notification is due prior to the beginning of practice each day.**

**Sickness:** An e-mail must be sent each day the Swimmer/Diver misses. *The e-mail must be from a parent; student e-mails will not be accepted.*

**Tutorials:** All campus principals have stated that morning Swimmers must attend afternoon tutorials and afternoon Swimmers/Divers must attend morning tutorials. *E-mails must be from a parent; student e-mails will not be accepted. Attendance must be verified by the teacher in order for it to be excused.*

Each Swimmer/Diver will start each nine-week period with **100 points**. Each unexcused practice session missed, or attended and did not participate, will have **three (3) points** deducted from their grade for the Nine -Weeks. **Two (2) points** will be deducted for each unexcused tardy and/or early dismissal.

**Attendance will be taken each day and absences will be reported to the attendance office.**

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### Lettering Policy

In order to earn a Varsity Letter in Swimming & Diving the following criteria must be met during the Swimming & Diving Season.

1. Must make academic eligibility a priority during the school year.
2. Must conduct themselves in the highest manner at school, at practice, at meets and in the community at all times.
3. Must be an active, participating member of the team through-out the entire season.
4. Must score a point at the District Championships (top eight (8)) and/or compete in an individual event at the Region Championships or be a member of a relay that qualifies and competes in the finals at the Region Championships.

Note: The top six individuals in each individual event at the District Championships qualify for the Region Championships. The top sixteen (16) relays from the preliminaries qualify for the finals at the Region Championships.

# Frisco Independent School District Swimming & Diving Travel Policy

The following travel policy will be in effect for all FISD Swimmers & Divers during the Swimming & Diving season.

1. All Swimmers/Divers are expected to arrive on time at the designated departure point for all travel meets.
2. All Swimmers/Divers are expected to arrive at the Frisco ISD Natatorium on time for all home meets.
3. All Swimmers/Divers are expected to arrange transportation home after returning from all travel meets and home meets.
4. All Frisco ISD, Frisco ISD Swimming & Diving, Centennial HS, Frisco HS, Heritage HS, Independence HS, Lebanon Trail HS, Liberty HS, Lone Star HS, Memorial HS, Reedy HS and Wakeland HS behavior policies will be in effect at all times.