



BULLDOGS

SWIMMING & DIVING GUIDELINES

2023 – 2024



Magnolia High School Swim & Dive Team Vision Statement

To instill a life-long love of swimming & diving and to build a program of excellence in training, team unity, character development and family support where every swimmer & diver has the opportunity to achieve their potential and compete at the highest level.

Mission Statement and Objectives

- 🐼 To provide coaching at a level that will help athletes reach their full potential.
- 🐼 To provide an atmosphere that inspires swimmers & divers to achieve their maximum potential through a strong work ethic, discipline, self-motivation, and self-esteem.
- 🐼 To develop team unity where everyone encourages and takes pride in each other at all levels of competition.
- 🐼 To instill a life-long love of the sport while developing skills that will help equip them for the future.

Contact Information

Communication is Key!!! Notify your coach ASAP if you know you will be absent. ALL MISSED PRACTICES must be communicated. All athletes & parents must sign up with Sports You.

- 🐼 dcoskey@magnoliaisd.org
- 🐼 (cell) 972-978-8765
- 🐼 Sports You App (SY)

Physicals / Paperwork – All Athletes

- 🐼 Physicals & Paperwork must be turned in before you can begin participating.
- 🐼 Fill out forms from Rank One: www.rankone.com
- 🐼 Signature Page

Team Apparel

We represent Magnolia High School and therefore wearing team apparel to meets is expected. During competitions, you must wear our team suit unless it is a championship meet. Team cap is expected to be worn both at practice and for our meets.

Meets

It is the athletes' responsibility to fulfill their obligation to the team by attending any meet they are entered in. Failure to do so without approval from the coach may result in a suspension for the next meet and is subject to dismissal from the team. Entries will be discussed with the athletes, however, all events and relays swum will be decided by the coach. All individual events and relays will be decided based on what's best for the team, and not necessarily the individual. Team will leave and return together unless communicated and approved by the coach ahead of time.

Equipment Needed – Swimmers

Each swimmer will have the option of purchasing their own equipment from the list below or can choose to have their equipment issued out to them. **Wet bag and team cap will be provided by the team.** Swimmers who choose to use equipment provided by the team will be responsible for replacing any items lost or damaged at the end of the year when they turn their equipment back in. Swimmers are expected to have their equipment for practice. Not coming prepared is unacceptable and may have consequences.

- 👉 Pull Buoy
- 👉 Goggles
- 👉 Kick Board
- 👉 Fins
- 👉 Hand Paddles

Recommended swim website for purchasing equipment.

- 👉 Swimoutlet: **(use the link or QR code to the right and the team will get a percentage of the sales)**

- <https://www.swimoutlet.com/collections/magnoliahighswimanddiveteam?rfsn=>



Attendance / Participation

Attendance will be documented daily. Being absent or late to practice should be rare and must be communicated with the coach in advance. All appointments should be scheduled outside of our practice times. **Excessive absences or tardies will be grounds for removal from the program.**

- 👉 Students who do not show up for a scheduled meet without properly notifying the coach may be removed from the program.
- 👉 Students must ride the bus home at away competitions unless proper approval has been given in advance.
- 👉 Students who forget equipment (suit, goggles, dry-land clothes, etc.) – may be given some loaner equipment to be used. Excessive missed practices due to not being prepared are grounds for removal.
- 👉 If a student misses school due to illness, he/she must contact the school and turn in a note for an excused absence, along with communicating with the coach.
- 👉 Students who come in with a parent note will still be asked to participate but will be given a modified practice based on what they can do.

Doctors Note / Injuries: The goal of this class is to get better and to do that we sometimes must be creative in working through injuries. We will always try and modify workouts to at least maintain our fitness levels. Students who have a medical excuse and are not allowed to participate in any physical activity are expected to show up at the regularly scheduled practice times or they will be marked absent. If the injury warrants a prolonged and continuous absence, they may be asked to help as manager or fill some role that would help the team, as long as they are in good standing with the team and not causing any problems.

In-Season Practice Information

AM Class

- **Monday / Wednesday / Friday: Swim (6:00 – 7:30 AM)**
- **Tuesday / Thursday: Weights / Drylands (6:30 – 7:30 AM)**






FLEX DAY: Any swimmer who attends 6 club practices a week will have the option of having Wednesday off but must attend all other practices for that given week. The “Flex Day” may be switched for another day depending on their schedule for that week. Plan ahead and communicate with the coach. No “Flex Day” on a short week. Club swimmers who swim 5 or fewer club practices a week will not have the option of a “Flex Day” and will be expected to come to all practices.

PM Class






- **Monday – Friday: Swim / Dive (2:00 – 3:00 PM)**

Holiday Practice Schedule





If the swimmer is in town, they will be expected to attend the following holiday practices. Try to plan vacations around these practices. Both AM & PM groups will train together during holiday practices. If you are not able to attend, please communicate with the coach in advance.

 Oct. 09, 10, & 11	Fall Break	5:30 – 7:00 AM
 Nov. 06 & 07	Pro. Dev. / Student Holiday	5:30 – 7:00 AM
 Nov. 20 & 21	Thanksgiving Break	5:30 – 7:00 AM
 Dec. 21, 27, 28, & 29	Christmas Break	5:30 – 7:00 AM
 Jan. 02 & 03	Christmas Break	5:30 – 7:00 AM
 Jan. 04 & 05	Pro. Dev. / Student Holiday	5:30 – 7:00 AM

Code of Conduct / Expectations

-  Demonstrate respect towards coaches, teammates, opponents, fans, officials, and facilities using appropriate words and actions.
-  Display a positive attitude towards ALL aspects of this program.
-  Discuss any issues with coaches first, not with athletes.
-  Support the shared visions that the team and coaches generate as well as be an active participant in the developing and implementing of this shared vision.
-  Maintain passing grades. Failing 3, 3-week grading periods in a semester will be grounds for removal from the team. This would allow the athlete more time and opportunities to focus on their academics.

Letter Policy

-  Score at District (Placing 1st – 8th)
-  On the team for three years
-  Maintain good standing with the team
-  Coaches’ discretion

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I have read and understand the expectations, rules, and procedures for Magnolia High School Swim & Dive program. I also understand these guidelines are in addition to the MISD policies and procedures. By signing this form, you agree to abide by and follow the team and school district rules and expectations. I understand that the guidelines are subject to change at the coaches' discretion.

Please PRINT the following STUDENT INFORMATION	
Student Name (First & Last)	
Phone Number	
Club Swimmers Only	
Name of Club Team	
Club Coach's name	
Club Coach's Phone Number	
Club Coach's E-mail	
Please PRINT the following PARENT INFORMATION	
Father's Name (First & Last)	
Phone Number	
E-mail	
Mother's Name (First & Last)	
Phone Number	
E-mail	

Athlete Signature: _____ Date: _____

Parent(s): _____ Date: _____