

Clear Creek Aquatics Team Handbook 2018 – 2019



Coaches:

Head Coach – Coach Ty Halford
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Assistant Coach – Coach Melanie Lonero
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In case of emergency: 832-298-8266

Coaches Responsibilities

1. Follow all guidelines in the CCISD Handbook and all UIL rules and regulations.
2. Establish and communicate all aquatics information as needed to the parents, athletes and the community.
3. Coordinate all travel arrangements to and from events.
4. Perform the necessary facility and equipment maintenance.
5. Issue all equipment (parkas, bags, etc) and make sure it is returned at the end of the season.
6. Coordinates all competitions, organize athletes and ensure attendance at all events.
7. Maintain accurate athlete statistics during the season.
8. Provide opportunities to learn sportsmanship and team cooperation.
9. Provide physical, mental and emotional skills to prepare swimmers for competition and life.
10. Instructs athletes on proper swimming form and techniques; observes athletes to detect and correct mistakes; provides feedback on performance.
11. Provide an environment for each participating swimmer to strive to achieve their personal goals.
12. Plan and develop the workouts for the season to ensure the success of each swimmer and the team.

Athlete Responsibilities

1. Athletes must follow the rules and guidelines in the Student Handbook and all UIL rules and regulations.
2. Any athlete involved in the illegal use of alcohol, tobacco, or illegal drugs will be removed from the team.
3. Athletes will be prepared to practice when practice starts. The practice time is **NOT the arrival time.**
4. Attendance at all practice, competitions or team events is mandatory for the entire time unless the circumstance is an emergency.
5. All athletes will obey the Tardy Policy and Attendance Policy set forth by the coach's. See Attendance and Tardy Policy.
6. Unacceptable behavior at school, during training, in the locker room, on the bus, or at competitions will result in probation. See the Behavior Policy.
7. All athletes will understand and follow the rules of safety and apply them in practice and competition.
8. Any athlete that fails 2 consecutive times during the school year (including at 3-week, 6-week or 9-week) will be removed from the team until the following year.
9. Athletes must wear team polo/team shirt and school appropriate shorts or jeans to and from all competitions as assigned by coaches
10. Athletes are expected to travel to and from events on the bus.
11. Cleaning up the facility is the responsibility of the entire team. Team areas at games and meets are especially important at away games as this reflects on our team and school.
12. Demonstrate a commitment to individual and team goals.
13. All athletes are required to participate in swim season or another approved UIL sport, if they wish to play water polo.

14. **Practices**

JV :	1:45 PM – 4:30 PM	Mon., Wed. and Fri.
	1:45 PM – 2:30 PM	Tues. and Thurs.
	3:40 PM – 5:30 PM	Boys Tues. and Girls Thurs.
Varsity :	6:00 AM - 7:45 AM	Mon., Wed. and Fri.
	5:30 AM – 7:45 AM	Tues. and Thurs.

The coaches may alter the training schedule at any time. Any changes in practice time will be posted on google calendar with as much notice as possible.

Required Equipment

I. **At Competition**

1. 2 pair of goggles
2. 2 swim caps (water polo 1 white/1 black)
3. Team Swim Suit
4. Warm-Up

II. **At Practice**

1. 2 pair of goggles
2. 2 swim caps
3. 2 training suits (not teamsuit)
4. 1 pair of shorts and 1 T-Shirt
5. 1 pair of tennis shoes(must have laces)
6. 1 water bottle

Tardy Policy

1. Practice begins at the scheduled start of practice. This means that you must be prepared to enter the water at those times, not walking in at those times. Stretching must be done prior to the start of practice. There will be punishment for tardiness and it may include a team punishment.

Attendance Policy

I. **Requirements**

1. As a Clear Creek Aquatics Team Member, attendance at practices and meets is mandatory.
2. If an athlete misses any practices in a week, they may be removed from the meet roster.
3. It is important to not only be at practice physically but also mentally.

II. **Excused/Unexcused**

1. Excused absences include ONLY the following:
 - a. Being absent from school the whole day.
2. **All** other absences are considered UNEXCUSED Examples include: choosing not to attend practice and removal from practice.
3. If a missed practice is unexcused, points will be deducted from the athlete's grade.

Grading Policy

1. Grading System

Practice Attendance	45%
Competition	50%
Reading/Writing Assessment	5%

2. Practice Attendance Rubric (per week)

100 pts / # of practices that week - Outside of school and the class period count as different practices.

Daily grades will be based off attendance. Failing to attend practice will result in loss of points.

A missed morning practice must be made up that same day or arranged with coach that day. A missed after school practice must be made up at the next practice opportunity.

3. Reading/Writing Assessment:

Reading grades will be in class assignments when we are not swimming.

4. Competition Rubric

Meet Assignments	Points for Completing the Assignment
Competing in Scheduled Events (Including Relays)	15 pts. per event (total of 60 pts.)
Meet Set-up/Clean Up/Warm-ups	20 pts.
Wearing Team Polo/Suit	20 pts.

Total Points: 100 pts.

*Athletes with grades less than 80 in swimming will not be taken out of school for meets.

ACADEMICS

Clear Creek High School is an academic institution and as such, academics should be the main priority of all aquatics team members. If an athlete is having ongoing problems maintaining good grades while being a member of the team, consideration should be given to dropping the class in order to concentrate on academics.

Every teacher at Clear Creek High School offers tutorial sessions. These tutorials are offered for your benefit if you are having difficulty in a particular subject - take advantage of them! Don't wait until the last minute to go in for help. If you find yourself behind in a subject, ask for help immediately. School-wide tutorials will be held from 2:30-3:15 Tuesday and Thursday. There will not be any practices held during these times.

Grades and Grade Checks

Each grading period, athletes will be required to show their progress report or report card to the coach. Any athlete with less than an 80 in any class will be required to go to mandatory tutorials Tuesday and Thursday, minimum of 30 minutes. The athlete must bring a signed note from the teacher stating what time they were there and what time they left. Failing to attend tutorials will result in being put on probation, removal from any competitions. School is of the utmost priority and we must do what is necessary to succeed.

Letter Jacket Award Policies

I. Swimming and Diving

In order for an athlete to receive a letter jacket in either sport they must:

1. Finish the season and remain academically eligible for the entire season.
2. Turn in all equipment or have paid for damaged or missing items.
3. Recommendation of the Coaches (based on participant's attendance record, work ethic in practice, sportsmanship, and follow the CCISD Student Handbook and Code of Conduct.).
4. Participant must finish the swimming season in good standing. This is interpreted as meaning the athlete will be contributing the entire season to the best of one's ability at all required practices and meets. Participate in minimum of 75% of the High School Swim meets.
5. And 1 of the following:
 - a. Score points for an individual event in the Varsity District Meet
 - b. Swim on a relay that Finals in the Regional Meet
 - c. Be an active participant in Aquatics for 3 years and participate at the varsity level.

II. Water Polo

In order for an athlete to receive a letter jacket in either sport they must:

1. Finish the season and remain academically eligible for the entire season.
2. Turn in all equipment or have paid for damaged or missing items.
3. Recommendation of the Coaches (based on participant's attendance record, work ethic in practice, sportsmanship, and follow the CCISD Student Handbook and Code of Conduct.).
4. Participant must finish the swimming season in good standing.
5. Participant must finish the water polo season in good standing. This is interpreted as meaning the athlete will be contributing the entire season to the best of one's ability at all required practices and meets. Minimum of participation in 75% of the High School water polo games.
6. And 1 of the following:
 - a. Play in at least 40 (meaningful) Quarters of Varsity Competition
 - b. Make an All Region Team
 - c. Make an All State Team
 - d. Make an All American Team
 - e. Start in 80% of all Varsity Games

Student – Athlete Behavior Policy

- I. All student-athletes will be held to the following standards of behavior.
 1. Respect – All Students will treat their teammates, teachers and coaches with respect.
 2. Facility – Students will value the team's equipment, locker rooms and pool facility. Let's take pride in it and keep it clean.
 3. Officials/Ref's – Students will have NO negative interaction with officials/Refs for any reason. All communication to officials/Refs will be done by the coaches or captains.
 4. Profanity – The use of profanity by students is prohibited at all times.
- II. Efforts and Attitude
 1. Effort – 100% effort is expected at all practices and competitions.
 2. Attitude – A positive attitude is important for team success. This includes the athlete's attitude toward their coaches, teammates, training requirements, school, etc.
- III. Consequences
 1. The Clear Creek Aquatics Team is committed to excellence and failure to follow the Student-Athlete Behavior Policy will result in the following:
 - A. 1st offense: in-practice discipline
 - B. 2nd offense: parent-coach conference and probation
 - C. 3rd offense: expulsion from the team* Depending on the severity of the action, it may result in direct removal from the team.

It is a privilege to participate on this team. Regardless of athletic abilities, swimmers are expected to develop and display positive attitudes, self discipline, commitment, fair play and sportsmanship.

INJURY/ILLNESS POLICIES

If injured and unable to work out, athletes are still required to attend practice at their scheduled time. While injured or ill, swimmers are still part of the team and are expected to follow all team standards.

All injuries that prohibit an athlete from practicing/competing, regardless of where or when they occur, must be reported to the Clear Creek Athletic Trainers.

If an athlete goes to the doctor, and the doctor prohibits working out, the athlete may not participate until they get doctor clearance.

Athletes will not be cleared for practice until they have a letter from a doctor clearing them for our activities or have been cleared by the Creek Athletic Trainers.

Eligibility for practices and competition after injuries and extended time away from practice is based on the discretion of the Coach.

HAZING

Hazing is not permitted on the Clear Creek High School Aquatics Team.

Hazing can be defined as; “any intentional, knowing, or reckless act occurring on or off campus directed against a student, by one person alone or acting with others, that endangers the mental or physical health or the safety of a student for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in any organization whose members are or include other students. Students shall have prior approval from the administrator for any type of “initiation rites” of a school club organization.”

Any athlete engaged in hazing activities will be suspended from the team for a period of time to be determined by the Coach.

Please read the above carefully. Then please sign the following.

I have read, understand, and agree to the terms and conditions of the Clear Creek Aquatics Team Handbook. I wish to be a member of Clear Creek Aquatics.

Athlete Name – (Print)

Athlete Signature

I have read, understand, and agree to the terms and conditions of the Clear Creek Aquatics Team Handbook. I would like the above athlete to be a member of Clear Creek Aquatics under these conditions and will assist the coaches in any way possible to that end.

Parent 1 Name – (Print)

Parent 2 Name – (Print)

Parent 1 Signature

Parent 2 Signature

Parent 1 Information
(Required)
Mailing Address

Parent 2 Information
(Optional)
Mailing Address

Phone Number _____

Phone Number _____

*Email _____

*Email _____

*preferred method of communication

*preferred method of communication