

Oak Creek High School Girls Swim Team Information Packet 2014



Oak Creek Girls Swim/Dive Team Mission

"The goal of the Oak Creek Girls Swim/Dive team is to provide an environment that shows great sportsmanship, positive attitudes, and an opportunity for student athletes to pursue individual goals to whatever level they aspire and are capable of achieving."

OCHS Girls Swim Team Expectations

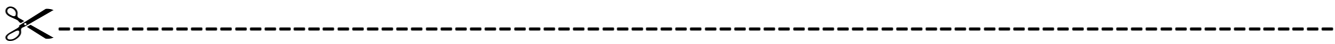
1. Our first and most important expectation is that every girl knows that we are a team. It is important that we practice and compete as a team. All swimmers are to sit with the team during swim meets. It is important to show support for each other.
2. Practice is mandatory Monday thru Friday, no exceptions.
3. Attendance is required at practice the day before a meet.
4. If you have an absence the day of a meet, you will not be allowed to compete.
5. If you know you will be absent, or leaving early from practice, there must be a written note or an email from the parent/guardian. (If possible, please try to schedule appointments right after school so you can still come back to practice.)
6. If an athlete misses any combination of 3 practices due to doctor appointments, vacations, illness, unexcused missed class periods or school, etc. the athlete will not compete in the next meet (Coaches discretion).
7. If you are late for practice you will make up the yardage missed at the end of practice.
8. If you are staying after school for a tutorial, please have a signed pass by the teacher and the time that you have left. We expect you to come straight to practice after. There will be consequences if you do not get to practice at a reasonable time.
9. The athlete must attend 85% of practices to be eligible to compete at the varsity conference.
10. Be there for each other. Encourage one another to work harder at practice, swim faster at meets, and work to better their previous times. Please cheer for each other during meets. It is very motivating when you have someone standing at the end of your lane shouting encouragement.

11. You may not always swim the events you would choose. Please be flexible, you may find that you like something you have never tried before.

To receive your Varsity letter a swimmer must:

1. Practice with the team through the conference meet
2. Attend at least 85% of practices
3. Demonstrate exemplary sportsmanship, attitude, and work ethic
4. Athlete needs to swim in one individual event in 50% or more of the Varsity meets.

Please keep OCHS Swim Team Expectations for your reference. Please have athlete and parent/guardian sign and return this sheet to the coaches.



I have read and agreed to the OCHS Swim Team expectations

Athlete Signature _____ Date _____

Parent/guardian Signature _____ Date _____

Parent Email: _____

(To send any updates, events, and/or changes about the schedule.)