



2019 Prairie-St. Catherine's Girls' Swimming

Co-Head Coach

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Co-Head Coach

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Season

August 14- November 9, 2019

Practices

- **Attendance is mandatory!** Please schedule appointments around/after practice
- M-F 5:30pm-7:30pm @ Racine Sealed Air YMCA
- Weather permitting, we will have outdoor practices at Pritchard Park
- Saturday – makeup practices may be offered if there is no meet
- Practices are closed - NO parents or non swimming athletes allowed at practices, except for Tuesdays, where spectators (parents, friends etc.) can observe on weeks we do not have a Tuesday swim meet.
- Transportation to practice:
 - Prairie students- self driving or school transportation (Suburbans)
 - St. Catherine's- Students responsibility (drive, walk or are dropped off)
- Transportation from practice:
 - All: Self driving or prompt parent pick-up from Lakefront YMCA

First practice is Wednesday, August 14, 2018

Practice Format

5:30 PM - 6:00 PM	Dry-land and core exercises
6:00 PM	Enter water
7:30 PM	End of practice
<i>No later than</i> 8:00 PM	Athletes, please exit the building as soon as possible

Required Equipment

- One-piece practice suit + 1 Team swimsuit for meets (ordering will be done collectively as a team)
- Cap and goggles
- Towel
- Padlock
- Water bottle
- T-shirt, athletic shorts, athletic shoes, and socks



Optional Equipment

- Sandals/Flip flops
- Warm-ups/other team swag: Link will be sent separately

Team-Provided Equipment

- Kickboards
- Zoomers (short fins)
- Snorkels
- Deck cage for equipment storage
- PSC Parkas (New!)
- Meet swim cap

Communications

- Emailed info will be kept to a minimum, and include only essential information.
- The vast majority of communication will come from the head coaches
- Please do not send out group emails without contacting the head coach
- Cancellations or time-sensitive information will be communicated through The Remind App: <https://www.remind.com/join/pscgir> or @pscgir (through the app)

Athletic Code and Requirements

- Academics come first
- As members of the PSC Aquatics Program, swimmers are expected to hold themselves to a high standard
- Respect towards teachers, administration, coaching staff and parents is expected at all times
- Team rules may exceed school penalties regarding issues of drugs, alcohol, behavior issues, etc.
- **August 7th - Online registration & WIAA Clearance Forms are due.** *Late registrations may delay your child's ability to start practice and/or receive team communication. All registrations must be reviewed prior to starting the season, no exceptions. Registrations are processed Monday - Friday and are typically reviewed within 24 hours of submission. Clearance to participate is issued by each school (see below).*
 - **PRAIRIE STUDENTS**, please electronically file your child's WIAA Clearance Form on the **ATR** portal (Athletic Team Registration, web address <https://prairieschool-ar.rschooltoday.com/>) and file your Health Office Physical with the Health Office. The Coach App indicates clearance status.
 - **ST. CATHERINE'S STUDENTS**, please electronically file your WIAA Clearance Form on the St. Catherine's online registration portal. Please bring your proof of clearance to the first practice.

Student-Athlete Expectations



- Athletes will attend and be on time to all practices required of them.
- Athletes will maintain a high level of commitment to themselves, their team, and their school. They will make positive decisions that will help them to achieve their goals.
- Athletes will treat their teammates, coaches, opponents, officials, and themselves with respect.
- Athletes will respect our facilities.
- Athletes will maintain a positive attitude and a growth mindset striving to improve each day.
- Athletes will understand the importance of the TEAM.

Attendance Policy

- All team members must arrive on time for all practices, meets, and team functions.
- If you know in advance of an absence, communicate it to the coaching staff as soon as you are able.
- Excused absences are defined as the following:
 - Illness requiring the athlete to miss school or leave school early
 - Injuries requiring the athlete to miss practice (Athletes may still be required to be present at practice)
 - Other reasons communicated and approved in advance with the head coach
- Unexcused missed practice will affect qualification for letter award nomination

Lettering Requirements

Letters stand for commitment, performance, and leadership. Coaching staff has final say on the earning of a letter. The coaching staff will use the following requirements:

- Swimmer must qualify to compete
- 100% attendance unless excused (see attendance policy above)
- Score at every meet in attendance (i.e. finish a race without getting disqualified)

Away Meets Transportation

- Swimmers must travel on the bus/suburbans round trip unless a parental release form is on record with the athletic office and prior written notice has been given to the coach
- Common sense also will be applied, for example: if a student lives in Kenosha and we swim in Kenosha one block from the student's house, of course that student will be excused from riding the bus



Meet Schedule

Date	Time	Type	Opponent	Location
08/24/19	TBD	Invitational	Multiple	Racine Park High School
09/05/19	05:30 PM	Conference Relays	Delavan-Darien	Delavan-Darien High School
09/12/19	04:30 PM	Dual	Racine Park	Racine Park High School
09/24/19	05:30 PM	Tri-Dual	Badger / Platteville/Lancaster	Badger High School
10/08/19	05:30 PM	Tri-Dual	Burlington Area School District / Whitewater	Burlington High School
10/12/19	TBD	Invitational	Racine Area Schools	Racine Park High School
10/15/19	05:30 PM	Tri-Dual	Elkhorn / Jefferson/Cambridge	Elkhorn Area High School
10/22/19	05:30 PM	Triangular	Edgerton / Delavan-Darien	Edgerton High School



10/29/19	06:00 PM	JV-Conference	Conference Teams	Elkhorn Area High School
11/02/19	11:00 AM	Conference	Conference Teams	Jefferson High School
11/09/19	TBD	Sectional	TBD	TBD
11/15/19	TBD	State	TBD	TBD

Bullying and Harassment

Harassment or bullying, like other disruptive or violent behaviors, is conduct that interrupts both a student's ability to learn and a school's ability to educate students in a safe environment. We also prohibit both active and passive support for acts of harassment or bullying.

Harassing or bullying behavior is prohibited whether it takes place on or off school property, or on any school-sponsored function. Behaviors inconsistent with the intent of the Honesty Standard and the behavioral standards of the School are also actionable. However, it is important to remember that there are usually many sides to any situation and students will be brought together to discuss behavior using a restorative justice model of reconciliation

Students should do the following to prevent harassment and bullying:

- Treat each other respectfully
- Refuse to bully or harass others
- Refuse to let others be bullied or harassed
- Refuse to watch, laugh, or join in when someone is being bullied or harassed
- Report bullying or harassment to an appropriate member of the faculty
Parents are also responsible for preventing bullying by:
 - Stopping bullying or harassment when they see it happening
 - Reporting bullying or harassment to an appropriate member of the faculty

Social Media

- ZERO posting or tweeting anything negative involving teammates or members of opposing teams, or taunting following meets
- ZERO responding to negative posts from opposing teams or opposing team fans



- What's allowed? "Congrats!" Although any posts can open the door for negative conversation or response

Parent/Coach Communication

Parents may contact a coach for general information or other issues. We will try to respond within 24 hours. Student confidentiality will be maintained. School's athletic director may be informed if warranted.

- **Concerns, Disputes, Grievances** When we are emailed about a concern or grievance, we will acknowledge within 24 hours and follow the school's protocol.
- **24 Hour Rule** Parents/guardians are asked to wait 24 hours AFTER an athletic event PRIOR to contacting the coach.
- **Parent/Coach Meeting** Parents who wish to meet with a coach may send a brief email to request an appointment. As a reminder, a minimum of 2 coaches and the athlete should be present at all parent/coach meetings.