

RHS BOYS SWIM & DIVE TEAM



Handbook

This year we will be working on focus. If we are focused in practice, we will get more out of it.

Control Your EFFORT

Philosophy: In order to succeed on the team, we must first succeed in the classroom, maintaining our studies are of the highest importance.

Respect: Treating someone else as you wish to be treated by showing understanding and acceptance of their beliefs. My favorite thing about respect is that you have to give it in order to receive it. We ask that you respect your coaches, your teammates, and yourself through your attitude, actions, and work ethic.

Give 100%, nothing more, nothing less.

Team Rules:

1. Each team member must maintain academic eligibility. Students are expected to properly manage their study time and make up tests/assignments around practice time. Mid-season grade checks may occur.
2. Professional conduct is expected at all times, which includes behavior in the locker room (home or away) as well as absolutely no camera or phone use in the locker room at any time. Remember, **Be Respectful**. Phones will not be permitted on deck at any time during a competition.
3. Understand that every sport involves a certain amount of risk. There is always a chance of injury.
4. An injury will be reported to the coaches immediately. An injured team member will continue to report daily and will work with the coaches and trainer to rehab the injury as quickly as possible. Any athlete not participating at practice will NOT participate at meets. If you must sit out, bring a note from the trainer (updates and expected date of return). After doing any rehab at the trainer's room, attend practice and update the head coach.
5. Athletes are expected to ride to all athletic contests on the team bus. Signing out for a ride home is possible based on the waiver filled out in the beginning of the season.
6. Practices will start on time. Once the practice start time arrives, all team members are expected to be present and ready for practice.
 - a. There are obviously special scenarios that are exceptions (got into a car accident...) but any reason for a tardy must be communicated with the head coach as soon as possible, and verified by a parent/guardian that same day by 9 PM, or it will be counted against you.
 - b. A missed practice (under the descriptions listed above) will result in a suspension from the next competition. If an athlete is suspended from competing, they are still expected to attend the meet with the team.
 - c. Make up workout → 5 minutes in length (for being late)

- 50 sec. streamline jumps / 10 sec. rest
- 50 sec. plank hold / 10 sec. rest 50 sec.
- wall sit / 10 sec. rest 50 sec.
- mountain climbers / 10 sec. rest
- 1 minute streamline jumps

7. Attendance at practice is **MANDATORY**. You may only miss a practice if the athlete is excused from at least 1/2 of the school day in which case you must notify the head coach.

Attendance violation repercussions:

1st offense – athlete sits out next meet and may lose varsity letter.

2nd offense – athlete is removed from the team.

All known conflicts need to be worked out with the coaches well in advance (1 week minimum). Make up practices are a possible option (within reason) when worked out well in advance. If you wait until the last minute, the answer will likely be NO.

8. Absolutely no hazing will be allowed on this team. Hazing only drives a team apart, it doesn't bring it together.

9. Any athlete who represents Rockford is forbid to use any form of tobacco, alcohol, drugs, steroids, narcotics, or any controlled substance. If you cannot avoid these substances for the good of yourself and the team, you have no business committing to a team.

10. To ensure the safety of your items, lock up your belongings.

11. A dress code may be in effect for meet days which include dress pants or skirt (no jeans). On deck at meets, only team apparel will be worn.

12. Any conflicts with the law must be reported to the head coach at the first available time. Students are expected to abide by all rules in the student handbook.

13. Attendance at meets is mandatory, regardless of whether you are competing or not. No athlete may leave a competition early (exceptions: funerals, weddings...). Any reason for leaving a meet early must be communicated with the head coach prior to meet day by a parent (email or note). The athlete must still notify the coach when they leave the meet. If special scenarios arise at a meet, the coaches must be notified by parents that the athlete needs to leave. Being part of the team means being there to support your teammates, even if you've finished competing.

***All rules are open to the head coach's interpretation given certain situations.**

This is a varsity sport and will be treated as such.

Preparing for Success

Recovery

A major part of our success in the pool is how well we can recover between workouts, which start with what we're putting in our bodies. We need to be eating a healthy, balanced diet. It is important to eat a snack before practice begins (30 mins – 1 hr) to give yourself energy for the workout. Following practice there should be a large meal high in protein and carbs.

After a workout, the body needs energy to repair the damage done to its muscles. If we do not repair and recover from a workout, we will not be prepared for the next practice. Trying to eat less in an attempt to lose weight will not help you perform better, but will actually make your performance suffer, because your body cannot recover and prepare for the next training session. We do not benefit physically from a workout, we benefit from the recovery that takes place as a result of the workout!

Eat Enough of the right foods at the right times.

1. Eat a balanced diet high in protein & carbs (Chicken breast, tuna, turkey, pork...whole wheat).
 2. Consume lots of fruits and vegetables. These provide energy and aid in recovery.
 3. Unless before or after a workout (1 hour) white carbs are not a good choice, instead try eating 100% whole wheat products (bread, rice, Quinoa, noodles).
 4. HYDRATE! Drinking enough fluids is essential to having a high performance in the pool and on the boards. That means drinking lots of water throughout the day with a sports drink during practice (Gatorade, Powerade, Accelerade, Propel...). **Everyone should have a water bottle at practice.** If your pee is yellow, you need to drink more!
 5. Immediately after practice is the best time for your body to absorb fuel to aid in recovery, the faster the better! This is easiest with some sort of protein or recovery shake taken first thing after a workout is finished (within 15 minutes). Chocolate milk is also a great recovery drink, the sooner after a workout the better.
 6. Avoid fast food, candy, pop, desserts...Be on a healthy diet at least 90% of the time.
 7. Take a multivitamin daily.
 - a. Protein → Get at least 150 grams of protein per day! Good sources of protein are
 - Eggs -Chicken
 - Milk -Fish
 - Nuts -Protein Shakes
 - Tuna -Sweet Potatoes
 - b. Fruits & Veggies: 4 or more servings a day.
- *There are many supplements available. It is up to you to research and decide for yourself if these are something you want to take.
8. Get lots of sleep, 8-9 hours every night. We do not have extensive morning workouts, use this to ensure plenty of rest.

9. Elevate your legs for 3-5 minutes, followed by a total body stretch performed each day within an hour of finishing practice.

10. Eat small meals with snacks between rather than big meals.

Snack/Meal Suggestions:

- Whole wheat bagel with peanut butter
- Chocolate milk
- Tuna and cheese on whole wheat bread
- Quinoa with any lean meat protein
- Low fat yogurt and granola
- Eggs with whole wheat bread
- Fruits & Veggies (banana, apple, melon, orange, carrots, peppers, tomatoes, celery...)

Varsity Letter

A varsity letter is earned not given. The times/events below are goals toward achieving a varsity letter and are used as a benchmark. These times may be adjusted throughout the season based upon the competition. Ultimately coaches have final say over varsity letters. Violations of team rules/athlete conduct may stop someone from earning a letter despite their performances.

Event	Time
200 Freestyle	1:54.99
200 IM	2:09.99
50 Freestyle	23.79
100 Butterfly	57.99
100 Freestyle	51.99
500 Freestyle	5:15.99
100 Backstroke	1:00.99
100 Breastroke	1:05.99
Divers	Qualify for Regionals

Member of an A relay in finals at Conference Championships. Divers must qualify for the regional meet to earn a varsity letter.

Meet Conduct

- We have a team warm-up lead by the captains.
- Be in the locker room 15 minutes before warm-up begins or the bus is set to leave.
- Always be professional and display good sportsmanship.
- No double logos on any equipment worn in competition.
- No leaving meets early, no leaving deck at the meet, not allowed in the stands.
- Be early and prepared for your events.
- Cool-down after a race, at least 200 yards.
- Team will stand and be respectful during national anthem.
- Reminder: no phones during a meet.
- After a meet:
- Shake hands with the opposing team, look them in the eyes.
- Team cool-down after all meets @ coach's call.
- Clean up the pool/put equipment away at home meets.
- Say please and thank you.

Everyone should be setting goals they wish to achieve this season. Write down an event, put next to it your best time, the time you want to go, and the splits of your goal time race. Look at these goal times every day and remind yourself of where you hope to go.

Example:

100 Freestyle

Best time: 1:00

First 50 split: 27.84

Second 50 split: 32.16

Goal Time: 57.60

First 50 split: 26.40

Second 50 split: 31.20

Expectations for Parents

1. Model sportsmanship and enthusiasm supporting the entire team.
2. Monitor your athlete's academic performance, general health, sleep and behavior. If you have an athlete with asthma, make sure they have an inhaler brought out on deck!
3. BE A PARENT, NOT A COACH! Do not involve yourself in coaching decisions.
4. Discuss questions or concerns privately and professionally with the coaches, please never during or after a meet. Set up a meeting or call, no unannounced meetings. Please use the 24 hour rule (wait 24 hours before you take action). Your son must be present at all meetings with the coach.

Coach Kevin Brown (616) 443-5216

KBrown@rockfordschools.org

5. Email Coach Brown if your athlete is absent from school. Text if on a competition day by 12 PM.
6. Help out and volunteer.