

Dixie / Sand Hollow High School Swim Teams

Begins **Ocotber 1, 2012 – Feb 9, 2013** at the Sand Hollow Aquatic Center.

Grades 9-12

Practice Times: Monday – Friday 3:00pm – 5:00pm

Paperwork: You will need all the required paperwork filled out and turned in to one of the coaches by the first day of practice. Rules indicate that no one is allowed in the pool without ALL paperwork completed and turned in and in order.

Physicals: are required every year. If you have not already done so you may get your physical from your personal physician. Pick up forms from the Director of Athletics Office.

Activity Fee: for all sports is \$85.00; to be made out to Dixie High School (they are handling the monies for this year). You may also call the Dixie High School Head office and pay by credit card (make sure to mention which team you belong to).

Mandatory Parent Meeting: scheduled for:

October 4, 2012 at 7:00pm at Dixie High; Room# 100 (in the lecture hall)

Equipment: Team Equipment costs this year are attached, they will be as follows:

Team Equipment and Apparel at a cost of ~ \$150.00, is mandatory and includes:

- Team Swim Suit (at meets only), Team Cap (2), Team Shirt, and Team Track Suit.

Equipment not included in this price that will be required at all times on deck includes:

- Goggles (2 pair).

Equipment not supplied by the team but desirable on deck are:

- Fins, Paddles and Pull Buoys.

Please have your forms and amounts for Team Equipment and Apparel in by September 17, 2011 so that we can order and have the suits ready to go by our first big meet on October 27, 2011.

Schedule: for swim meets is attached. We need all swimmers to attend meets. Please look on your calendars and make sure if you have a schedule conflict that you inform the coaches right away.

Travel meets: are reserved for those swimmers who meet Swim Meet Travel Policy (attached).

Coaching Staff:

Head Coach: Dr. Kyle Durieux, (435) 574-9993 doctor@simplyhealthchiropractic.com

Asst. Coach: Kalli Rogers, Paul Jensen

Dixie / Sand Hollow High School Swim Teams

Travel Policy

When we participate in swim meets and other activities from school the students may be transported by the district school buses to the activity, the following policy will be enforced by all coaches, swimmers and/ advisors.

1. Students, Coaches and liaisons will be required to ride the bus to and from any “away activities.”
 - a. Students and/ or parents who wish to not use the bus transportation must provide a note dictating that they will be riding with a parent or guardian to the meet requested.
 - b. Swimmers must remain with the team at all times to ensure safety and team unity.
2. Coaches will inform team members of the departure and return locations and times for all activities and away swim meets.
3. Swimmers who do not comply with this policy will not be allowed to attend the next scheduled event/ activity.

Attendance policy for Snow Canyon and Dixie High School Swim Team

Attendance will be kept this year to qualify for letter status. The following obligations must be met in order to accomplish having letter status:

1. No more than 20% of practices can be missed within the entire swim.
 - a. Absence begins at 5:45pm.
2. No more than 2 practices per week can be missed.
 - a. Any more than 2 practices missed will be counted as a double missed practice.
 - i. Eg. If you miss 3 practices per week it will count as 4 missed practices in that week; miss 5 in a week and you count 8 misses.
3. Tardy swimmers will be counted as a one quarter absence for practice; swim meets and for loading and unloading of buses or other vehicles for away swim meets.
 - i. Eg. If you are late 4 times you have 1 absence; 6 times, 1.5 absences.
4. Swimmers must arrange to attend swim meets; more than two meets not attended in the season will disqualify them for letter status.
5. Water Bottles are required on deck for each swimmer at practice.
 - a. No water bottle will dictate an absence for that swimmer.
6. Equipment forgot at practice is not the liability of the coaches; swimmers are expected to have their equipment ready for swimming on deck, on time.
 - a. Failure to be properly attired or without equipment will follow Tardy and Absent policies above.
7. Reconciliation for Absences:
 - a. A swimmer who attends a club practice and can prove by their club coach their full presence at club practice will redeem one Absence.
 - i. Coaches are not responsible for obtaining attendance from club coaches or other sources; it will be the sole responsibility of the swimmer to do so.
 - b. A swimmer who attends another sport practice and can prove their participation via that sports supervisor (eg. Coach) can redeem on half of an Absence.
 - i. Coaches are not responsible for obtaining attendance from club coaches or other sources; it will be the sole responsibility of the swimmer to do so.
 - ii.
 - c. A swimmer who helps to set up and take down meet equipment and help clean up or set up such equipment in good spirits can redeem an Absence.
 - i. Set up and take down will be deemed as separate activities, hence if a swimmer helps set up and take down they can redeem two Absences.
 - d. Attendance points for sportsmanship or good favors or all around niceness may be distributed by the coaches at their discretion based upon observable qualities.
 - i. Eg. Johnny cheered for everyone at the top of this lungs the whole swim meet...
8. Generally permission to miss practices will be granted for those that require it on a case by case basis before upcoming events.
 - a. Repentance for missed practices will generally not be granted after the fact.
 - b. Grievances can be made if the situation is emergent or unforeseen.

Student _____ Activity _____ Date _____

Student/Parent Checklist for Extracurricular Participation

Teachers/Coaches/Advisors: Before you hand out participation packets the following must be completed by each student wishing to try-out, attend, perform in (plays, band, choir) or travel on field trips.

1. Fill out the DHS participation packet (**athletes only**), which includes - physical form, try-out checklist, concussion checklist, and insurance information. _____ (Julie Palmer)

 2. All other (**extracurricular students**) obtain participation information. Then check off _____ below.
 - ✓ Students selected for a sports team must pay the **WCSD Activity Fee of \$85** _____ and be current on all **school fines at financial office** _____ (Patti Harris). **Check your library account in Media Center** _____ Bridget Merrell.

 3. Athlete **return your DHS Participation Packet** and this checklist form filled out and signed to Mrs. Julie Palmer.
 - ✓ _____ (she will keep this info on file)

 4. All other extracurricular activity students **return this checklist** form to your teacher/advisor and keep ALL receipts.
 - ✓ _____
- **PLEASE REMEMBER AN ATHLETE OR STUDENT IS NOT ELIGIBLE TO PARTICIPATE IN A SPORT OR EXTRACURRICULAR ACTIVITY UNTIL ALL OF THE ABOVE POINTS ARE CHECKED OFF AND COMPLETED.**

Parent or Guardian Signature _____ Date _____

Students Signature _____ Date _____

Mike Bair

Athletic Director/VP

Snow Canyon and Dixie Swim Team Standards Contract

2011-2012

I realize that being a member of Snow Canyon or Dixie high school swim team and representing my school is a privilege and I agree to abide by the requirements stated below. I pledge to demonstrate this responsibility in my conduct and attitude, not only in practice but in the classroom, while traveling, during meets and in general life settings. While at swim meets and all activities outside of school, I will represent Snow Canyon/Dixie High Schools with dignity and poise.

My covenants are such:

- To be at practice on time ready and willing to learn and perform with 100% of my effort.
 - Being on time adheres to the Attendance policy for this year.
- If I cannot be in attendance to practice or a meet because of emergencies or unforeseen circumstances I will inform the coaches beforehand as much as can be expected.
 - I realize that even though there may be times that I need to miss practice that any practices missed may keep me from achieving my optimal performance and ultimately my goals.
- Follow all rules and directions at practices.
- Attend all swim meets and stay the duration of all meets to support my team members, whether I am swimming or not.
- Be on my best behavior at all swim meets and overnight trips.
- Stay with my team at all times.
- I will show respect to all individuals around me.
 - Including but not limited to coaches, parents, officials, bus drivers, janitorial staff, other team members, competitors, fans of any team, etc.
- Keep a positive attitude and believe in myself so that I can perform to the best of my ability. I know that without a positive attitude I cannot accomplish the goals that I set for myself and with my team.
- Encourage teammates to do their best. I will never fight with, put down or harm in any way my team members or coaches or staff or competitors.
- Do my best in all my classes. I do understand and realize that I cannot represent Snow Canyon/Dixie and any meets if I do not maintain at least a 2.0 GPA.
- I will never swear or use foul or degrading language.
- I will never lose control of my feeling/emotions including my temper or anger. I understand this shows a lack of self-control and discipline.
- I will not use or distribute alcohol, tobacco and/or illicit drugs. I understand that if I do I will be dismissed from the team and be reported to the proper authorities.
- I will show genuine sportsmanship in and out of the pool, with all my associations likewise and remember of whom I represent.
- I will not be involved with Hazing's or Sexual Harassment incidents. I understand that if I am I will immediately be turned over to the proper authorities and will face any legal action my actions have invoked upon me. I understand that I will no longer be a part of the Snow Canyon/Dixie High School Swim Team if I participate in any questionable incidents, hazing or sexual harassment cases.
- I will attend as many Team Nights as I am physically capable of; I know that these nights are planned by the captains and coaches and I will support and be a part of the swim team activities. I realize that team nights are for my benefit and the benefit of the team.
- I understand that my coaches want what is best for me and to help me accomplish my goals. I am willing to follow all their directions and show them and my teammates the aforementioned respect they deserve.

I have read and understand the covenants, rules and expectations above and I agree to follow these standards to the best of my ability.

Signed _____ Date _____

Swimmer Information sheet Permission to travel

Swimmer info:

Name _____; Dixie / Snow Canyon.

Phone: H: _____ C: _____

Email: _____

Parent/ Guardian info:

Name _____

Phone: H: _____ C: _____

Email: _____

Emergency Numbers:

Name: _____; Relation: _____

Phone numbers: _____

Parent Permission to Travel

I, _____, the parent/guardian of _____ do permit the aforementioned to travel with the Dixie/Snow Canyon Swim Teams during the 2012/2013 swim season to and from meets, activities and overnight trips as listed on the season schedule or stated in writing prior to any events/activity/away meets/overnight trips. I understand the code of conduct rules and have discussed the consequences with my student swimmer.

I, do / do not (circle one), give permission for medical care in case of emergency.

Signature of Parent/Guardian _____ Date _____

Dixie & Snow Canyon 2012-2013 Swim Schedule

Date	Event	Time	
Monday	1-Oct-12	Frist Day of Technical Training	3:00pm - 5:00pm
Monday	22-Oct-12	Frist day of Training	3:00pm - 5:00pm
Tuesday	5-Nov-12	Battle Royale (Captains meet) @ SHAC	3:00pm - 5:00pm
Friday	2-Nov-12	Greg Fernley Invite @ SHAC (pending)	2:00pm/4:00pm
Saturday	3-Nov-12		7:30am/9:00am
Friday	16-Nov-12	Thanksgiving Invitational	2:00pm/3:30pm
Saturday	17-Nov-12		7:00am/9:00am
Tuesday	20-Nov-12	Cedar City @ New Cedar Pool	4:00pm/5:00pm
Saturday	1-Dec-12	Cedar Invitational @ SUU	8:00am/9:00am
Friday	14-Dec-12	Mountain View @ SHAC	4:00pm/5:00pm
Saturday	22-Dec-12	PV, DHS, HHS @ SHAC	8:00am/9:00am
Wednesday	2-Jan-12	Training Camp	TBA
Saturday	5-Jan-12		TBA
Friday	11-Jan-13	Thunder Invitation @ Washington	4:00pm/5:00pm
Saturday	12-Jan-13	Community Pool	8:00am/9:00am
Friday	25-Jan-13	Region 9 Championships	4:00pm/5:00pm
Saturday	26-Jan-13		8:00am/9:00am
Friday*	8-Feb-13	3A State Championships @ BYU	1:00/2:00/3:00pm
Saturday*	9-Feb-13		9:30/10:00/11:00am

* Overnight Trips

TIMERS and OFFICIALS ARE NEEDED AT HOME MEETS!!!!