

Canyon High School Swimming and Diving 2020



Coaching Staff

Head Coach: Autumn Wyatt

Contact Information: Email: coachautumn.swim@gmail.com

Team Expectations and Information

Mission Statement

Our mission is to provide an environment for student-athletes to realize and achieve their fullest potential through the sport of swimming and diving, while stressing the values of dedication, teamwork, integrity, sportsmanship and self-improvement.

Expectations of Swimmer/Diver:

- You are required to bring gear mesh bag, practice suit/cap, and at least 2 pairs of goggles.
- Be coachable.
- Must strive to reach the level of academic success equivalent to their potential.
- Work to help individuals and the team reach the goals in our

mission

Statement. Encourage others to do their best.

- Focus on attaining the highest levels of attendance, dedication and self-improvement.
- Prioritize their health and safety and must remain drug, alcohol and tobacco free.

Expectations of Parent:

- Let the coach, coach.
- Promote team unity by supporting the coach's decisions.
- Assist athletes in meeting their expectations.
- Support the program by remaining informed and volunteering in some significant capacity during the swim season.
- Support the success of all student-athletes.
- Show sportsmanship in conduct towards opponents, officials and other spectators.

Expectations of Coaches:

- Work to guide the team to meet goals in the mission statement.
- Will push all swimmers and divers to their highest level of athletic potential.
- Will promote a program placing health, safety, academics and integrity ahead of athletic success.
- Will work to form an effective coach-athlete-parent communication.

Communication

Most questions, concerns and misunderstandings can be cleared up with face-to-face conversations between the coach and the athlete. If this is not successful or appropriate, parents can contact the Head Coach by email

coachautumn.swim@gmail.com. Be prepared to discuss concerns clearly with an expectation of working toward resolution. **Practices are closed. Please do not attempt to confront a coach before or after a swim practice or meet.** These can be emotional times for

both the parent and the coach. Generally, meetings of this nature do not produce a resolution.

Academics:

While a 2.0 GPA is CIF's minimum to participate in athletics, the swim and dive program prides itself on its high team GPA. All student athletes must work to continue this tradition. Student Athletes that are struggling should seek immediate guidance from the Coach or their Academic Counselor as soon as possible each quarter.

Grading Rubric:

•D/F

oDid I often fail to dress and/or practice?

oWas my effort or conduct disruptive to the flow of practice?

oWas I defiant towards the coach or pool staff, or was my attitude consistently negative?

oWas I frequently absent or tardy, or did I get out of practice early?

•C

oDid I occasionally fail to dress and/or practice?

oWas my attitude and level of cooperation periodically less than acceptable?

oWas I periodically absent or tardy, or did I get out of practice early?

•B/A

oDid I dress and practice every day?

oWas I frequently a role model to others with my effort, attitude and dedication?

oWas my passion for each day's challenges evident to my peers and coaches?

*Coaches' discretion will be used to determine the level of participation, commitment, responsibility and dedication.

Practice Commitment/Attendance:

As with all sports, swimming is a big commitment. Every swimmer is expected to attend practice on a daily basis (5 days per week). **Missed practices may impact the swimmer's grade as well as their opportunity to participate in swim meets.** Practices for swimmers will be held at the Santa Clarita Aquatic Center (SCAC). The pool is located at 20850 Centre Pointe Parkway. Practice will begin January 14th at the Aquatic Center. Practice location for divers is TBA. **Practices will be held 5 days per week.** Practice times are as follows:

- Swimmers at SCAC: 2:30-4:10PM. Bus will be provided.
 - Spring Break practice (4/6-4/10) will be at 7:00 am. Bus transportation will **not** be provided.
- Divers TBD

*Any athlete that misses a practice due to illness must supply a note from a parent. Any athlete that misses a practice due to illness must notify me with an email. A swimmer who will miss more than three practices due to illness or injury needs to supply a doctor's note.

Meets: FAQ

Q: *What is the schedule?*

A: See Meet Schedule Handout or Canyon Swimming Website.

Q: *Who swims what?*

A: The Head Coach selects the events. Depending on meet objectives the swimmer may or may not give input as to what they would like to swim. A balance between individual and team needs is considered when placing swimmers in events. Our opponent deserves to face the toughest challenge we can offer. Talent, attendance, health, potential, dedication, year, the opponents and other factors will be considered when the Head Coach makes the meet entries.

Q: *What happens if I miss a class on the day of a meet?*

A: Students must attend all classes on the day of the meet or they will not be able to participate. Students may miss class time due to travel time to a meet if need be. Each student has the responsibility of notifying their teachers about their absence in advance and steps should be taken to make-up all missed work.

Q: *What do I wear the day of the meet?*

A: Team apparel is required. Swimmers must wear their Canyon Swimming polo shirt to school on meet days. They must wear their team race suit and cap to participate in the meet.

Q: *Can I be late?*

A: No! Please arrive on time.

Q: *Can I leave when I am done swimming my event?*

A: All swimmers will stay the entire meet to help cheer on their teammates and to help clean up... Yes, even if you have a test to study for!

Transportation

Students must be on their best behavior and follow all rules and instructions while riding the bus.

- Athletes are to meet the bus in the front of the school at 2:05PM. If you are not there on time, you **WILL** be left behind.
- There is no return bus service. All swimmers must be picked up promptly from SCAC at the end of practice.
- Students are not to drive students other than siblings to and from swim practices, competitions, or team activities.
- Students are not to drive themselves to competitions or team activities outside the Santa Clarita Valley.

GO COWBOYS!!!!

RETURN THIS PAGE OF THE HANDBOOK

Canyon High School Swimming and Diving 2020

Student Name: _____

Student Year: _____

Parent/Guardian Name: _____

Home Phone Number: _____

Parent/Guardian Cell Phone: _____

Parent/Guardian Name and Email: _____

Your signature below confirms that you have read and understood the information presented in this Basketball Handbook.

Student's Name (Please Print) _____

Student's Signature _____

Parent's Name (Please Print) _____

Parent's Signature _____