

**University High School  
Girls  
Swimming & Diving**

**Athlete Handbook  
2024-25**

## Attendance

1. Swimmers/divers are expected to attend all mandatory meets, and practices.
  - Schedule conflicts should be approved, in writing, at least 24 hours in advance. Please remember to ask for permission to miss practice, the coach will decide if it is excused or unexcused.
  - Unexcused absence can result in loss of participation in the next scheduled meet.
2. Swimmers/divers are expected to be on time, changed and ready to begin at the designated starting time.
  - Changed into suit with appropriate coverage and waiting on deck  
- OR -
  - Changed into workout clothes and waiting in nautilus room for dryland
  - Must have appropriate workout clothes for dryland (including closed-toe shoes)
  - Repeated tardiness will result in loss of participation in meets
3. On days of **practices** AND **meets**—swimmers/divers **MUST** attend their last 3 classes, unless given **PRIOR** approval by the athletic director, to participate in that day's practice or meet. Online classes **do not** count. You **MUST** appropriately check in and check out of the main office.
4. All swimmers/divers will travel by school supplied transportation to all away meets. You may ride home from away meets with **your** parents. Parents must sign the "sign out sheet" before leaving. ***\*\*Any other arrangements MUST be approved by the Athletic Director a DAY ahead of time.***
5. Every situation/problem is unique and will be judged on its own merit by the coaches.

## **Team Rules**

1. School handbook rules will apply during ALL meets, practices, and activities.  
<https://uhigh.ilstu.edu/wp-content/uploads/schooldocs/studenthandbook.pdf>
2. **NO** consumption of alcohol, tobacco, vaping or drugs. Offenses of this nature are cumulative for your duration at U-High.  
<https://uhigh.ilstu.edu/wp-content/uploads/schooldocs/studenthandbook.pdf>
3. Swimmers/divers must present themselves as leaders and commit to positively influencing those around them.
  - Swimmers/divers speak positively to and about other teammates
  - Swimmers/divers must be known as a positive leader who adds value to the reputation of your team, school and community.
  - Swimming and diving team is made up of leaders who swim and dive

This includes interactions with each other, coaches, officials, other teams, or anyone else you might encounter while representing U-High. (You are a student at U-High, whether we are at a meet, you are at the movies or online (social media) etc., you represent your team and school at all times.) If there is even a doubt in your mind that we wouldn't all be proud of an action you are considering doing, do not do it.

4. We are guests at Horton and any facility we visit, please respect the rules, staff and property.
5. Be careful in scheduling outside activities as they may interfere with your performance in the classroom and the pool.
6. It is the swimmer's/diver's responsibility to maintain their grades at all times. Please inform your coach immediately about any problems you may be having in any of your classes.
7. Swimmers/divers are expected to give 100%, 100% of the time. Yes, even if you are tired. 😊
8. Swimmers/divers are expected to maintain a positive attitude towards teammates, practice and competition. Work together to utilize each other's strengths and improve each other's weaknesses in a positive manner. Instill a sense of pride in the team.

## 9. Swim meets—

- Please be on time to the pool and/or the bus
- Please pack healthy food choices
- Stay in team area during meets, athletes are not allowed in the stands
- Cell phone usage should be extremely limited
- Have and show respect for your coaches, parents, teammates, opponents, officials, & fans (at the end of the race, wait until other swimmers/divers are done and shake hands)
- Show enthusiasm, effort, encouragement and sportsmanship
- Support and cheer on your teammates
- Clean up after yourselves (team area, locker rooms, & buses/vans)

### Arrival at practice-

Please do not arrive earlier than 10 minutes prior to our practice time.

If you are coming from school, please wait to go into the pool until a coach tells you that you may.

No sharing of water bottles, etc. So please be sure you always have a water bottle, an extra suit, cap, goggles, etc. with you in case you forget.

You MUST use a swim locker and a U-High PE lock on your swim lockers this year. You may purchase them for \$10.00.

You will be assigned a yoga mat, jump rope, lacrosse ball and swim gear (kickboard, pull buoy, fins if needed) this will be stored in your swim locker every day.

## Hidden Training

There are many factors away from the pool that can have a significant impact on your performance. Please keep these things in mind in order to help you maximize the results of all of the hard work being done in the water.

### Stay Rested

- Getting enough rest is essential to peak performance both in the pool and at school.
- Try to establish a regular sleeping pattern.
- Get your homework done ahead of time, so you don't have to stay up late to finish things.
- Use the weekends to catch up on sleep, not as a time to stay up as late as possible.

### Dress Appropriately

- When leaving practice, take the time to dry off completely, including your hair. Getting sick at the wrong time can ruin months of hard work.
- Do not leave practice only wearing a towel.
- As the weather changes, make sure that you adjust your habits accordingly. ***On cooler days, coats, hats and shoes should be worn.***

### Nutrition

- Make sure you are staying properly hydrated with water, sports drinks or fruit juices. ***Please remember to bring your own water bottle to practice.***
- A diet high in carbohydrates and protein is recommended for swimmers in training. Recommended foods include: pasta, fruits, vegetables, chicken, bread and cereal.
- Try to limit your consumption of fried foods.
- You must eat enough calories to compensate for all the calories burned during practice in order to prevent fatigue.
- A bottle of water and a bagel is not a sufficient lunch for a growing athlete.

# **The Six Pillars of Character**

## **Trustworthiness**

Be honest  
Be reliable-do what you say you'll do  
Have the courage to do the right thing  
Build a good reputation  
Be loyal – stand by your teammates

## **Fairness**

Play by the rules  
Be open-minded  
Listen to others  
Don't take advantage of others  
Don't blame others

## **Respect**

Treat others the way you would like to be treated  
Be tolerant of differences  
Be considerate of the feelings of others  
Don't threaten or hurt anyone  
Deal peacefully with anger, insults, and disagreements

## **Caring**

Be kind  
Show you care  
Express gratitude  
Forgive others  
Help people in need  
Encourage & build up your teammates

## **Responsibility**

Do what you are supposed to do  
Persevere: always keep trying  
Always do your best  
Use self control  
Think before you act  
Be accountable for your choices

## **Citizenship**

Do your share to improve the team  
Cooperate  
Be a supportive teammate  
Obey team rules  
Respect authority

# **You say a lot about yourself without saying a word:**

- Your facial expressions
- The way you stand
- The way you practice
- Whom you pick as your friends
- How you treat your teammates
- How you accept advice and help
- How you act in a crowd
- How you act when things don't go right
- How you accept winning and losing
- How you conduct yourself in public
- How you treat your parents
- Whom you work with at practice
- How you act when you're the hero
- How you act when you're not the hero
- How you act when you make a mistake
- How you act when a teammate makes a mistake
- How you perform under pressure
- How you act when you have a great swim/dive
- How you act when you don't have a great swim/dive

**Girls  
Swimming & Diving  
Varsity Letter Requirements**

Need to finish the season in good standing (following the rules of school and swimming)

Need 25 points to letter:

1 point for participating in a dual/tri meet

1 point for scoring in a dual/tri meet

2 points for participating in a championship meet (not including sectionals/state)

2 points for scoring in a championship meet on varsity level (not including sectionals/state)

**OR**

Participating on the sectional/state team

**OR**

Coach's recommendation