



**2011-2012
Team Handbook**

**Saugus High School
21900 Centurion Way
Saugus, CA 91350
661.297.3900**

**Santa Clarita Aquatic Center (SCAC)
20850 Centre Pointe Parkway
Santa Clarita, CA 91350
661.250.3700**

**Head Coach
Victoriana Donnelly
victorianadonnelly@yahoo.com
661.877.5374**

Dear Parents and Swimmers,

Welcome to Saugus Swimming! I am entering my third season as your Head Coach at Saugus High School. I am a 1999 graduate of Saugus High School where I lettered in Varsity swimming all four years. I went on to swim for NCAA Division I San Diego State Women's Swim Team, where I learned many of the values and beliefs I teach today in the pool. In 2003 I received a BS in Public Administration. After graduating, I moved back to Valencia and began coaching at Canyons Aquatic Club, where I grew up swimming. I have been coaching at Canyons for seven years and I can honestly say I love what I do. Swimming is my passion and I am fortunate enough to be in a job where I can give back to the sport that has taught and given me so much.

Saugus entered a new era last season. In this transition phase from the Saugus of old to the Saugus of new, like any other transition there will always be changes and different approaches that we have to accommodate. This transition will be the ultimate test of time—it can be quick, but it could also take a few years to get used to the new criteria and expectations I have for the individual swimmer and for the team as a whole. This criteria and these expectations are new steps added onto the building blocks of this team to only make us stronger and more successful now and in the future.

Our goal as a coaching staff is to provide an environment for student-athletes to realize and achieve their fullest potential through the sport of swimming. We want our student-athletes to thrive in a setting that stresses the ideals of hard work, sportsmanship and competition. By progressively developing our student-athletes physically, mentally and emotionally, they will gain confidence, courage and self-discipline that will last a lifetime.

I have prepared this handbook to help you in understanding the various aspects of the Saugus Swimming Program. I have attempted to answer the most common questions, but I may not have answered all of your questions so please feel free to ask.

Thank you all for your support. We had a great season last year and I am looking forward to another great season! Go Centurions!

Sincerely,

Coach Vicky

Saugus Swimming and Diving

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:

- Be coachable-listen, learn and apply that to every aspect of your swimming and diving in practices and competitions.
- Must strive to reach the level of academic success equivalent to their potential.
- Will work to help individuals and the team reach the goals in our mission statement?
- Need to focus on attaining the highest levels of attendance, dedication and self-improvement (you “gotta wanna”).
- Will take ownership of their swimming career.
- Will encourage all of their teammates to succeed.
- Need to prioritize their health and safety and must remain drug, alcohol and tobacco free.

Expectations of Parent:

- Let the coach, coach.
- Should promote team unity by supporting the coach’s decisions.
- Need to help athletes meet their expectations.
- Your swimmer needs your emotional, physical and financial support, be liberal in providing this support.
- Support, but do not push your swimmer or diver.
- Support the program by remaining informed, attending meetings and volunteering in some significant capacity during the swim season.
- Will support the success of all student-athletes.
- Will show the warmest of feelings towards opponents, officials and other spectators.
- Will work to form an effective Coach-Athlete-Parent Triangle.

Expectations of Coaches:

- Will 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 Triangle.

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 victorianadonnelly@yahoo.com or by phone at 661.877.5374. I check my email far more often than my voicemail. Be prepared to discuss concerns clearly with an expectation of working toward resolution. *Please do not attempt to confront a coach before or after a swim meet or practice. These can be emotional times for both the parent and the coach. Generally, meetings of this nature do not promote resolution and may exacerbate the issue.*

Attendance by parents and athletes at team meetings is essential to good communication. There will also be a monthly SHS Swim Team e-newsletter to maintain effective communication within the Coach-Athlete-Parent Triangle.

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. This course is based on participation, effort, attitude and improvement.

Grading Rubric:

- **D/F**
 - Did I often fail to dress and/or practice?
 - Was my effort or conduct disruptive to the flow of practice?
 - Did I frequently fail to listen to instruction, pay attention or finish sets?
 - Was I defiant towards the coach or pool staff, or was my attitude consistently negative?
 - Was I frequently absent or tardy, or did I get out of practice early?
- **C**
 - Did I occasionally fail to dress and/or practice?
 - Did I generally follow instructions, focus, and complete all sets?
 - Was my attitude and level of cooperation periodically less than acceptable?
 - Was I periodically absent or tardy, or did I get out of practice early?
- **B/A**
 - Did I dress and practice every day?
 - Was I frequently a role model to others with my effort, attitude and dedication?
 - Was I often one of the first athletes in the pool, and did I do the warm-up?
 - Did I consistently strive to finish all sets during every practice?
 - Was 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.

In addition, swimmers are required to maintain a minimum 2.0 GPA. Any swimmer with less than a 2.0 GPA at the end of the 3rd quarter will not be permitted to compete, will not be recognized during the team banquet, will not receive a letter and may be dropped from the team and removed from the 7th period swim class.

Letters and Awards:

Season awards (i.e. Most Improved Swimmer) and Varsity/Junior Varsity Letters will be rewarded at the coach's discretion. Overall performance, participation, attendance, improvement, attitude and behavior will all be considered. Swimmers dropped from the team due to poor grades or for disciplinary reasons will not receive awards at the banquet.

Roster:

There are several factors that force the use of cuts in a successful swim and dive program.

- Competition spots are limited—only the three fastest swimmers are allowed to swim in a dual meet.
- Pool space is limited—increasingly crowded lanes diminish the quality of workouts; therefore we must have a reasonable cap.
- Bus space is limited.
- A final roster will be made after fall tryouts and semester grades.
- Varsity—is filled with the most talented, experienced and dedicated athletes in the various strokes and events. All seniors must swim Varsity according to league rules.
- Junior Varsity—is filled with younger swimmers with the most talent and dedication.
- Academics, attitude, behavior and attendance will also be considered if cuts need to be made.

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 location for divers is TBA.

The season will begin on Monday, January 10th practices will be held 5 days per week. Practice times are as follows:

- Swimmers at SCAC: 2:20-4:15PM + dryland on T & TH from 4:30-5:15PM
- Divers TBD

In addition to swimming, dry land activities will take place Tuesday and Thursday from 4:30-5:15PM. This includes running, push-ups, sit-ups, strength training, etc. You will need to bring appropriate clothes for dry land training (running shoes, shorts and t-shirts).

There will be practice during Spring Break (April 4-7), time TBD at SCAC. Bus transportation will not be provided.

*Any athlete that misses a practice due to illness must supply a note from a parent. A swimmer who will miss more than two practices due to illness or injury needs to supply a doctor's note. **All notes must be submitted to the health office before 8:10AM.** The information will then be conveyed to me.

Meets:

I. Schedule

- i. See Meet Schedule Handout

II. Who swims what?

- i. 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.
- ii. 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.
- iii. Only the three fastest swimmers are allowed to swim in each event during a dual meet. This means that some swimmers with slower times or developing swimmers may only get to swim in a "C" relay and may not make the traveling team for out of town meets.
- iv. Talent, attendance, health, potential, dedication, year, the opponents and other factors will be considered when the Head Coach makes the meet entries.

III. Meet Attendance and Missing Classes

- i. Students must attend all classes on the day of the meet.
- ii. 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.

IV. Meet Expectations and Etiquette

- i. Team apparel required--swimmers will wear Saugus Swimming polo shirt the day of meets.
- ii. Team Suit and Team Cap are required.
- iii. Arrive on time.
- iv. Team Warm-Up.
- v. All swimmers will stay the entire meet to help cheer on their teammates and to help clean up.

V. Meet Objectives

- i. To challenge ourselves to swim fast under a variety of conditions from adverse to optimal and everything in between.
- ii. Competitive swimming is about the swimmer, the clock and one lane in the pool. Swimmers focused on this will work to consistently improve their overall success.
- iii. Best times will be the major indicator of individual and team success.
- iv. While it is gratifying to see Saugus swimmers win races and meets, we must also applaud individuals and teams that defeat our dedicated athletes.

Spirit Pack:

The Saugus Swim and Dive Team Spirit pack will provide your swimmer or diver with the basic gear and needs. All athletes are asked to purchase the Spirit Pack.

The basic Spirit Pack will include the following:

- Team suit (to be worn at swim meets ONLY)
- Equipment Bag
- Team cap (2 latex)
- Meet day polo shirt
- Team Warm-ups (jacket & pants)
- Snack Fee for Swimmers at swim meets
- Booster Club Donation (to be used towards: invitational entry fees, costs of awards, team lunches, team banquet, etc.
- The basic Spirit Pack fee for the 2010-2011 season will be: \$300.00 for new female swimmers and \$200.00 for returning female swimmers. \$275.00 for new male swimmers and \$175.00 for returning male swimmers.

Other recommended items that can be purchased:

- Team backpack (\$69.00)
- Team parka (\$120.00)

Equipment:

If you are a NEW swimmer, this is included in your spirit pack. If you are a RETURNER I would like each of you to have your own equipment bag with the following items in it. You can purchase the entire stocked equipment bag as part of your spirit pack.

- Mesh Bag
- Fins
- Kickboard
- Pull Buoy
- Strokemaker Paddles

All swimmers need an appropriate practice suit, caps (optional for boys) and goggles.

Our team vendor is **Swimworks**. Their store is located at 22945 Soledad Canyon Road, in the Del Rio Plaza (next to Chi Chi's Pizza). They offer all Saugus swimmers a 20% discount. I have provided them with a list of what you need, so you can easily find all your suit and equipment needs there.

Transportation:

Students must be on their best behavior while traveling. No standing, walking or moving around when the bus is traveling. No eating or drinking on the bus. Nothing goes outside open windows. Nothing is to be thrown on 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.
- Parents planning to drive their students to and/or from a competition outside the Santa Clarita Valley must fill out a NCR form in the office 48 hours in advance.
- Parents planning to drive another family's student (at anytime during the season to or from a competition should submit the driving packet to the Head Coach as soon as possible.

Consequences:

When requests for proper behavior are not met, individuals are usually disciplined with some immediate consequence. Swimmers may be asked to do pushups, run, put away workout equipment, pick up trash after a meet or clean the bus after traveling. In some cases more significant consequences are needed. This might include being benched at a meet or serving Saturday school. When a swimmer's behavior is exceptionally hazardous, damaging, removal from the team may be necessary.

Fall and Summer Off-Season Training:

Due to district budget cuts we will no longer be offering Fall swim training (Summer TBD). It is crucial that every swimmer continue his or her training in the off-season. You have trained and worked hard to reach your fullest potential, the last thing you want to do is wait until next spring to get back in the water and have to start all over again. During the off-season I expect all of you to find a club team to practice with to maintain and improve on your swimming.

Saugus High School Swimming and Diving 2010-2011

Student Name: _____

Parent/Guardian Names: _____

Home Phone Number: _____

Parent/Guardian Name and Cell Phone: _____

Parent/Guardian Name and Cell Phone: _____

Swimmer Cell Phone: _____

Parent/Guardian Name and Email: _____

Parent/Guardian Name and Email: _____

Swimmer Email: _____

Do you have computer, Internet and printer access at home? Y/N

From the parent/guardian to the coach:

Here is some important information that I would like you to know about my child:

From the swimmer to the coach:

Here is some important information that I would like you to know about me:

My signature below indicated that I have read and understand the requirements for this class and team as outlined in the 2009-2010 Team Handbook.

Swimmer Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

****Please return this form to Coach Vicky by Friday, January 21st****