**VIDOR HIGH SCHOOL SWIM TEAM MANUAL**

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**2019-2020**

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VIDOR PIRATES SWIM

TRYOUT AND TEAM INFORMATION

The Pirate Swim coaches are looking for dedicated student-athletes who take pride in their school and are willing to make a maximum effort in both the classroom and in the pool. Wearing a Vidor Pirate uniform is a privilege, one that carries both responsibilities and rewards. Being a part of the Pirate Swim family means you are responsible for carrying on the traditions and the work ethic of the swimmers that have come before you. It is our responsibility to leave the program better than we found it.

TRYOUTS:

Tryouts will be held over a 2-day period, beginning on 8/26 at the Vidor City Pool. Students will need to be on the pool deck, dressed and ready to go by 4:30 p.m. each day. A swimmer must be able to make both tryouts. Swimmers involved in other school activities will need to make arrangements with Coach Stampley prior to the first tryout day. Swimmers must have an athletic physical on file with the VHS athletic trainers prior to tryouts. Each swimmer will be put through an abbreviated practice each day. At the end of each day, swimmers will be asked to perform the following timed events.

500 Free (untimed) 50 Free (timed) 100 Back (timed) 100 Fly (timed) 100 Breast (timed) 100 Free (timed)

In order to make the swim team, a swimmer must be able to complete each event. Final team will be announced on the final tryout day. Swimmers who make the team will be placed on either the Varsity team or the JV team based on ability and the coach’s discretion.

Swimmers who are unable to complete each event may be able to stay with the team as a developmental swimmer or a team manager if he/she wishes, but will not be able to travel to meets during the current swim season. A swimmer who wishes to stay on as a manager will have the opportunity to become life guard certified through VHS.

\*Coaches retain final discretion for determining team eligibility.

\*Children with special needs and/or ability restrictions will be managed separately and with compassion and care.

THE SEASON

The swim season can be a long sports season, typically lasting from August to February. The season overlaps with many other sports and activities. Coaches encourage swimmers to participate in these activities if they wish, but simply ask for the swimmer to communicate their intentions to them. Swimmers are asked to give the same amount of focus and hard work into both activities. The swim season is broken down into 4 sections. August and early September is our Pre-season. Returning swimmers will begin dryland workouts on August 5th. During preseason we will begin working out with weights and conditioning. We will also begin to work on our swim techniques and endurance in the pool. August through November is Meet Season. This is the time we will be traveling to most of our meets. We try to participate in at least 6 meets during this time. This part of the season is to help the swimmer gain experience and success. During this part of the season we turn our focus into perfecting our swim strokes. December is the part of the season we call Prep-Season. During this month we try to reset the season. We return to weights and conditioning and building better endurance in the pool. We will also participate in scrimmage meets during this time. January and February are the most important months during the swim season. We call this part of the season, Championship Season. During this month we will turn our focus to preparing for our district and regional meets. It is important for each swimmer to know and understand the importance and the focus of each section. These sections are the building blocks to winning championships.

ATTENDANCE AND TEAM EXPECTATIONS

Being a team member of a sport at VHS is a privilege. Athletes reflect the pride of the school and are expected to conduct themselves at team functions, school, and the public as ambassadors of VHS. Student-athletes on the swim team have the following team expectations:

● Attend all scheduled workouts prepared.

● Attend all swim meets. You must stay until the end of every swim meet.

● Attend 100% of all team meetings

● Assist with the setup and teardown of equipment at practice if needed

● Respect fellow team members, parents, volunteers, administrators of VISD, and officials

● Keep our pool deck and locker rooms as neat as possible

● Wear team apparel on designated days and at all meets

● Any use of social media (Facebook, Twitter, Instagram, Vine, etc.) which disparages teammates, coaches, other teams, officials, or is vulgar or demeaning will result in substantial penalties, and can include immediate removal from the team. It is highly suggested that social media be disabled during the season.

***Swimmers are responsible for purchasing practice suits, goggles, yoga mats, and practice caps. These items are not provided by team.***

General Guidelines for all Vidor High School Athletes

1. Athletes must be students first and athletes second. Class work must be maintained on as high a level as the athlete is capable of performing.

2. Profanity will not be tolerated at any time or place.

3. The use of alcohol, drugs or other controlled substances will result in a suspension from the team for the remainder of the sports season.

4. Athletes are to be at practice every day. Every practice is important; even if injured, an athlete can learn from observation.

5. An athlete being placed in I.S.S. will result in the athlete not participating in a contest during the entire time the athlete is assigned to I.S.S. An athlete that is assigned DAEP is subject to be removed from the team.

6. Any flagrant violation, verbal, or physical confrontation with a meet official will result in suspension from the team for the remainder of the season. Less serious violations will be dealt with on an individual basis by a committee composed of the coach, athletic director, and principal.

7. Any time an athlete is in uniform or on a team trip, he/she is representing Vidor High School and must act with responsibility and good character.

8. If an athlete becomes ineligible during a sports season for any reason he/she also becomes ineligible to letter in that sport for that season.

9. Any comments, pictures, or other electronic posts are subject to administrative review. Penalty may range from suspension to immediate removal from the current season. Please encourage athletes to disable accounts in-season.

Weights and Conditioning:

Swimmers who are not involved with other school activities, or are not in an athletics class are required to participate in weights and conditioning workouts. Swimmers who are participating in the weights and conditioning have the following expectations.

1. Expect to work hard: We are here to help you become the best swimmer you can be and to achieve all of your swim team goals. To do this you must always give your maximum effort.
2. Be on Time: Swimmers must be present and dress in the designated workout area at 415pm.

Pool Practice:

All swimmers are required to participate in the swim portion of practice. Practices will be from 430-630. All swimmers are to be dressed and on deck at 430 and ready to work. The Vidor City pool will be our home during most of the season. Once the weather becomes too cold, practices will be held at a new indoor location. Your coach will make sure you are aware of this new location. It is your responsibility to arrange transportation to practices at the city pool. Once we begin practices at an indoor location we will provide transportation.

MEETS:

We are a team so during meets all swimmers will wear the designated suits, caps, and warm-ups. All swimmers will sit together as a team and cheer on their teammates. Swimmers are not to leave until the meet has concluded.

For those swimmers that participate in other athletic programs, you must swim at least 3 meets to be eligible for the district meet.

Opportunities:

If you leave items on the pool deck or in the locker rooms, including issued and non-issued equipment, you have the opportunity for the items to be returned to you after completing 3 laps of lunges around the pool.

If you late to practice or forget your practice equipment you will have an opportunity to performs wall sits= to the amount of time you were late or items you are missing.

If you cheat a lap or a rep you will have the opportunity to perform 1 lap of lunges around the pull.

Written up = 6 laps of lunges around the pool and the opportunity to perform wall sits.

ISS = **1st offense**-10 laps of lunges around the pool and the opportunity to perform wall sits each day they are assigned.; **2nd offense**-Swimmer will be suspended from participating in any meets during the time of the assigned week. The swimmer will not be able to practice in the pool with the team, but will instead have the opportunity to perform lunges and walls sits during each day assigned; **3rd offense**-removal from team, program, and possibly athletics.

DAEP= Dismissal from team

Letter Requirements:

Obtaining a letter for high school athletics is a notable accomplishment. It reflects your commitment to excellence for your sport and team. A letter is not given for making the team, but making the team better.

The requirements for lettering are as follows:

* Attend scheduled pool workouts
* Attend at least 5 swim meets during the year
* Attend the district meet
* Attend 100% of all team meetings
* Arrive on time to workouts
* Swim two individual events at every meet
* Demonstrate leadership, respect for teammates, and sportsmanship

Fundraising/Sponsors:

Fundraising is vital to high school athletics. We will have 2 fundraisers during this year with one being in the fall semester and the other during the spring. All athletes and families are encouraged to participate to the best of their ability. We also invite any sponsors to contribute to giving our athletes the opportunity to excel not only in the water but also the classroom. Without fundraising, sponsors and most importantly without your help it would be difficult to provide our swimmers the tools and opportunities to achieve their goals in and out of the water.

Homecoming:

The Vidor Swim Team is responsible for working the concession stands during the annual Vidor Homecoming game. This is one of our biggest fund raisers and it is important that all swimmers participate. All swimmers, parents, and coaches will be responsible to work the concession stands during the game. We must have 25 workers at the game and a total of 1 adult per swimmer. If a swimmer is unable to work it is his/her responsibility to find someone to work in their place and make sure they are present. It can be a parent, sibling, family member, or friend. If you cannot work please let your coach know who will be working for you. We are aware that this is a difficult game to work and that is why we all must work together to get this done.

PARENT EXPECTATIONS:

Communicating with coaches: We understand the parenting joys and frustrations that can accompany high school athletics. We are glad to speak with you about your daughter, but ask that you:

* Insist that your swimmer try to work out swimming-related issues directly with his/her coach before enlisting your assistance. Learning to deal with authority figures is one of the supreme benefits of participation in organized sports.
* Avoid jumping to conclusions. Remember that some teenagers tend to exaggerate both when praised and criticized, and that decisions about complicated issues like swim meet eligibility are usually the product of many factors.

24 Hour rule: If you are concerned about a swimming-related issue that requires you speak directly with a coach, we ask that you wait at least 24 hours after the triggering event. Cooler heads are inevitably more productive. We always enjoy chatting with parents at the conclusion of practice and meets, but cannot address non-emergency issues at that time. We also cannot interrupt practice sessions.

Sportsmanship: All parents (and players) are expected to demonstrate the highest level of sportsmanship while representing the Vidor Pirate Swim program. Please cheer for our team’s efforts and successes. Parents and other fans should never celebrate our opponents’ mistakes.

* While at meets, keep all comments positive—you never know who is sitting close enough to hear you.
* Meet officials are off-limits for parents! Refrain from yelling at the officials before, during and after the meet – no matter what the perceived error or injustice. Our Pirates must learn to perform under adversity, and to not waste emotion or effort on things not within their control.
* Take the time to learn more about swim rules and strategy. What sometimes seems like an injustice or a poor coaching decision often looks much different if you have a more detailed appreciation for the nuances of this sometimes complicated sport.

Meet and event selection: For coaches, delegating meet rosters is a zero-sum exercise; the decision to give one swimmer an opportunity over another is a difficult one. As such, all good coaches know that with each decision, however well-considered, comes the likelihood that someone will be disappointed.

* Strong teams have strong benches. Swimmers who keep focused on their events and improvements at practice usually increase their chances of success. Spirited teammates almost always infect their teammates with optimism and extra energy.
* Meet roster spots are earned by hard work, proven performance and an occasional hunch. Coaches take a season-long view about each swimmer’s time in the pool when determining who will participate in a meet and which events he/she will participate in.

Parents should resist measuring their swimmer’s experience solely by the swim meet participation. We strive to inject each swimmer with a love for the sport, teaching them to value the opportunity to be strong and confident, whether in practice or at a meet.

Booster Club:

The VHS Booster Club is a vital part of the success of VHS athletics. Their contributions to VHS athletics have been substantial over the years. Every VHS swim team family is encourage to join the VHS Booster Club.

Vidor Pirate Swim Team

2019-2020 Meet Schedule

*“The tradition continues”*

10/12 Piney Woods Community Academy Invitational @ Lufkin Swim Ctr.

10/19 Deer Park HS “Ghouls in the Pool” Meet @ Deer Park High School

10/26 Aldine ISD Invitational Meet @ Davis High School Natatorium (Houston)

11/2 Lufkin Invitational @ Lufkin Swim Center

11/9 Beaumont ISD @ Beaumont ISD Natatorium

11/30 Tomball Invitational @ Tomball HS

12/12 Tri-meet vs. Nederland vs. Stafford @ Nederland

1/4 Tri-meet vs. Nederland vs. Lumberton @ Nederland

1/11 Baytown Sterling Meet @ Baytown Sterling HS

1/25 District Meet

1/31-2/1 Regional Meet

Feb. 15-16 State Meet @ Jamail Texas Swim Center (Austin)

\****This schedule is tentative and subject to change anytime.***

# Vidor Pirates

**Swimming Program Agreement**

I have read all the information contained in both the general athletic policy as well as the Pirates Swim policy, and I agree to follow the rules and guidelines set forth in this policy. I fully understand that if I choose to go against the policies of the program, that I will be responsible for the consequences of my actions.

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Student Athlete’s Signature Date

I have read all the information contained in both the general athletic policy as well as the Pirates Swim policy, and I agree to support the coaches in their administration of these rules should my child violate any of the policies set forth.

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Parent/Guardian’s Signature Date