PHS Swimming : Team Rules 2020-2021 Coach Miz : 609-364-8953

[carlymisiewicz@princetonk12.org](mailto:carlymisiewicz@princetonk12.org)

1. Safety First!
   * + NO running or sliding anywhere in the building. Pool deck, hallways, stairs, and locker room floors are often wet.
     + No fooling around
     + NO throwing of equipment, belongings, or anything else
     + Dry off completely before leaving the pool deck
2. Lifeguards
   * + Lifeguarding is absolutely serious. Guards are provided for our safety
     + Obey your lifeguards immediately under all circumstances
     + No conversing with guards, or otherwise distracting them, during practice
     + A long blast of the lifeguard’s whistle indicates an emergency. Be quiet & follow instructions
3. Footwear
   * + No footwear that has been worn outside is allowed on the pool deck. Remove it at the door when you enter the deck.
     + Bring a pair of pool sandals for wear in the locker room, hallways, and on deck
4. Bathrooms
   * + Use only the bathrooms in the locker room (upstairs)
     + Do not go to the bathroom / locker room without first informing a coach
     + Do not go to the bathroom during a set – always wait until it is finished!
5. Lockers :
   * + Never leave any of your belongings in an unlocked locker, or on a bench. The locker rooms are not locked and your belongings are not secure.
     + You may bring a combination lock to use on a locker. If you choose to keep things in a locker overnight, you must inform the coach of the locker number and the combination. The locker will become ‘your locker’ for the season.
     + Everyday: unless you have locked your belongings in a locker, bring them all to the deck
     + On deck, keep your belongings in a bag, not on it or next to it. We do not want lost & found!
6. Care of the facility:

We are guests of JW and have been given the privilege of using the pool and facilities of the Princeton Regional Schools. Accordingly, show respect and gratitude to the Princeton/Cranbury community by taking exceptional care of the facilities we use.

* + - Do not leave any garbage on deck, in halls, locker room, etc.
    - Treat the lockers carefully. Do not smash or force them shut
    - Turn off the showers completely after use
    - NO EATING ON DECK

1. Alcohol, drugs, and tobacco are absolutely forbidden. These are unhealthy practices, and are completely unacceptable. Any team member who is found to be partaking in alcohol or drugs is subject to the official substance abuse policies of the school system, and will also be subject to suspension or removal of the team. If you get yourself in trouble with this, it will hurt the team… BE SMART & RESPONSIBLE.
2. There is to be no hazing, ridicule, or peer pressure of any kind on this team. NO matter what the intention is, these types of behavior are harmful to the team member who is the victim, and also to the team itself and all of its members. “Just kidding” or “I/we didn’t mean it” do not excuse these behaviors. All team members are to be treated respectfully and kindly. Anyone participating in any of these behaviors is subject to the official policies of the school system, and will also be subject to suspension or removal from the team.
3. Attendance : This is a competitive interscholastic sport team. Therefore, all team members, regardless of experience or ability, are expected to adhere to and actively support the following expectations concerning practice :
   * + Attend all practices. The only exceptions are absences from school and emergencies. Failure to attend practices may result in dismissal from the team. Meetings, lessons, jobs, homework are not acceptable reasons to miss practice.
     + NEVER miss practice without communicating to Coach Miz in advance, or in case of an emergency, immediately after.
     + Important practices are scheduled during school vacations, and swimmers are expected to attend. We are in season. Not training during any significant portion of the season has a significant effect on future training and performance. If you are going to vacation during the season, make every effort to find local opportunities to train (such as at a YMCA, public recreational facility, hotel pool, etc) and consult coaches about workouts.
     + If you are going on any extended (overnight) schools trip(s) during the season, you must inform coaches before the season begins. Although such trips are valuable experiences, they often conflict with meets, and they detract you from your training and performance.
4. Our team is composed of swimmers with a wide range of ability and experience. There is only one team for girls and one for boys – there are not separate meets, or even heats, for JV or freshmen swimmers. In meets, the primary goal is to field the most competitive PHS team possible. A secondary goal is to provide swimmers with opportunities to compete, assuming that they have achieved a certain level of proficiency, and put in the work. Accordingly, meet participation will range from those swimmers who swim in multiple events in every meet, to those who are not entered in meets. It is expected that team members will support the team enthusiastically all the time, regardless of how much, or whether, they are entered in meets. It is possible that more swimmers will come out for the team than we have room for in the pool, or that some swimmers will not have the level of proficiency necessary for training effectively with the team. If that is the case, we may have to tell some swimmers that this is not a year during which we can keep them on the team. Coaches will make the decision within the first week of practice. If they do so, they will discuss it with the student-athlete in a private meeting.
5. Club Swimmers : Team members are permitted to do the bulk of their training with their year-around swimming club. Club swimmers have always made an enormous contribution to the culture and success of our team. In order for this beneficial arrangement to work, the following procedures must be followed.
   * + Swimmers must do 6 workouts with the PHS team between 11/11 and 12/1. Each swimmer must submit a schedule of those practices to Coach Miz by 11/15.
     + Swimmers are expected to be available to swim in all PHS swimming meets during the regular season and the championship season. Any adjustments in that expectation must be made directly in discussion with Coach Miz at the beginning of the season.
     + Swimmers must train with their club a minimum of 6 sessions per week (the number weekly sessions in the regular PHS training schedule). Each swimmer’s attendance at the required number of club practices per week will be tracked by submitting to Coach Miz every Monday during break (a simple form signed & filled out by your club coach).
6. Expectations :
   * + Know and follow team rules
     + Do your best everyday. Don’t make excuses for giving less than 100%
     + Respect and support your teammates and coaches
     + Show team spirit – what Coach John Wooden defines as “eagerness to sacrifice personal interests for the good of the team.”
     + Do what you can to create an environment that brings out the best in all of us

THANK YOU & GET READY FOR A GREAT SEASON!

Coach Miz