

**Plainfield School District**

**Boys' Swimming**

**Parent/Player**

**Handbook**

**Plainfield School District 202  
North / Central / South / East  
(Building a Tradition of Excellence)**

The boys' swimming program offers competition for Plainfield School District 202 boys on the freshmen, sophomore and varsity levels. The season begins on **November 22<sup>nd</sup>** and ends in late February. Practice hours range from 2 to 3 hours, six days a week. Vacations during Christmas break are discouraged and not recommended. Swimming in Plainfield is a **TOTAL COMMITMENT**. Success comes from hard work, self-discipline and total teamwork.

**COACHES**

Head Coach: George Sam

Asst. Coach: Keith Herrmann

Asst. Coach: Kati Nowak

**2010-11**

# **PLAINFIELD SWIMMING**

Dear Parents and Student Athletes:

The "student first, athlete second, and winning third," philosophy means that we are trying to make our student athletes better people for life. We believe winning is important, but that it is not as important as the development of the athletes. We challenge our athletes to explore new opportunities, ideas and personalities that will encourage them to be wiser, deeper, and stronger. The heart of our coaching philosophy revolves around having fun and developing our athletes physically, psychologically, and socially.

The following guidelines have been set for the 2008-09 swimming season in the Plainfield School District. The swimming staff feels that our athletes need to be a notch above regular students, more is asked of them and more is expected of them. We expect your son to give his best at all times and show class in and out of the pool, win or lose. The athletes are representing our schools, our town, your family, the coaching staff and, most importantly themselves. Sportsmanship is the key to success.

## **WARNINGS AND DISMISSAL**

In accordance with the Plainfield School Districts athletic code as defined in the student handbook, any conduct, which a coach feels is not in the best interest of the athlete, school or team, may result in dismissal from the team. All coaches are committed to the idea that a student athlete should be a positive leader in the classroom and in the pool.

Our swimming season is very short, covering the months of November, December, January and February. We request that the athletes be in attendance at all practices and meets. Christmas Break vacations are not recommended. For every meet the athlete misses on vacation he will have to sit that many meets out when he returns. For every two days of practice the athlete misses he will have to sit out an additional meet when he returns. If they miss a practice or game for any reason other than illness or family emergency the following shall occur.

### Excused absences

- Approved by coach
- Doctor or dentist if NO other date is possible **(with a note from doctor)**
- Illness
- Death in the family
- Other family emergencies

### Unexcused absences

- Lack of communication with coach about "no shows" to games or practice
- Work
- Not having a ride

**1. Practice -**

First Unexcused = Verbal warning

Second Unexcused = Sit out next meet

Third Unexcused = Dismissal from team

Excessive excused = Loss of Events

**2. Meet -**

First Unexcused = Sit out next meet

Second Unexcused = possible dismissal from the team

WE HAVE READ THE SWIMMING HANDBOOK AND UNDERSTAND THE CONTENT. WE AGREE THAT WE WILL COMPLY WITH THE GUIDELINES.

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Date

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Parent/Guardian Signature

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Athletes Signature



