

MEMORIAL SWIMMING & DIVING

Head Coach Jason Mauss
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Discipline and commitment are vital components for a successful athletic program. The following guidelines and expectations are outlined as an effort to insure a clear understanding between the coaches, athletes, and parents.

CODE OF CONDUCT

ATTITUDE OF ATHLETES

1. Discipline- a student is not required to take part in athletics, nor is it required for graduation. **Athletics is a privilege, not a right.** When the high ideals and standards are violated, this privilege could be revoked. Memorial swimmers/divers will look and act with pride and dignity.
2. Members of the Memorial Swim/Diving Team should be aware of the crowd with whom they associate. If they run with a crowd who drinks, smokes, or takes drugs, then guilty or not, they will be associated with that group.
3. An athlete with a healthy and proper attitude will take coaching and constructive criticism without resentment or constant excuses. Be prepared to accept responsibility for a great deal will be expected of you. You must be willing to make sacrifices that the average student chooses not to make.
4. Exemplary conduct, on and off campus and athletic competitions will be expected of all members of the Memorial Swim/Diving Team. All athletes will demonstrate respect with words and actions for themselves, their teammates, their coaches, their opponents, their fans, and the officials.

TRAINING / GENERAL RULES

The following rules apply to **all** athletes at **all** times:

- No tobacco, vaping, drinking of alcoholic beverages (MIP, PI, DUI), or illegal drug use will be tolerated.
District disciplinary actions:
 - 1st offense: a minimum suspension from 20% of that team's scheduled contests up to a season long suspension.
 - 2nd offense: a minimum 1 year suspension from the athletic program with a review of the student at the end of the period.
 - 3rd offense: expulsion from the MHS athletic program.
- No foul language to peers or superiors. Push-ups / Sit-ups will be given for foul language.

ON CAMPUS

Behavior and appearance on campus are of great importance. Athletes should be the leaders, since fellow students respect and follow them. There are certain ideals that pertain to athletes as well as good leaders.

They are:

1. Maintain a respectful and courteous attitude to fellow students and teachers. Trips to ISS can be grounds for dismissal from the "Team."
2. Maintain a positive attitude towards learning, and the changes that come with this process.
3. Accept responsibility, realizing that such attitudes can influence many others around you. Athletic leaders work for the betterment of the school and what is right and good for their peers.
4. Plan your time, so sufficient energy can be given to both your studies and your sport.

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GRADES

No sport is more important than your education. The Memorial Coaching Staff strongly believes that your **first** responsibility is to get a great education. Remember that no athlete may participate in sports if he or she had failed a subject the prior six weeks period.

SCHOOL EQUIPMENT

Treat all equipment with great care. All equipment issued to you at the beginning of the season should be returned to your coaches in great condition at the end of the season or upon leaving the team. Please remember that we share certain equipment with other schools in the district. There will be a charge for any lost equipment.

ABSENCES

The only excused absences from practice or meets are illness, death in the family, or a pre-approved school related function. Please give 24 hour advance notice for any absence or tutorial.

Please notify Coach Mauss at (832) 797-1045 (text) or e-mail if you will be absent from school, meet, or practice.

BUS to PRACTICE

The bus to the Natatorium will leave exactly 5 minutes after the start of 8th period. (The exact time of departure will vary depending on the MHS Bell schedule.) **Do not be late.** If you miss the bus, first contact your parents. They may be so kind as to transport you to the pool. If not, let your parents know that you will need to be picked up at MHS at 3:00. Then proceed to your principal office and explain that you missed the bus to the Natatorium.

Remain inside your grade level office until 3:00.

Do not go to the library at any time unless your coach gives you permission.

LEAVING PRACTICE EARLY

Please schedule all appoints before or after practice in order to gain the most out of practice. However, if any swimmer must leave practice early, then **a note / e-mail must be provided 24 hours in advance.** The note, text, or e-mail to the coach must include name, time, date, reason, and parent's signature.

ON TRIPS

On trips, you will be directly representing the community, school, and coaches. Therefore the coaches expect all members to dress in an acceptable manner when traveling with the team; the coach will issue a dress code for tournament, dual, and championship meets. Late swimmers will be left behind and will not be allowed to participate in the meet or activity to which they were late. **ALWAYS BE ON TIME PLEASE.** Any misbehavior on a trip will result in their parents being called to pick up their athlete up.

SBISD policy states every athlete must ride the bus to all athletic events. You may have your parents take you home at the END of the completion of the entire meet, but you must have a written note signed by your parent to leave.

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TUTORIALS

All tutorials should take place **BEFORE school**. Please make arrangements with your teachers in advance to avoid missing swim practices. Missing practice will have a negative impact on the team unity and individual preparation. However, if you have to attend tutorials after school, **please have a note / e-mail turned in 24 hours in advance**. We strongly encourage athletes to come over to the pool once they are done with tutorials.

SWIM PRACTICES

Swim practices will begin during 8th period and end at 5:15 p.m. Swimmers are expected to have all equipment (suits, caps, goggles, kick boards, and fins) ready to go. Swimmers arriving late or lingering in the locker-room will be marked tardy and disciplined. **TIMELINESS IS VERY IMPORTANT! If you not dress out, participate, or get kicked out of practice you will lose 5 points from your grade.** If this becomes a problem, you will be required to leave the Team.

SWIM PRACTICE ATTENDANCE IS MANDATORY. We will practice 5 or 6 days a week for the entire season for 2 hours. If you are not committed to a 5-day a week program (2 hours each day in the water), you are not in the right place. **Saturday practice is required throughout the season especially if you expect to swim at Varsity Districts.**

Dry land / Weight Room

This year we will be doing more weights and dry land activities during the 8th period time frame. We will announce the weight room schedule, but we will stay at MHS campus and workout until we travel over to the pool. Please dress out promptly so we use our time wisely. Once we are done please promptly head to the Natatorium.

Weight Room Dress Code: Make sure you have athletic attire including proper shoes in order to participate.

DIVING PRACTICES

Divers workout with Coach Pozdniakova until 5 each day. There are possible diving practices on Saturday as well, but all diving practices will be run by Coach Pozdniakova. If you are absent from diving please let both the diving and swim coach know as well.

All Divers will participate with team in Dry land / Weight activities either on MHS campus.

HOLIDAY TRAINING

Our swim season runs through the end of February. In order to be successful in swimming we must train during the different holiday seasons. Please be aware that we will practice during the holiday season usually 9:30 to 11:30 am. Please plan your holiday schedule so you don't miss any practices.

Thanksgiving Practices: Nov. 25-27 & 29-30

Christmas Practices: Dec.21, 27-28, 30-31 Jan. 1-4 & 6th which is PM since teacher work day.

Those who don't train during the holidays will lose their spot on the district team and or team.

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DRIVING TO THE NATATORIUM

SBISD Athletic Department Policy

1. Student must have a valid school parking pass to drive themselves to swim practice.
2. No one is to ride with student (unless **sibling(s)**).
3. **Students are to go directly from MHS to the Pool (no stops at Sonic, home, etc.).**
4. Students are to obey all traffic laws and drive as safely as possible.
5. Students should beat the bus to the pool every day and be there by the assigned time.

LETTERING

You become a varsity swimmer / diver only after you receive an official Letter Jacket. You are expected to fulfill each one of the following requirements listed below:

1. You must maintain a passing grade during the swim / dive season.
2. Your overall attendance must be at least 90% throughout the season.
 - 1st year swimmer / diver must place in the top 6 at the district meet in an individual or relay event.
 - 2nd year swimmer / diver must participate in the district or regional meet.
 - 3rd year swimmer / diver who have trained & competed for 2 years with Memorial will earn a jacket.
3. Participate in the Championship Season, Stratford, & SBISD Invite.
4. Coaches will have discretion on lettering for each year.

COMMUNICATION

The SBISD and MHS have a web page that we are going to use as another source for communication this season. Please check the swimming page under athletics on the Memorial web page. This will have schedules, directions, calendar, and other information about the upcoming season.

- Rankonesport.com will have an updated schedule with directions & notes. (district web page)
- Please check your **e-mail** regularly for team and meet information.
- Make sure to sign up for the **Reminder101** text from the coaching staff.
 - **To join the group Text 657-201-5933 include in message @jmau (Reminder101)**

MEETS / INVITATIONALS

1. Our home meets are swam at the Spring Branch Natatorium on Tiger Trail located by Spring Woods HS.
2. We usually have 1 or 2 heats of every event at our home meet in order to include everyone, but sometimes we have to limit our number of entries.
3. We expect everyone to attend the meets they are assigned. If there is a conflict please talk with the coaching staff in advance of the meets to try to resolve the conflict. If you are ill on the day of the meet please notify the coaches as soon as possible.
4. Diving---In dual meet diving is run on the same day and at invite they are usually run the day before. Divers need to talk with Coach Pozdniakova about these meets.
5. **Everyone must ride the bus to all home and away meets.**

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CLUB PRACTICE

We encourage everyone to train with the high school swim / dive team since this helps build team support and your apart of the team. However, there are some MHS swimmers/divers who are involved with USS (club) swimming that will supplement our practices for their clubs. Remember not everyone who ask will be given permission to swim with a club team. These are the expectations we have for them.

- 1. The coaching staff must grant permission before a swimmer/diver participates with a club team.**
2. The club swimmers must check in with Coach Mauss before leaving for practice daily.
3. Attendance will be monitored by the coaches from Memorial and the different club coaches. You must be practicing at least the same amount of days a week (2 hours of water time) as Memorial HS practices.
4. If there are conflicts with your attendance at practices or meets please contact the MHS & club coaches in advance to discuss possible issues and solutions. **(24 hours advance notice please)**
5. We expect the club members to attend the high school swim practice at least once a week in order to workout with the team, improve communication, build better relationships, and practice relay exchanges. Swim meets don't count as swim practices unless we have 2 meets in one week.
6. If you fail to maintain your practice commitment then we will have a meeting with your parents which could result in your removal from the team or lose of the privilege to practice with a USS team.
7. If concerns arise regarding your performance or time then coach has the right to request that you to practice with the high school team. A meeting with swimmer/parent and coach will occur as well.
8. Those interested in practicing with club polo must talk with the coaching staff to arrange a plan of action during the swim season.
 - If you have 2 sections times then you must attend at least 1 HS practice every 2 weeks.
 - If you have at least 2 double A times then you must attend at least 1 HS practice a week.
 - If you have at least 1 double A time then you must attend at least 2 HS practices a week.
 - If you have at least 1 A time then you must attend at least 3 HS practices a week.
 - All others may swim 1 club practice a week with Coach's permission.
 - The time standards are based from the 2017-2020 National Age Group Motivational Times.
 - If we have 2 HS meets in a week then they will count as a HS practices.
 - The times are based on 17-18 standards. **Link below**

<https://www.usaswimming.org/docs/default-source/timesdocuments/time-standards/2020motivationaltimes-top16.pdf>

CHAMPIONSHIP SEASON

1. Our Championship Season starts in the end of January and we expect everyone to participate in either the JV District or Varsity District Meet. The remaining of the season is based on advancing from these meets. (Ex. Top 6 from Districts advances to Region; Top 16 from Region prelims swim in Finals & Region champs advance to State along with the next fastest 8 from the 8 regions.)
2. Our goal is to swim/dive our best during this time of the season. Think STATE.
3. If you are unable to meet the commitment of the Championship season (unless injury) then this will be grounds for dismissal.

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Water Polo / Off Season

This year our water polo season will run from mid Feb until the early May. This will be our off season program along with dry land and swimming. We will still practice regularly at the Natatorium until 5 through early May. We encourage everyone to participate in water polo since it's a great team building activity. We will have games weekly and on weekends from March until early May. There is a fee to help make our polo program run since it's not UIL. We have built a strong reputation for being a strong polo team.

Those not wishing to play water polo will have following options:

- Swim / dive with a club daily
- Dryland work out daily
- Swim at the Nat daily

We strongly encourage everyone to play water polo in the spring!!

Typical High School PM Practice Outline:

2:15 Bus leaves MHS
3:05-3:12: Stretching

2:35 Athletes dressed for dry land activities
3:15 Swim Practice until 5:15

3:05 Athletes dressed to swim

Commitment to Excellence

Remember, Memorial Swimming and Diving has a history of success and excellence. Your dedication and commitment to the team will help to strengthen our overall success.

MHS Swimming, Diving, Polo Success

- 1st high school swimmer to break 20 in the 50 Free
- Numerous Team State Champions (10 years straight)
 - 1st Female Diver to win State All 4 years
- Numerous All-Americans, State Champions, College Athletes, All-State Athletes
- Ladies have finished in the Top 10 for 5 years at STATE recently from 2009-2014!
 - Top 5 at STATE in Polo in 2019 for boys and girls!

Booster Club

We encourage everyone to join the MHS athletic Booster club since they give so much to ALL of the athletic, school, and student activities to the MHS students and community.

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GUIDELINES ACKNOWLEDGEMENT

Swimmer / Diver Name: _____

Grade: _____ Age: _____ Date of Birth: _____

Address: _____

Home Phone: _____ Cell: _____

student's E-Mail: _____

parent's E-Mail: _____

Parent's Name: _____

Athletes: T-shirt size _____

Swim suit size _____

Boys select either: Brief _____ or Jammer _____

SIGNATURE RETURN PAGE

I, _____, have reviewed a copy of Memorial HS Swimming & Diving Guidelines. I am aware of my responsibilities and will follow them as a member of this team. If I have any concerns, I will contact the coach.

Date: _____ ATHLETE: _____

Date: _____ PARENT: _____