**Monarch Swimming Bylaws**

2018 - 2019

Hello Monarch Knight!

Thank you for taking an interest in joining the Monarch Varsity Swim Team. In the bylaws, you will find information on rules, requirements, and expectations for the season. Please take the time to read through it all. Being a part of a team is a wonderful experience. Participating in any sport, athletes face many challenges (pressure, anxiety, exhaustion, disappointment, deadlines, etc.). Having teammates that respect and encourage you allows all these trials to become triumphs. If we, as a team, can get through these obstacles together, then we will be strong mentally and physically. Our goals as coaches is to make you better athletes, students, and people. We have high expectations for the swimmers and are confident that they will be successful. The swimmers should embrace their potential, as opposed to fearing the requirements. The swim team is here to support you through your victories and your losses. Our unity and enthusiasm will help us accomplish all our goals for this season.

After reviewing the bylaws, if athletes have any minor questions, please direct them to the captains. If parents have any questions, feel free to reach out to our awesome Swim Mom. If they are unable to assist, please reach out to the coaches.

Girls’ Captain: Zoe Dobbins (561) 251 – 0747

Boys’ Captain: Justin Picciolo (954) 821 – 9298

Swim Mom: Mrs. Spalluto [nicholespalluto@comcast.net](mailto:nicholespalluto@comcast.net)

Coach Edwards RM: 536 [shannon.edwards@browardschools.com](mailto:shannon.edwards@browardschools.com)

Coach Leslie RM: 251 [kasey.leslie@browardschools.com](mailto:kasey.leslie@browardschools.com)

**General Information:**

* This is a coed team. Although boys and girls compete separately, their practices and meets are combined.
* **Practice is Monday – Friday, 3:30 p.m. – 5:30 p.m.**
  + Mon. – Thurs.: Practice is at the *Deerfield Aquatic Center* (501 SE 6th Ave, Deerfield Beach, FL 33441)
  + Friday: Practice at Monarch High School from 3:10 – 4:10
* In order to be as informed as possible, parents and athletes must actively check their corresponding *Group Me* messages.
  + For additional information, please use Coach Edwards’ website as a resource: <https://mscoachedwards.weebly.com/>
* If you would like additional information on Broward County Swimming & Diving rules and requirements, schedules, or more then please visit <https://www.fhsaa.org/sports/swimming-diving> . This website will also have information later in the season with athletes’ placements in district, regional, and state meets.

**Rules & Expectations:**

1. **Participating in Monarch Athletics is a privilege and should be treated as such.**

* Swimmers must respect their coaches, their teammates, and staff at all times (practice, school, meets, etc.)
* Swimmers will not talk back to their coaches or to pool staff. If swimmers have a concern, they need to express it respectfully and properly.
  + Swimmers must respect their family. Do not yell / swear at your parents or siblings around the swimming community. Inform the coaches if family issues may interfere with swimming.
* If swimmers fail to comply with the above rules, then there will be consequences. Depending on the situation, consequences may vary from being dismissed from a practice to being removed from the team.

1. **Swimmers must be successful and diligent students.** 
   * Swimmers must attend their classes and should be punctual.
   * Swimmers must respect their teachers and the school faculty. Coaches will not tolerate complaints from an athlete’s teachers.

* Depending on the situation, consequences can vary from extra conditioning (i.e. if tardy) to being excused from the team.

1. **Swimmers must be on time to practice.**
   * On time means - in your swim suit, cap & googles on, stretched and ready, in the pool.
   * If students are going to be late to practice, they must inform the coaches ahead of time. Do not wait until the end of the day to inform the coaches. If students are going to be late, they must have an acceptable excuse.

* If a swimmer is late three times without an excuse, the swimmer will earn one unexcused absence.

1. **Swimmers must put forth their best effort at meets and at practice!**
   * Swimmers who are joking around at practice will be spoken with. If there is not a change in behavior, they may be asked to leave practice. If the disruption occurs again, they may not be allowed to participate in the upcoming meet. If these occurrences continue, the swimmer may be dismissed from the team.

**Attendance Policy:**

1. **Practice is Monday – Friday**
   * Monday – Thursday, practice will be held at the *Deerfield Aquatic Center* from 3:30 – 5:00.
   * On Fridays, practice will be “dry land” at Monarch High School from 3:10 – 4:10.
   * Students may drive to practice, but there is a bus that will take students to practice every day after school.
2. **Swimmers are allotted three excused absences for practices.** 
   * Excused absences include doctors’ appointments (note required) or injuries.
   * Having a job is not an excuse to miss practice or meets. Coaches understand the necessity and importance of having a job. Swimmers should be aware of their swim schedule and inform their place of employment about their schedule and make an acceptable calendar.
   * Trying out for another sport is *not* an excuse. Broward County School Board policy requires coaches to allow students to tryout on alternative days if they’re competing in one seasonal sport but interested in trying out for a sport occurring in the next season. For example, if a swimmer is active in the fall season, they may not miss practice to try out for basketball (a winter sport). The other coach should accommodate this. Swimming should be the athlete’s top priority during Swim season.
   * After three excused absences, all absences will count as unexcused.
   * For all absences (excused or unexcused) swimmers must fill out an Absence Form for the records.
3. **Unexcused absences are not tolerated.** 
   * Consequences may vary for having an unexcused absence for practice. Depending on how many absences and the punctuality of the athlete. The athlete could be (1) required to swim in the 500 in the upcoming meet, (2) not be allowed to swim at the next meet, but be required volunteer at it, or (3) dismissed from the team.
   * For all absences (excused or unexcused) swimmers must fill out an Absence Form for the records.
4. **Swimmers should not miss any meets. Meets are once a week.** 
   * If a swimmer misses more than one meet, they may not receive a varsity letter.
   * By policy, if a swimmer misses more than two meets then they are not allowed to compete at Districts; thus, ending their season, and they may be removed from the team.
5. **This only applies to swimmers who are in swim clubs!**
   * If you practice regularly in a swim club, then you are not required to attend practice. You are required to attend any meetings that may be scheduled, and all the meets.

**Parents:**

* Parents are welcome to come to practices, but please do not communicate with your swimmer during practice.
* Please be a member of the parent *Group Me* to be as informed as possible.
* All parents are encouraged to come to the meets.
* Each parent is requested to bring snacks to a meet. There will be a sign-up sheet, so parents can coordinate who will bring what and when. Parents are encouraged to bring additional snack on unassigned days if eligible.
* If there is something you would like to discuss, please contact the coaches.

**Requirements:**

*It is School Board Policy that….*

* Athletes must keep a **minimum** GPA of 2.0. Failure to do so will lead to suspension.
* Athletes must attend all classes, or have them excused, in order to practice or compete in athletics.

*To be eligible to be on the Swim Team, swimmers should be able to….*

* Swim a 50-meter freestyle in under 35 seconds.
* Swim a 500-meter freestyle without stopping.
* Complete a legal flip turn.
* Swim all strokes (fly, breast, back, free).
* Dive properly off a standard block

*As a member of the Swim Team, swimmers must….*

* **Pay a one-time due of $85.**
* This will cover the cost of the Monarch Swim Team shirt, Monarch Swim Team suit, Monarch Swim Team cap and additional cost and fees of practice, meets, and other events.
* **Bring the following materials every day:** water bottle, cap, googles, swim suit, and dry land clothes (shirt, shorts, sneakers)
* Water is a necessity when exercising. Swimmers **must bring a water bottle**, or they may be asked to leave practice and it will count as an unexcused absence. Getting out of the pool to go to the water fountain is often an excuse to avoid more exercise, which is not acceptable.
* Swimmers need to have their own cap and googles. The coaches, nor the other swimmers, are supply closets.
* Swimmers must wear appropriate workout swim suits. Swimmers may not wear bikinis, fashion suits, boxers, or swim trunks.
* Rain or shine, there will be practice!! If the pool is unavailable, practice will be held at school, which is why swimmers *must always* bring workout clothes just in case.
* **Ride the bus to meets.**
* This is a school policy to ensure punctuality and attendance; all swimmers must ride the school bus to swim meets. We are a team, and we will compete and act like a team.
* **Swim the 500-meter freestyle race.**
* All swimmers must swim it a minimum of one time. Swimmers may swim it more than once if they have assigned it consequently, if they volunteer, or if everyone swam it once and they have the best time.
* **Put forth all of their effort to make this the best season yet.** 
  + It is a necessity that all swimmers do their best to compete, be a teammate, and be a student.

**Please keep the bylaws for your own personal reference throughout the season, and just turn in this page to Coach Edwards.**

If there are any concerns or need for further clarification, please reach out to the captains or the coaches.

If all is understood, and the swimmer and their guardian is ready to commit then please read and sign below.

It is crucial for the communication of the team that both phone numbers and e-mails are provided.

I have read and understand the Monarch Swimming rules and expectations and will strive to uphold the great traditions and beliefs of our school and team both in and out of the pool.

Swimmer Name (Print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Swimmer grade: \_\_\_\_\_

Swimmer Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Name (Print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent e-mail address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Swimmer Medical Information:**

Incase of an emergency, please provide the following information.

|  |  |
| --- | --- |
| Primary Emergency Contact Name / Relation: |  |
| Primary Emergency Contact Phone Number: |  |
| Secondary Emergency Contact Name / Relation: |  |
| Secondary Emergency Contact Phone Number: |  |
| Swimmer D.O.B.: |  |
| Swimmer Address: |  |
| Personal / Family Physician: |  |
| Physician City, State: |  |
| Physician Phone number: |  |
| Any medical illnesses, ALLERGIES, conditions: |  |