

PINELLAS PARK HIGH SCHOOL



SWIM TEAM HANDBOOK 2024

Welcome
Pinellas Park High School
Swim Team

The Administration and Coaches are delighted that you will be part of the
2024 PPHS Swim Team!

PPHS Administration (727) 538-7410

Principal..... Jeffrey Larson
Assistant Principal..... James Adams
Athletic Coordinator.....Shane Demartino

Welcome to the 2024 Swimming Team! We are looking forward to a fun and exciting season with our team competing against some of the most elite athletes from other schools in the county, district, and state. ***Being part of this team is an important responsibility for both team members and their parents.*** This handbook will help team members and their parents to become acquainted with our team's activities and philosophies during the season. Be prepared to work hard while enjoying a great season!

Our schedule is included in this packet. Any schedule changes will be given to swimmers immediately. ***Parents are asked to review this handout with their swimmer and contact us with any questions before Signing and Returning the agreement to Coach Simpson.*** By signing the attached form the team member agrees to do their best at practice and meets as well as be an upstanding representative and member of the PPHS 2024 swim team.

Should you have any questions or comments, please feel free to contact the individuals listed below:

<http://www.remind.com/join/pphsswim>

Coaches














Head CoachMelissa Simpson 614-735-1838

Boys CoachBiajani Lopez 404-754-3138

Assistant Coach..... Dee.jay Earle 727-560-8068

Coaching Responsibilities and Duties

The coach is a figure in the public eye. His/her influence on the attitudes and behavior of the swimmers/divers, students, and community is unequaled. It is essential that the coach subscribes to the values of sportsmanship and teaches its principles by exemplifying proper conduct at athletic events and in community relations.

-  Teach the physical skills and swimming mechanics required to participate in practice and to swim in athletic competition
-  Teach the values of cooperation, self-control and proper spirit of competition
-  Enforce policies and standards of behavior and sportsmanship formulated by the school
-  Provide fair and equal opportunities for all swimmers/divers
-  Establish a rapport that encourages swimmer/diver athletes to seek advice
-  Plan and supervise practice sessions in keeping with the age, ability and maturity of the swimmers/divers
-  Know and teach the rules of the sport
-  Prepare schedules and secure qualified officials in cooperation with the Athletic Coordinator
-  Always consider the welfare of the student first
-  Perform other duties as assigned by the Athletic Coordinator
-  Know and follow the FHSAA and county rules governing sports
-  Council athletes and their parents as needed. Try to do this in person, rather than on the phone
-  Never comment on the ability of a team member in front of a parent unless it is his or her child

Assistant coaches contribute to the successful operation of the program by supporting the coach during practices, giving individual instruction, conducting swim meets, and can act on behalf of the head coach in his/her absence

Team Captains

Selecting Captains: 2 Team Captain(s) will be selected by all the Coaches during the second week of practice.

If you have any interest in becoming a captain you must be an upper classman and submit a brief speech stating the reasons why you would like to become a captain and how you will help the overall well-being of our team.

Criteria:

- Leadership by example
- Ability to handle responsibility
- Knowledge of team activities
- Respectful of teammates, coaches and parents
- Exemplary grades

Responsibilities of the Captains:

- Lead the team by responsible example
- Lead the team at meets (seating team as a group, leading cheers etc.)
- Assist the coach in communicating with the team
- As needed, under the guidance of coaches, lead the team in stretch and warm-up before practices and meets

If this criterion is not fulfilled, the title of Captain may be revoked

Coaching Philosophy

We take great pride in this team and its accomplishments. We strive to provide a competitive program that will enable each individual to reach his/her potential and compete on any level that his or her ability and desire allows. In a spirit of fun, we hope to teach “the will to win”, how to lose gracefully, good sportsmanship, and responsibility to the team.

Team Policies/Expectations

1. Coaches will be addressed by last name (ie: Coach Simpson).
2. **Arrive at practice prior** to the start time. Be changed and on deck when practice begins **(THIS MEANS SUITED UP AND ON THE POOL DECK AT 2:30 or 4:30 PM SHARP)**; be mentally prepared with the day’s specific and general goals in mind.
3. Make sure to drink plenty of fluids and eat enough throughout the day (This might mean packing a snack and eating it on the way to practice). You should bring a bottle of water or fluids to drink during practice. Remember if practice are held outside, it is very important to keep hydrated.

4. Give coaches your undivided attention. Follow directions as given. Be prepared to swim/dive when it is our turn. Do not talk or otherwise create distractions when a coach(s) are talking. Disruptive conduct will not be tolerated. Infractions will result in the team member being removed from meet/practice and will eliminate them from participation in the next meet, conference or championship.
5. Team members are not to leave practice until dismissed.
6. If a team member is absent from school because he/she is sick, please have a parent/guardian let Coach Simpson know ASAP through text or email and please DO NOT attend practice.
7. If a team member becomes ill at the end of the school day and feels they cannot participate in dry land or evening practice, they must call Coach Simpson at (614) 735-1838 prior to leaving school and bring a parent/guardian note the next time he/she comes to swim/dive practice.
8. All swimmers and divers must meet at the pool at 5:00 pm before each meet for roll call. *Team members are required to wear specified team apparel or colors during the school days of all meets. Show our Team Spirit!!*
9. All female swimmers must wear a team cap for competition. Male swimmers with long hair (as determined by the coach) will be required to wear a team cap for competition.
10. Caps and suits worn must not display any logos other than PPHS.
11. No jewelry of any kind including hair wraps/bands on wrists or ankles may be worn during practice or competition; includes male and female team members. (This includes but is not limited to: piercings, bracelets, earrings, ankle jewelry, toe rings, rings, ribbons, hair ties/ elastics, necklaces, etc.)
12. All swimmers must find their own source of travel to and from away meets. **NO EXCEPTIONS** This includes traveling in their own vehicle, parent vehicle or carpooling.
13. All swimmers and divers, participating in a meet, dual, conference, or invitational, must attend prelims and finals to show team spirit and support for fellow team members. At all meets, the team will sit together in the designated area to show team spirit in addition to being prepared to participate in events, support all team members, stay with relay members during the full relay event, and be available when needed by coaches; Your focus is to be on the meet. No “visitors” in the team area for dual meets.

Attendance Policies

The following is mandatory:

Swim Practice

Location Skyview Pool 9040 54th way 33782

Monday & Friday 2:30pm-4:00pm

Tuesday & Thursday 4:30pm-6:00pm

Dedicated practice is the most important facet of the Pinellas Park High School Swim program. Although competition is the obvious test of an athlete’s ability and emphasizes achievement accomplished through competition, **practice is where the athlete’s values, potential and his/her foundation for achievement are established.**

Consistency and commitment are key! To be a student athlete means to balance academics AND athletics. That is what makes them STUDENT ATHLETES. Swimmers must make sure they are able to show up to practice every day and give 100% commitment to the team during practice and meets. Swimmers are only allowed to miss up to 5 unexcused practices during the season. An excess of 5 unexcused absences will result in immediate dismissal of the team.

Unless otherwise noted, practice is held Mondays, Tuesdays, Thursdays, & Fridays, including days of early dismissal. See Team Calendar for specific days/times. **If in doubt, report to the pool at the specified time to avoid an unexcused absence.**

The practice schedule is subject to change; team members are responsible for checking with Coaches for changes to the schedule.

Excused Absence from Practice or Meet (Parent/Guardian MUST let the coach know, notice from swimmer alone is not sufficient and result in an unexcused absence)

- Death in family
- Home sick from school
- Any specific religious activity
- Work/military responsibilities

Unexcused Absence from Practice or Meet

- Three unexcused absences will result in sitting out next 2 meets.
- The fourth unexcused absence will result in swimmer being placed on probation.
- The fifth unexcused absence will result in removal from the team.
- “No Show” to meets (home, away, invitational, conference or championship) is considered unexcused.
- Please attempt to schedule all dentist and doctor appointments before or after practice.
- 2 Tardies to practice will result in 1 unexcused Absence

Team members are responsible for being aware of meet/practice schedules and posted changes.

IT IS EXPECTED THAT IF A SWIMMER WILL BE MISSING A PRACTICE THAT THEY LET THE COACHES KNOW

Meets

Home meets: Be ready to warm up at 5:00 pm – See schedule for meet locations.

All day Meets (PCAC's, Districts, City Championship, Regionals): plan to spend your entire day at the meet. Do not plan to leave the meet until your entire team is finished or cleared with a coach.

For safety reasons, please notify me before you plan to leave. There will be a short team meeting at the end of each meet. Make sure that everything has been picked up. Throw trash in the proper containers. Don't expect anyone to pick up after you!

Protocol:

1. Check in with timers before each event; don't assume they know your name. **Be Polite!**
2. Be on time for your event.
3. Make sure your entire relay team is behind the blocks in time for your heat.
4. Remain quiet for the start of each event (cheer during the event).
5. Alternates should be ready for finals heats (day-long meets).
6. Ask questions if you are unsure about something. Do not assume.
7. Warm down after each heat.
8. Always maintain proper sports etiquette.

Requirements

PPHS Swim Dues: \$100 (paid to the order of PPHS Swim)

*Items with * are paid with swim dues. Items without are team members responsibility.*

1. 2 PPHS caps (pair and spare, required for all meets)*
2. PPHS meet suit *
3. Practice suits
4. Goggles*
5. Sandals
6. Towels (at least 2 per meet-more for all-day meets)
7. Sunscreen
8. Warm clothes
9. Nutritious snacks, sports drinks, water, power bars, spending money (all-day meets)
10. Foldable chair (away meets and especially all day-meets)

Team Eligibility:

- Maintain at least a 2.0 cumulative grade point average (If it is noticed that students are unable to maintain acceptable grades, swimmer may be benched for meets at the completion of the season)
- Physical examination after January 01, 2024
- Completed registration forms
 - FHSAA Athletic Participation Form
 - School Insurance
 - Sports Physical Form (Pinellas County School form)
 - Signed PPHS Swimming and Diving Handbook form, both parent and athlete signed
- 100% participation while at practice
- 100% participation while at meets
- Each swimmer/diver must attend and participate in ALL practices each week

Mandatory Forms:

High School Participation, and Physical Forms Packet

Student Insurance: https://www.hsri.com/K12_Enrollment/Main/default.asp

A confirmation email will be sent to you with a link. Please click on the link and print out the confirmation page to turn in with other paperwork. We must have the **CONFIRMATION NUMBER, STUDENT NAME AND TYPE OF INSURANCE ON PRINT OUT.**

Hey family and Friends!!! We love our volunteers!!!!!!!!!!!!!!

It takes lots of time and money to support a successful team. We need several volunteers to make each meet a success. The best way to see your swimmer compete is to be part of the meet. It's true, we are all very busy in our daily lives, but one of our highest priorities should be to support the team. Throughout the season there are many opportunities to volunteer and we are asking each family member and/or friend to help out a couple of times during the season by helping with the following (no experience necessary):

- Timers (6-12 per home meet)
- Head Timer
- Score Keepers (1)
- Runner(1)
- Officials (1)
- Announcer
- Diving Judges (2)
- Concession Stand (2)
- Clean up (2)
- Fundraising

During home meets please be at the pool by 5:00PM, rain or shine, and check-in.

Please don't wait in the stands, come down and volunteer – it's really fun!!!!

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Name

Phone Number

E-mail address

Volunteer interests, please pick two

Timing

Score Keeper

Runner

Diving Judges

Official (must be certified)

Concession Stand

PCAC's T-shirt Sales

Snack Makers

Announcers

Pool Addresses

St. Pete Beach Rec. Center:	7701 Pinellas Park Drive St. Pete Beach, FL 33706 (727) 363-9264
North Shore Pool:	901 North Shore Dr. N.E. Saint Petersburg, FL 33701 (727)893-7727
Long Center Rec. Center:	1501 N. Belcher Rd. Clearwater, FL 33765 (727) 793-2320
Southwest Rec. Complex:	13120 Vonn Rd Largo, FL 33774 (727)518-3125
Dunedin	Highlander Pool 1937 Ed Eckert Dr. Dunedin, FL 34698 (727)298-3266
Clearwater High School	540 Hercules Avenue Clearwater, FL 33764
Skyview Pool	9040 54 th Way Pinellas Park, FL

Swimmer's Responsibilities

- Arrive to practice on time and be prepared and ready to enter the water at the time practice begins. If you are late or absent, coaches must be notified.
- Bring water or sports drinks to practice (in a plastic bottle with your name) hydration is very important!!!
- Follow the pool rules at all times (i.e., behave responsibly, no running, no splashing or dunking others, and do not use equipment as toys).
- Come to practice with a positive and polite attitude. **Rudeness and Disrespect will not be tolerated!**
- Everyone will help put away all equipment at the end of practice and swim meets.
- Clear the locker room as quickly as possible, do not play or linger around.
- If you miss school, please do not come to practice. No school, No practice.

Parent's Responsibilities

- Help ensure your swimmer is rested, nourished, and hydrated, the health of your swimmer is very important.
- Help ensure your swimmer is prepared with all equipment for practices and meets.
- Make every effort to be aware of upcoming swim meets and practices.
- Please notify coaches of any behavior or medical conditions affecting your swimmer (i.e. ADD, Diabetes, etc.).
- Ensure your swimmer adheres to the pool rules.
- Help support your swimmer with encouragement and praise at all times.

Consequences for swimmers that exhibit unacceptable behavior: Swimmers who take a disproportionate amount of the coach's time due to unacceptable behavior, lack of responsibility, or lack of interest in practicing, absences may be removed for the remainder of the practice session or meet at the coach's discretion. The three-strike rule applies, meaning that if this action occurs more than three times you will be asked to leave the team.

We have read and fully understand the Pinellas Park High School Swim Team 2024 Handbook provided for the Pinellas Park Swim Team.

Swimmer Signature

Date

Parent Signature

Date

PLEASE READ IMPORTANT!!!!!!

The Pinellas Park High School swim team is asking for donations. This is by no means mandatory. We will accept any amount anyone can donate. If you wish to donate, or know of others who would like to donate, please kindly pass this along. These donations will be used to fund activities, our end-of-year banquet, and other swimming gear and supplies. Please consider helping the Pinellas Park High School Swim team by making a generous donation.

We will also be taking the following donations to sell for concessions during home meets: Gatorade (small bottles), cases of water, soda (cans, not bottles), snacks including individually wrapped chips, cookies, granola bars, candy, etc. We truly appreciate anything you can provide.

Every little bit helps. Thank you so much for your support.

Cut here.....

Swimmer Name: _____

Parent Name: _____

Amount Donated: _____

Concession Donation: _____

Checks can be payable to Pinellas Park High School