

# PSHS Swimming



A tradition of excellence

# Our Values

**1. Team Unity**

**2. Sportsmanship**

**3. Swim with Excellence**

# Team Policies

## Tardies

### *Varsity*

- Athletes must be stretching in the team circle by 6:45 AM, otherwise they will be counted tardy.

### *Junior Varsity*

- Due to the dependence on buses staying on schedule, tardies will not apply to JV.

## Absences

### *Varsity*

- If athletes are not present on the pool deck by 7 AM, they will be counted absent.

### *Junior Varsity*

- If athletes are not present on the pool deck by 4 PM, they will be counted absent.<sup>1</sup>

### *Varsity and Junior Varsity*

- Any absences due to a doctor's appointment need to have a doctor's note provided to the coach the following day in order to change the absence from unexcused to excused.<sup>2</sup>
- If you are healthy enough to attend school, then you are expected to be at practice.<sup>3</sup>
- If there is any extracurricular activity for another organization on campus that conflicts with practice, that conflict is to be communicated to the coach the day *before* the absence.<sup>4</sup>
- If an athlete does not have the appropriate equipment to participate in training, they will receive a warning. A pattern of behavior in unpreparedness will result in subsequent absences.

## Study Days

### *Varsity and Junior Varsity*

- A study day is defined as spending practice time to study *at the aquatic center* rather than training. This privilege is limited to two days a month.
- No study days will be permitted on Monday mornings (Varsity) or Friday evenings (JV).
- Exceptions will be taken into account for extenuating circumstances to be discussed with the Head Coach on a case by case basis.

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<sup>1</sup> Exceptions will be made in instances where the buses are responsible for unusual tardiness.

<sup>2</sup> Make sure you are providing excuse notes to the coach who has you on their roll of record (Coach Nelms – 1st and 7th / Coach Damon – 0<sup>th</sup>)

<sup>3</sup> Exceptions to the Study Day limitation policy will be made in these instances.

<sup>4</sup> This also applies for any instance in which such an event would cause an athlete to leave practice early. A day's notice is required to avoid it resulting in an absence.

## Tutorials

### *Varsity and Junior Varsity*

- Attending tutorials that cause an absence from practice must be discussed and approved by coach the day *before* the tutorial. Tutorials do not count as an absence.<sup>5</sup>

## Injuries

### *Varsity and Junior Varsity*

- Any preexisting injuries must be communicated to the coaches.
- Any new injuries must be communicated to the coaches immediately.
- Modifications to training must be discussed with the coaches to accommodate injuries and recoveries.
- The coaches are not physical therapists. Any persistent injury should be seen by a physical therapist or orthopedic. Coaches can only help modify training, not assess injuries.

## Club Swimming

### *Varsity*

- Athletes may attend up to one club practice a week in the place of participating in High School practice.
- For attendance purposes, Senior High students will need to check in with a coach at some point during the day. Vines or Clark students will need to have their parent email the Head Coach to confirm their athlete's attendance to club practice.

### *Varsity and Junior Varsity*

- For any club meet for which a club coach is requesting our athletes to modify High School training, the club coach must reach out to Coach Nelms via email or phone to discuss the appropriate modifications *before* the day the athlete is beginning their rest/taper period. It is the responsibility of the athletes to make sure their club coaches understand this expectation.

# Meet and Competition Etiquette

## Transportation

### *Varsity and Junior Varsity*

- When transportation to and from a meet is provided by PSHS, athletes are required to travel with the team.
- Extenuating circumstances may arise in which an athlete needs to travel either to or from the meet independently. In such instances, the athlete's parent must communicate with Coach Nelms via email or phone and upon approval, submit an Alternate Travel Release Form. This form can be found [HERE](#) under Exhibit E.

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<sup>5</sup> Because of our temporary accommodation with 0<sup>th</sup> hour, make sure you are discussing tutorials with the coach who has you on their roll of record (Coach Nelms – 1<sup>st</sup> and 7<sup>th</sup> / Coach Damon – 0<sup>th</sup>)

- Athletes are required to stay for the duration of the competition, regardless of taking alternative travel away from the meet.

## Participation

### *Varsity and Junior Varsity*

- Swim team captains are responsible for leading their team in stretching and warming up.
- Athletes are either warming up, competing, warming down, or cheering during a competition.
- Athletes are not allowed to change out until the meet is over.
- DO NOT exit the water until all competitors have completed the race.
- DO NOT leave your lane until all of your relay members have finished and exited the pool.
- Athletes are required to check in with the coaches after each race.

## Conflicting Events

### *Varsity and Junior Varsity*

- Any extracurricular event conflicting with a swim meet must be discussed with Coach Nelms at least one week in advance.
- No early release from a competition will be permitted for a conflicting event.

The Plano Senior High Swim and Dive Team seeks to be a competitive team, performing at our highest potential. Adhering to the team policies is essential to unifying our efforts, understanding the expectations, and moving forward as one team. Signing this policy indicates your understanding and willingness to follow these policies.

## Contact Information:

Coach Steven Nelms                      [steven.nelms@pisd.edu](mailto:steven.nelms@pisd.edu)                      Room: E109E

Coach Xandra Damon                      [alexandra.damon@pisd.edu](mailto:alexandra.damon@pisd.edu)                      Room: B214

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

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