

***Trabuco Hills High School Swimming
Handbook 2019***



Go Big or Go Home

***Team Policies
Schedules
Resources***

Contact Information

Trabuco Hills High School	(949) 768-1934
Principal	Craig Collins
Asst. Principal of Athletics	Daryl Beck
Athletic Director	Carlos Leon
Athletic Secretary	Jill Clark

Coaching Staff

Michele Lagerborg	Michael Woods
Girls Varsity Swim Coach coachlagerborg@yahoo.com	Boys Varsity Swim Coach michael.woods@svusd.org
Amy Burrola	Ryan Mock
Assistant Swim Coach	Assistant Swim Coach
Nicki Dougherty	
Assistant Swim Coach	

2019 Trabuco Hills Swim Schedule

<u>Date</u>	<u>Day</u>	<u>Team/Events</u>	<u>Level</u>	<u>Site</u>	<u>Time</u>
1/29	Tues	Start of Second Semester	All	THHS	TBA
1/30	Wed	Parent Meeting	All	THHS MPR	6:00 PM
2/12	Tues	Official Start Date	All	THHS	2:15 PM
2/21	Thur-Fri	2 nd Annual Mustang Pentathlon	All	THHS	2:15 PM
3/2	Sat	Los Amigos Co-Ed Relays	Open	Los Amigos	9:00 AM
3/8	Fri	SM JV Invitational	JV	Santa Margarita	TBA
3/9	Sat	SM JV Invitational	JV	Santa Margarita	10:00 AM
3/9	Sat	Los Alamitos Co-Ed Relays	Varsity	Long Beach Poly	TBA
3/12	Tues	San Juan Hills*	All	THHS	3:15 PM
3/19	Tues	Capo Valley*	All	CVHS	3:15 PM
3/22	Fri	MV Invite Diving	Diving	Marguerite Aquatics Complex	TBA
3/23	Sat	MV Invitational	Varsity	Marguerite Aquatics Complex	9:00 AM
3/26	Tues	Mission Viejo*	All	THHS	3:15PM
4/2	Tues	Laguna Hills	All	LHHS	3:15 PM
4/6	Sat	SM Invitational	Diving	Santa Margarita	TBA
4/9	Tues	El Toro*	All	ETHS	3:15 PM
4/23	Tues	Sea View League Prelims Boys*	All	TBA	TBA
4/24	Wed	Sea View League Prelims Girls*	All	TBA	TBA
4/25	Thurs	Sea View League Finals JV- co-ed*	JV	TBA	TBA
4/26	Fri	Sea View League Finals Varsity co-ed*	Varsity	TBA	TBA
4/29 – 5/3	Mon-Fri	CIS SS Division 1 Championship Prelims	Varsity	Riverside Aquatics Complex	TBA
5/4	Sat	CIS SS Division 1 Championship Finals	Varsity	Riverside Aquatics Complex	TBA
5/10	Fri	California State Championship Prelims	Varsity	Clovis North Aquatics Complex	TBA
5/11	Sat	California State Championship Finals	Varsity	Clovis North Aquatics Complex	TBA

Bold* indicates Sea View League Competition

Team Policies

Basic requirements of ALL Swimmers/Divers

Attend all Swim events, including Invitationals on Saturdays. No Exceptions.

- Attend all training sessions on time
- **Special mention about Spring Break practices**
- Attend all swim meets/invites
- Display good sportsmanship at all times
- Cheer for teammates when they swim
- Display team spirit and work well with other team members and coaches
- Finish the season in good academic standing through league finals

Earning a Varsity Letter

In addition to the Basic Requirements, in order for a swimmer to earn a Varsity letter, they must complete two of the following three requirements:

- Score a minimum total of 12 points during South Coast League Meets
- Finish top 16 at South Coast League Finals at the Varsity Level
- Achieve a CIF Qualifying time

Divers are required to:

- Basic rules must be followed
- Must qualify for CIF in the top 36

The Varsity Coach still has the final say on earning a Varsity Letter.

Coaches/Parent Expectation

Coaches will come prepared for practice/meets in THHS attire ready to coach the team. Parents will be required to help with donating their time. As much as the coach needs parent volunteers, we do not need help in actual coaching. Coaching decisions are at the discretion of the coach.

Academic Expectations

We are very proud of our Student/Athletes. Last year, the Girls Team was recognized by NISCA as a Silver Medal Academic Team with a 3.654 un-weighted GPA and the Boys were a Gold Medal Academic Team for the first time with a 3.774 un-weighted GPA which is 14th in the United States. Check this out at [NISCA All American](#)

A swimmer must maintain an overall 2.0 GPA, pass four classes, and not receive two U's in citizenship throughout the season. If these standards are not maintained, the swimmer will be removed from the team, may not attend the banquet and forfeit all awards/team records.

Grading

Swimmers will receive a grade in his/her swim class just as they receive other in other classes. **The swimming class is actually a P.E. class that is a requirement for graduation and a grade on the student transcript.** Each swimmers grade will be based on his/her ability to follow direction (i.e.: turn items in on time), participation, and attendance. Most of the grade is attendance based. Swimmers earn points each day. If absent, 0 points are recorded no matter excuse. Tardy swimmers will lose points. Swimmers can also lose points for lack of participation just like a non-suit in P.E. This is given by the discretion of the coach. Citizenship and work habit grades are given as well. Attendance is taken at every practice and an absence will require a readmit slip just like an academic class. If a swimmer cannot attend swimming he/she must get an early dismissal from the office, if they do not it will be marked truant. It is best to think of swimming as a regular class. Occasionally, swimmers will be expected to turn in a form, sign up for Remind notifications, do something on the GoogleClassroom; completion of such things also are part of a swimmer's grade.

At the completion of the season, all swimmers will be required to continue to attend 7th his/her swim class for the remainder of the school year.

Attendance Policy

Do not make plans to miss practice. Attendance is crucial to the training and development of each swimmer. On the 7th absence, the swimmer will be dropped from the program and he/she will forfeit all awards, including a Varsity letter, recognition at the banquet and any swim records. Absences will be calculated using the following:

- 1 Excused absence = 1 absence
- 1 unexcused absence = 2 absences
- 2 tardies = 1 absence

Being at school and not at practice is considered an unexcused absence. Further, vacations are considered unexcused absences as well as detention, suspensions and any other school extracurricular activities such as drama, band, ROP, work, or field trips.

Spring Break is usually mandatory for all swimmers but, this year is different only because of it occurring so late in the year.

In order to be eligible to swim at a meet, the athlete must be at practice the previous day.

Expect that the attendance policy will be strictly enforced by the coaches. Patterns of absences or tardies will be dealt with on an individual basis.

Club Swimming

Training with a club team during season will be allowed only if the swimmer is on the Varsity team, and has, (CIF Consideration) and has prior permission from his/her Varsity Coach. This is completely at the Varsity Coach's discretion because swimmers are getting a P.E. grade for a swim class. **Club swimmers must attend all scheduled swim meets, team meetings and practices they have not been excused from – this maybe morning practice.**

Time Management and Behavior

- Poor grades are caused by poor planning, poor time management, and poor choices; not by swim practice.
- Other school activities, i.e.: band, cheer, drama, ROP, etc. are not acceptable reasons to miss or cut short any part of swimming. Please adjust work schedules around practice and meets.
- Being disrespectful to any coaches or teachers will result in a warning and then being dropped from the program, losing all privileges.
- All school rules apply during practice both before school and at all meets whether at home or away. Please note: any pictures on the internet or hard copy showing an aquatics athlete breaking a school rule (drinking, drugs, inappropriate behavior, etc) will be dropped from the program immediately losing all privileges.

Required Practice Equipment

Each swimmer should bring the following items to practice every day:

- Practice swim suit – team suit is for meets only!
- Soft bladed swim fins – no stiff-bladed scuba type fins
- Goggles
- Towel
- Swim cap
- Water bottle
- Shoes to swim in

Practice Policies

It is important that each swimmer come to practice prepared to train with the appropriate equipment and respectful attitude. Swimmers should arrive 15 minutes prior to their scheduled practice time to allow time for changing and getting necessary equipment. All swimmers are expected to abide by the following practice rules:

- Be on time.
- **No use of cell phone on deck at any time.**
- No use of profanity or derogatory language at any time.
- Respect your teammates and ALL coaches.
- 100% effort all the time - train with Integrity.
- Be the best version of yourself - Hold yourself & teammates accountable.

Practice Times

Will be communicated to the swimmer by their coach and posted on the GoogleClassroom or Remind.

Meet Days

Meet Day dress code -

As a member of the THHS Swim Team, you are expected to look the part of a teammate. On meet days swimmers **must** wear the appropriate team apparel on campus. Much of this apparel is provide for you. If not worn, it is concluded by the coaching staff that you do not want to be a part of our program.

- On all meet days, the swimmers must wear his/her team shirt and either jeans or shorts.
- All swimmers will stay the entire meet to cheer and to help clean up.
- Never, ever, change your clothes on the pool deck – go to the locker room. You will be disqualified from the meet.

The Day of the Meet –

Everyone needs to help – we're a team.

- It is a national rule that a swimmer must compete in their issued team suit and cap. One has been issued to you based on your order. You need this for competition. You can always buy more. Any other suit must be approved by the Varsity coach prior to the day of the meet.
- On some meet days, the athletes are given an early dismissal time from class. The athlete is not to leave any earlier. If caught, the athlete will lose this privilege.
- Every swimmer is responsible for arriving early and helping with set up for the meet.
- At **home** meets every swimmer must remain on the pool deck throughout the entire meet and must stay until the conclusion of the meet to help with the breakdown of the meet equipment. You are not allowed to leave early even if you are done with all of your events. There will be a team meeting at the conclusion of each meet.
- At **away** meets the entire team is responsible for cleaning up our team area. We want to show respect for the other team's facility and will not leave a mess. Do not leave the pool deck and wander from the pool. The team will not leave for the bus until our team area has been cleaned. **Everyone must ride the bus to and from the meet.**

Fundraising

Thank you to all who have donated to our team this year!

Although SVUSD and the state does provide funding for some of our program funds are limited and do not cover all expenses. Therefore, it is necessary to have fundraising programs. The goals of our voluntary fundraising program are to:

- Encourage our program's participants (our swimmers) to do their part to raise funds necessary to run a quality swimming program.
- Make the swimmers beneficiaries of their own fundraising efforts through the purchase of quality equipment and uniforms.
- Help address the financial needs of the program and allow us to reduce the need for parental/guardian donations.

Donations will be used to:

- upgrade timing equipment
- purchase new touch pads
- travel costs
- invitationals and meet entry fees
- team suits
- team caps
- snacks/food
- Varsity Letters
- CIF patches
- awards like Swimmer of the Meet
- incentives
- Senior Recognition Day
- End of year awards & banquet
- Coaching stipends

The 2019 suggested Swim Team contribution per swimmers is \$300 and can come in

- Online Donations to: <https://thhsaquatics.com/>
- Donation in the form of a check payable to THHS Swim

In addition, we would like all families to:

- participate in the Ralph's Community Contribution Program which currently gives back to our Swim Team about \$350 every three months. If all our families did this we estimate this would be about \$1000 every three months.
- join us for fund raising dinners after practice at restaurants like Rubio's, Flippin' Pizza, Panda Express, etc. This is a lot of fun for swimmers, parents and coaches.
- consider encouraging a business to sign up for a Donor Recognition Plaque

The Varsity Coach will see if fundraising and donations are sufficient to fund our team as planned or if the program needs to scale the program back.

If you need more time, to donate please email Coach Lagerborg or Coach Woods so we can plan accordingly. Every little bit helps our team and there are many options on our new website.



Saddleback Valley Unified School District

Dear Parent,

The Saddleback Valley Unified School District is very proud of the extensive co-curricular programs offered at the comprehensive high schools. Through limited state funding, the District provides financial support for these programs, which may include stipends for one (or more) coach/advisor for each program, officials, CIF membership fees, facilities and their general maintenance. However, costs for athletics and co-curricular programs continue to exceed the limited state allocations, thus necessitating booster/parent organization support and the request for suggested contributions from participants.

Participation in the Trabuco Hills High School Swim and Dive program (*and booster/parent organization*) is strictly voluntary, and no student will be denied the opportunity to participate in a SVUSD co-curricular activity because of a parent or guardian's failure to participate in fundraising activities, failure to devote time or resources to the booster/parent organization, or failure to purchase uniforms, or other accessories or equipment. Parents or students who do not participate in the organization will not be publicly identified.

In an effort to provide a comprehensive program for students at all levels, the Trabuco Hills High School Swim and Dive program is suggesting a voluntary, non-refundable contribution in the amount of \$ 300 per student to fulfill our annual operating budget of \$48,368, which includes: travel costs, invitational & meet fees, replacement of backstroke flags, upgrading timing equipment, suits, caps, training equipment, incentives and awards, varsity Letters, CIF patches, Pentathlon and BBQ, Senior Recognition Day, coaching stipends, a record board for the pool, End of the Season Banquet and Awards, etc.

If additional funds to augment the program are not raised in the amount noted above, the school may find it necessary to scale back the program. We are encouraging all parents to contribute to the program, and are most hopeful that the needed funds will be raised. We often receive inquiries about our nonprofit status. Please accept this letter as certification that the Saddleback Valley Unified School District qualifies as a not-for-profit organization. We are a state educational institution, which is considered a political subdivision of the State of California. Because of this, we are considered a nonprofit state entity rather than a private 501 (c)(3) nonprofit organization. (*Note: if the parent organization is a non-profit 501(c)(3) it should be noted*)

Additionally, parents and students may be asked to participate in fundraising activities throughout the year in an effort to provide even greater financial support for the program. Participation is encouraged and greatly appreciated. However, lack of participation in these fundraising activities by a parent or guardian will not affect their student's ability to participate.

Thank you for your continued support,

Michael Woods
Swim Coach

Daryl Beck
Assistant Principal's Signature

1/30/19

revised 6/8/2017

Saddleback Valley Unified School District is committed to equal opportunity for all individuals in education. The district programs and activities shall be free from discrimination based on age, disability, gender, gender identity/expression, nationality, race or ethnicity, religion, sexual orientation, or association with a person or group with one or more of these actual or perceived characteristics equal rights and opportunities. Married, pregnant and parenting students shall have the same educational and extracurricular opportunities as all students.

Expecting and parenting students retain the right to participate in any comprehensive school or educational alternative programs for which they would otherwise be eligible. The District shall promote programs that ensure that these discriminatory practices are eliminated in all District activities

District Forms

All district forms have been replaced with AthleticClearance.com and were due on January 28th. As coaches we have done everything we could to communicate this to swimmers and completion of this is part of the class grade. A SVUSD Sports Screening Form is required with physician's signature and parental/guardian information. The form is linked here [SVUSD PSSE](#). This process seems to be very straight forward as all but a few have completed this to date – A BIG THANK YOU TO YOU!

Team Forms

Signed team agreement and acknowledgement you received this document everyone must turn in. It's the last page. This must be returned to the swimmer's head coach by Friday, February 1, 2019 for a grade.

*2019 Trabuco Hills High School
Mustang Swim & Dive Agreement*
(to be signed and returned to Varsity Coach)

Trabuco Hills Aquatics Principles

Team first, yourself second

Character/Integrity is more important than Talent.

What you give in Practice determines your Results.

100% Effort – 100% Commitment – 100% of the time.

Go Big or Go Home!

(Sign, detach, and return this portion to your Varsity Coach)

THHS SWIM TEAM AGREEMENT

As the parent of _____, a member of the 2019 THHS swim team, my swimmer and I have received, read and understand the above information concerning the swim program. We both agree that we will abide by these rules.

PARENT NAME (print)

PARENT/GUARDIAN SIGNATURE

DATE

We will use the email on record at SVUSD

SWIMMER'S SIGNATURE

DATE