



Swim & Dive

PANTHERS

Swimming & Diving

Team Handbook

REVISED 8/8/23



Swim & Dive

Klein Oak Swimming and Dive Teams Handbook

This is a continuing process to turn this team into a competitive and supportive group who is a force to be feared in the pool and modeled after out of the pool. For our success to continue, we must refocus our drive and goals, so we continue the trend towards becoming a top-tier swimming and diving team. The PROCESS of becoming a great team starts with what each student-athlete puts into that PROCESS. Student-athletes, this is your community . . . your school . . . and your team.

The rules that follow go well beyond school and district policies. They are intended to ensure fairness and proper behavior for all student-athletes wishing to participate in the program. These rules have been established to ensure that only deserving student-athletes will represent KOHS in competition.

Participation and inclusion in the swimming & diving program at KOHS is a privilege and an honor that is earned and maintained through hard work and sacrifice. It is not a right granted simply because someone is a good student-athlete and attends KOHS.

Please be advised that all school and district behavioral expectations are in effect, as well as the specific swimming program rules that will be addressed. Our guidelines must and will always be followed. While a member of this team, each student-athlete must always keep in mind they represent the swimming community, their families, KOHS, and their teammates. Each student-athlete is a part of a very select group of competitors. ACT LIKE IT!

Mission Statement

It is the purpose of the Klein Oak High School Swimming & Diving Team to promote the safest, and most supportive team-centered environment to improve everyone to the highest social, intellectual, and athletic level possible.

Coaching Philosophy

It is the responsibility of this coaching staff to educate the student-athletes on the KOHS Swimming & Diving Team on how to be a complete person while maintaining the safest environment possible. We follow a technique and high aerobic oriented training schedule in the athletic arena. While outside the pool, we demand our student-athletes reach the highest levels of academia and character in their classes. The qualities safety, achievement, integrity, and a positive attitude are those which this coaching staff strives to bring out in every student-athlete. Academics always comes first, and the coaching staff will check grades biweekly and counsel any athletes that are not meeting classroom expectations. We will guide, help, and facilitate tutoring for athletes that are not meeting expectations.

THE WEBSITE IS VERY IMPORTANT USE IT CONSTANTLY

kleinoakswimanddive.org

We post all the information needed here it is updated daily as needed.

This is the home page the calendar is circled in red because this is where the months practice schedule is.



On the top of the Home Page is the Menu.

Meet Schedule - will contain the seasons meet schedule both Varsity & Junior Varsity schedules.

Calendar - will contain the practice schedules for both teams daily in a calendar format.

Contact Us - Contains contact information for the Booster Club & Coaches.

Use this site as your first source of what is going on each day during the season.

Home Page - Panther News! This is very important to check daily during the season to see if there have been any changes to the current schedule. Also, it will contain information on upcoming deadlines for various events and fund raisers.

Remind Messaging System:

We would like every parent and swimmer to sign up for our Remind system. Our rule is if an athlete is signed up a parent or guardian must also be signed up. If an athlete signs up but a parent or guardian does not the athlete will be removed from remind.

We use Remind messaging as our 1st form of communication especially when there is a sudden change to our schedule. The website will be updated sometime after a Remind message is sent.

The coaches will never send a Remind message to one athlete, if we need to contact one athlete, we will send the remind message to the parent and the athlete.

Academics:

The main responsibility of the coaching staff and of the student-athlete is academic success. Just as KOHS students-athletes are held to high standards in the athletic arena, they are also held to high standards in the academic arena.

To be successful in this program every student-athlete must be able to balance school and swimming. This means being at practice every day ON TIME. If every student-athlete stays on top of his/her schoolwork, there is no reason a student-athlete cannot devote their time to swimming before or after school each day. "I have lots of homework" is not an excuse for missing practice. If this is an issue for you, come to your coach and we will formulate a process with you to alleviate and improve the stress of this issue.

While a student-athlete may be eligible to participate, if the coaching staff is aware of severe academic issues, the coaching staff may not permit that student-athlete to compete in meets or travel with the team to away competitions.

Eligibility guidelines

If a student-athlete is consistently having problems with grades or must be held from traveling and/or participating due to grades, that student-athlete will likely be removed from the team so they can focus on academics. When they have these issues conquered, they can return to the team either next season or the following semester, whichever comes first.

If a student-athlete needs extra time at school for things such as tutoring or make-up tests, every effort should be made to do this before and after school, depending on your practice schedule. Please address all other options available to you before you commit to missing practice.

Tutoring guidelines

Tutoring and make-up testing do not excuse a student-athlete from practice. Each student-athlete must be at practice. If tutoring is needed here at Oak tutoring is offered for all classes after school. If a teacher requests, you to attend their morning tutoring session the teacher must email me or contact me directly or I can contact that teacher BEFORE the tutoring session occurs.

If a student-athlete deceives the coaching staff in any way regarding this issue there will be severe disciplinary actions taken, up to and including removal from the team on the first offense.

It is the student-athlete's responsibility to talk with each teacher about work that will be missed BEFORE the team misses school for competition. It is always best to turn in assignments early that will be due the day of the meet.

Social platforms conduct expected.

All social platforms are part of our everyday life and also have guidelines that MUST be followed when it pertains to Klein Oak Swim & Dive. Do not post anything detrimental to the team or teammates. Use these platforms (Instagram, Twitter, Facebook, Tic Toc etc.) for positive post, encouragement, reinforcement for the program. Klein ISD social media rules apply 24/7 for all team members including coaching staff. If any of the above is violated it could be immediate removal from the team.

Conduct at School

All student-athletes are expected to conduct themselves in a manner in which is above every other student at KOHS. At all times keep in mind who and what you represent as a member of this team. It is a great responsibility and an honor that should never be taken lightly.

If a teacher contacts us about poor behavior in their class, the student-athlete will be dealt with in a manner the coaching staff feels is adequate and fair to the situation. Otherwise, the following guidelines will apply.

- 1st offense – warning and parent contact
- 2nd offense – removal from the next meet.
- 3rd offense – exclusion from meets for the remainder of school year, as per coaches' discretion.

All student-athletes must maintain satisfactory, "S", behavior in all classes.

Conduct grades on progress reports and report cards will be monitored. If a student-athlete receives an "N" or a "U" on their progress report or report card it will be treated as a contact from a teacher regarding your behavior in class. So, if a student-athlete has already received a warning and then gets an "N" on their progress report or report card their latest transgression will be considered as their 2nd offense.

Major violations of school policy or insubordination in the classroom that result in a suspension from school or other major classification of discipline ISS, can result in removal from the team on the first-time offense.

Conduct at Home/Away Meets

We are on display as a team each and every day. We are especially on display at away meets. Like it or not, we have a greater opportunity to look bad than we do to look good. We will keep this in mind each and every day we are walking down the halls, at practice, and at meets.

Always wear our TEAM suit and TEAM warm-ups. EVERYONE, including managers, divers, swimmers, coaches and even families will be in KOHS TEAM attire. We want everyone to look the part and be supportive of our TEAM.

Walk into the pool area together, EVERYONE AS A TEAM.

Leave your gear in our designated TEAM area. This is our TEAM home base, protect it.

Stretch as a TEAM. The stretching routine will be led by a team member and practiced daily. The TEAM will stretch in a place where the other team can see us and become aware of our **presence and professionalism**.

Warm-up as a TEAM and do what is expected during warm-ups. Insufficient warm-up not only hinders the individual student-athlete, but it also hinders our Team's chances of a successful meet. Always wear our TEAM cap during the meet.

Always cheer together as a TEAM. Cheer for our TEAMMATES before, during and after the meet. If a student-athlete is not warming-up, warming-down, or getting ready for their own race, they need to be cheering.

While the meet is going on, there is no reason for any student-athlete to leave the pool facility. While the meet is going on, DO NOT leave the TEAM area to go visit with parents or friends. Your TEAMMATES need your

help and support. Furthermore, if an athlete needs to leave the meet early, they should discuss the matter with their coach prior to the meet day. Before leaving the meet, if the athlete does not ride the bus back to school for away meets, the athlete must get a parent/guardian to sign them out and relieve the coaches of their responsibility.

While the meet is going on, minimize cell phone usage. There should not be a cell phone out during a meet or during practice. While at a meet, if a student-athlete is not racing, or warming-up they are cheering.

Most minor misbehaviors will be dealt with through our conditioning program. We will never invoke a penalty that will bring harm to a student-athlete. If any parent has any concern or questions about this issue, please let the coaching staff know.

If a teacher or other team member informs the coaching staff of improper behavior, the coaching staff will deal with that student-athlete personally. Improper conduct and/or repeated minor offenses may result in removal from the team at the coaching **staff's discretion**.

NOTE: If the team is at a meet, and the coaching staff observes improper behavior, or if a student-athlete informs us of such behavior, the student-athlete(s) involved in the misbehavior the occurrence will be documented and dealt with immediately if the offense puts anyone in immediate danger. If the offense is not an immediate danger the offense will be handled according to our team handbook or if it is in direct violation of KISD policy, it will be handled by the Klein Oak Athletic Coordinator and or KISD Administration the next school day.

Cheating, swearing, goggle throwing, fighting, or any other instances of violent and unacceptable behavior will not be tolerated. The student-athlete will be dealt with in the severest of manner. The punishment will be up to and including removal from the team on the first offense, and denial of rejoining the team in future school years.

This code of conduct applies everyday. If the coaching staff is informed of improper behavior on the weekend or holiday, we will deal with the student-athlete in equity. Each student-athlete represents the team year-round, and no one will be allowed to cast a bad light on the program because school is not in session.

Practice

Practice days are Monday through Friday before and after school, depending on whether a student-athlete earns a 1st period or 7th period spot. Periodically practices will be held over holiday breaks.

Every student-athlete must be at practice on time every day. **IF YOU ARE EARLY, YOU ARE ON TIME. IF YOU ARE ON TIME, YOU ARE LATE!** Should a student-athlete continue to be late on a repeated basis, that person will be dismissed from practice and possibly the team. *(Example: If practice starts at 6:00 a.m. every student-athlete needs to be on the pool deck ready to stretch at 5:45 a.m.)*

To show up tardy or late is not only a distraction but is also rude and disruptive. Furthermore, being late shows disrespect towards your TEAM and the coaching staff.

Practice will be “businesslike.” There will be no goofing off, loud talking, or standing around doing nothing. Everything in practice will have a purpose and will be completed.

If a student-athlete has a job, they may not miss practice for work. Arrangements will need to be made so practices will not be missed.

If a student-athlete must miss a day(s) of practice, the coaching staff must be informed as to when and why the student-athlete cannot participate, preferably in writing or email 24 hours prior to the practice(s) to be missed.

Locker contains the following all season.

The reason for this is to guarantee perfect practice attendance.

- Athletes supply their own combination lock, and the Coaches will keep a list of all combinations for future use.
- Pair of Running Shoes (old pair is fine)
- Shorts / sweatpants for dry land activities. (always)
- Shirt for dry land activities. (always)
- Extra swimming suit (backup suit in case they forget their main suit.)
- Extra Goggles (backup in case they forget their main pair.)
- **Locker checks will be conducted periodically.**

Lettering Standards

To earn a letter jacket and subsequent letters by meeting any 1 of the 4 following criteria.

- Girls letter standards for all KO girls swimmers. See the time standards chart below.
- Boys letter standards for all KO boy swimmers. See the time standards chart below.
- You can attain a lettering time standard in any team competition (meet) against another school throughout the season.
- Score points in an individual event at the Varsity District Championship Meet.
- Coaches Award > a swimmer that has done everything asked as an athlete and shows signs of leadership.
- Member of the KO Swim & Dive Team for 3 full seasons and going to participate in their senior year.

<u>GIRLS INDIVIDUAL EVENT STANDARDS</u>	<u>TIME</u>	<u>BOYS INDIVIDUAL EVENT STANDARDS</u>	<u>TIME</u>
200 FREESTYLE	2:04.99	200 FREESTYLE	1:51.45
200 INDIVIDUAL MEDLEY	2:22.06	200 INDIVIDUAL MEDLEY	2:04.92
50 FREESTYLE	25.60	50 FREESTYLE	22.50
DIVING 6 DIVE MEET	137 pts.	DIVING 6 DIVE MEET	137 pts.
DIVING 11 DIVE MEET	250 pts.	DIVING 11 DIVE MEET	250 pts.
100 BUTTERFLY	1:03.50	100 BUTTERFLY	54.70
100 FREESTYLE	57.03	100 FREESTYLE	50.22
500 FREESTYLE	5:40.50	500 FREESTYLE	5:01.25
100 BACKSTROKE	1:03.20	100 BACKSTROKE	59.20
100 BREASTSTROKE	1:11.22	100 BREASTSTROKE	1:03.55

Drugs / Alcohol

The UIL policies will be followed to the fullest also the use of performance enhancing drugs will not be tolerated. In our sports, these enhancers do not have the same effect as in football and baseball. Consequently, it is useless, irresponsible, and dangerous to use them. Blood doping and testosterone injections are illegal and extremely dangerous and will not be tolerated in this program.

Use of any other illegal substance designed to alter the mind and/or body is prohibited under state and federal law. No student-athlete on our TEAM will be old enough to consume alcohol and to do so will result in severe punishment up to and including dismissal from the TEAM on the first offense. The use of prescription or nonprescription drugs for recreational use will not be tolerated and will result in severe punishment up to and including dismissal from the TEAM on the first offense.

Use of drugs or alcohol does not make you a better swimmer, student, or person. It will not solve any problems, but only increase them. The coaching staff does not look kindly on drug use, and we do not want any athletes on our TEAM or in our school to use them. The consequences of such actions will be swift.

Thinks to aspire to do!

- Never limit yourself or your opportunities.
- Never stand in the way of others – only encourage and support those who strive to better themselves.
- Challenge yourself daily to raise the bar on performance in all aspects of your life.
- Not just talking the talk, but walking the walk every day, every minute, every second.
- Back up your goals with actions.
- Find a way to making things happen, not making excuses as to what could have been.
- Take responsibility for all your actions.
- Many young men and women will have a “will to be a winner” but not many have the “will to prepare to be a winner.”
- DO EVERYTHING IN PRACTICE.
- Train with a goal in mind – daily.
- PERFECT STREAMLINE
- Maximum distance per stroke.
- Do not warm-up/down lazy.
- Always strive for perfect technique.
- Improve all FOUR strokes.
- Lead the lane at least once per week.
- Do not be the last one in the door pool more than once. Strive to be first!
- Get out of the pool like an athlete.
- Carry your equipment bag every day. Do not drag it.
- Stay after to warm down longer, work starts & turns.
- Do preventative rehab work.
- Have and use your own water bottle, not the water fountain.
- Use the bathroom before practice.

- Leave the pool and locker room in better condition than when you got there.
- Challenge your TEAMMATES / lane mates during practice.
- Respect your TEAM / Coaches / Teachers always.
- Do not make excuses.
- Do what is right.
- Strive to be THE BEST.
- If you open it, close it.
- If you turn it on, turn it off.
- If you unlock it, lock it.
- If you break it, admit it.
- If you can't fix it, call someone who can.
- If you borrow it, return it.
- If you value it, take care of it.
- If you make a mess, CLEAN IT UP.
- If you move it, move it back.
- If it belongs to someone else and you want to use it, get permission.
- If you do not know how to operate it, leave it alone.

Quotes

"It's not the will to win that matters – everyone has that. It's the will to prepare to win that matters."

"Set goals - high goals for you and your organization. When your organization has a goal to shoot for, you create teamwork, people working for a common good."

"It's awfully important to win with humility. It's also important to lose. I hate to lose worse than anyone, but if you never lose you won't know how to act. If you lose with humility, then you can come back."

"Losing doesn't make me want to quit. It makes me want to fight that much harder."

"I'm no miracle man. I guarantee nothing but hard work."

"If there is one thing that has helped me as a coach, it's my ability to recognize winners, or good people who can become winners by paying the price."

"Little things make the difference. Everyone is well prepared for the big things, but only the winners perfect the little things."

"The first time you quit, it's hard. The second time, it gets easier. The third time, you don't even have to think about it."

"There's a lot of blood, sweat, and guts between dreams and success."

"People who are in it for their own good are individualists. They do not share the same heartbeat that makes a team so great. A great unit, whether it be football or any organization, shares the same heartbeat."

"If you don't have a winning attitude, I don't want you."

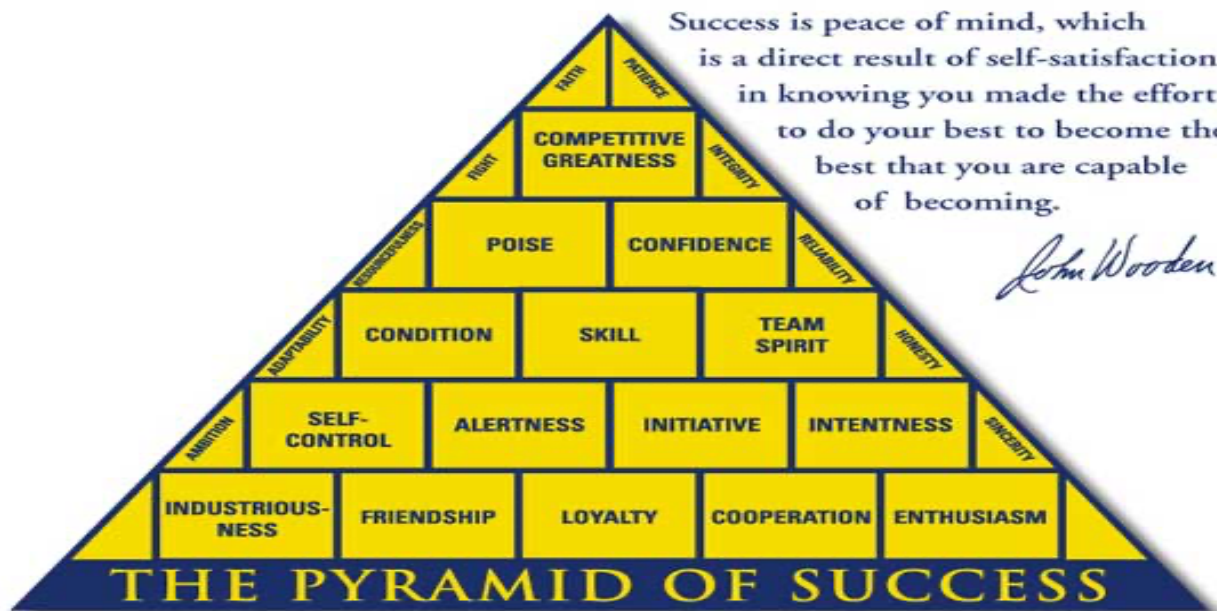
“Show class, have pride and display character. If you do, winning takes care of itself.

“Never quit. It is the easiest cop-out in the world. Set a goal and do not quit until you attain it. When you do attain it, set another goal, and do not quit until you reach it. Never quit.”

“When you make a mistake, there are only three things you should ever do about it:

1. Admit it. 2. Learn from it, and 3. Don't repeat it.”

THIS COULD CHANGE YOUR LIFE, YOUR MOTIVATION, YOUR OUTLOOK, YOUR ATTITUDE AND YOUR SUCCESS GIVE IT A TRY!



Contact information:

Kyle T. Subda Head Coach

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Website = kleinoakswimanddive.org



After reviewing the Team Handbook online at kleinoakswimanddive.org, return this signature page to the Coaches. This is proof that the below athlete and a parent / guardian have reviewed all material for the 2023 / 2024 season.

Signature Page: (return this page to Coach when completed)

I print name _____, the legal parent/guardian of

print name _____,

We have both reviewed all the information in the Klein Oak Swimming and Diving Handbook for the 2023 / 2024 season and understand all the information it contains and will abide by all Team Rules for the 2023 / 2024 school year.

Signature of Parent / Guardian: _____,

Printed Name: _____,

Date: _____.

Signature of Student / Athlete: _____,

Printed Name: _____,

Date: _____.

