

McCallum Swimming and Diving

2018-2019 Handbook



Contact Information:

Head Coach

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Athlete Expectations:

The McCallum swimming and diving teams are comprised of outstanding student athletes in all aspects of school life, including academics, attendance and discipline. All of the following will be discussed in greater detail below:

- Grades are very clear-cut: if you do not pass all of your classes, you do not swim at meets. If you are ineligible for two consecutive grading periods, you will be dropped from the team.
- If you receive a discipline referral for a serious offense, you may not be allowed to compete in the next scheduled meet (pending parent conference). If you receive a second discipline referral for a serious offense, you may be removed from the team (pending student/parent/coach conference).
- You are expected to attend every practice unless prior approval is given 24 hours in advance.
- You are no longer “Bob Jones – McCallum student”. You are now “Bob Jones – member of the McCallum Swimming and Diving Team” and more is demanded of you.

Practice Information:

Swim Location: The Lee and Joe Jamail Texas Swimming Center on the University of Texas Campus

(<http://www.tsc.utexas.edu/>).

Monday	Tuesday	Wednesday	Thursday	Friday
Swim at UT	Swim at UT	Swim at UT	Swim at UT	Dry Land at Mac Track/Weight Room
8:00-9:30pm*	8:00-9:30pm*	8:00-9:30pm*	8:00-9:30pm*	7:30-8:30am

*Swimmers are expected to be on deck stretching at 7:45pm.

Parking: There are two parking garages near the swim center (fee is \$10-\$12) and there is a city lot across from the pool (denoted with red circle) that, when available, is free and opens at 6:30PM to the public. Please plan ahead to allow time to park.



Due to the proximity of the Swim Center to the Frank Erwin Center, there are nights when parking will be unavailable near the pool. For the Frank Erwin Center list of events with possible parking conflicts, visit: <http://www.frankerwincentertickets.com/>

Carpool: Many students carpool to practice as parking at UT requires a permit 24 hours a day, seven days a week. Carpooling is entirely up to swimmers/parents. Coaches do not coordinate this.

Dry-Land Location: Every Friday, from 7:30–8:30am, swimmers will meet at the McCallum High School Field House. We will workout either on the track or in the weight room. We will meet outside the weight room. In addition, it is HIGHLY RECOMMENDED that swimmers spend time each week in the weight room on your own.

Meet Information:

Meet information will be sent out either the week before or week of the swim meet. Generally, swim team parents sign up to bring healthy snack food items and water for our swimmers to have during the meet. Swimmers are required to wear their team swim suit and caps (by rule, club suits/caps are not permitted at high school meets). Swimmers are to bring their team swim bags and parkas to all meets.

Swimmers events will be emailed out the week of the meet. Swimmers are allowed 4 events maximum (3 relays and 1 individual event or 2 relays and 2 individual events) and are selected by the coaches. No

changes will be made to assigned events except for medical emergencies. Swimmer preferences, needs of the team, attendance and effort at practice are taken into consideration when deciding events.

All swim meets are excused absences for students. However, students are responsible for ALL missed classwork and assignments. It is recommended that students see their teachers BEFORE being absent so that they may obtain their work in advance.

Meet Schedule: (Note- This is subject to change at coaches' discretion)

Date	Day	Meet	Time
September 12	Wednesday	Blue & Gray Scrimmage @ UT	During practice time Meet start: 8:00PM
September 22	Saturday	Tri Meet with Dripping Springs and Wimberly @ Dripping Springs YMCA Pool	Time TBD
October 5	Friday	Trojan Invitational @ Waterloo Pool	Time TBD Meet start: 9AM
October 17 (or 10/11)	Wednesday (Thursday)	Dual Meet with Austin High @ UT	During practice time Meet start: 8:00PM
October 27	Saturday	Tomball Invitational	Meet start: 10:30AM
November 9	Friday	AISD Invitational @ UT	7:30AM – 4:00PM
November 16	Friday	TISCA 5A & Under Meet @ Burnet**	9:00AM – 5:00PM
December 1	Saturday	Belton Invitational @ Belton HS	Time TBD – all day Prelims/Finals format
January 4-5	Friday - Saturday	TISCA Zone Meet @ Corpus Christi Tuloso-Midway HS**	Prelims: 1:00PM start Finals: 11:00AM start
January 25/26	Friday/Saturday	UIL District 20-5A Meet @ UT	Time TBD
February 1-2	Friday - Saturday	UIL Region 5-5A Meet @ TAMU**	Time TBD
February 15-16	Friday-Saturday	UIL State 5A Meet @ UT**	3:45pm warm-ups

All times are approximate start times.

** indicates swimmers must qualify for swim meet

Grading:

Practice is mandatory and is part of the swimmers' grade.

Philosophy: If swimmers are absent from an academic class they must make up the work they missed. The same is true for swimming on a Varsity level high school team. We expect swimmers who miss practice to participate in some physical activity on their own.

Non-Club Swimmers Grading Policy

Monday	Tuesday	Wednesday	Thursday	Friday
Swim 8:00-9:30pm* (20 points)	Swim 8:00-9:30pm* (20 points)	Swim 8:00-9:30pm* (20 points)	Swim 8:00-9:30pm* (20 points)	Dry Land 7:30-8:30am (20 points)

- Swimmers are to be on-deck stretching at 7:45pm*
- Swimmers exhibiting a lack of effort by entering the water late are deducted 2 points (maximum 2 points per night)
- Coaches must receive an email in advance (preferably 24 hours) about an absence

Club Swimmers Grading Policy

Monday	Tuesday	Wednesday	Thursday	Friday
Club OR Mac Swim* (20 points)	Club OR Mac Swim* (20 points)	Club OR Mac Swim* (20 points)	Club OR Mac Swim* (20 points)	Mac Dry Land 7:30-8:30am (20 points)

- Swimmers are to be on-deck stretching at 7:45pm
- Swimmers exhibiting a lack of effort by entering the water late are deducted 2 points (maximum 2 points per night)
- Coaches must receive an email in advance (preferably 24 hours) about an absence
- If not at either Club or Mac practice, absence is unexcused – Swimmers are expected to swim M-TH.
- Saturday/Sunday club swims do not count towards MAC attendance policy
- SPECIAL NOTE: You are expected to swim at least two McCallum practices each week.
 - If your club swim is before school, you will be expected to swim the full McCallum practice, the same as swimming doubles in club.
 - If your club swim is after school, or you have swum a double club practice, you will be expected to ATTEND MAC practice, but your swimming time will be limited to no more than 30

minutes of practice with the team. The rest of your time will be spent either on deck helping to record times, monitor team work-outs, assist coaches as needed OR doing homework/coursework for other classes in the deck bleachers.

- The intent of this attendance rule is to satisfy the need to protect swimmers from injury due to over-training, and the need for swimmers to be a contributing member of the team. Again, only TWO practices a week are required, using the previously mentioned options.

Excused Absences, with documentation (email Coaches):

- McCallum Fine Arts events you are PERFORMING in
- Doctor's note for medical condition that prevents you from swimming
- Absence from school due to illness
- Studying for finals (only allowed during final exam week)
- Other – will be handled on an individual basis

Free-Excused Practice Passes: There will be opportunities for swimmers to earn a free-excused practice pass. Should swimmers earn a free-excused pass, they are to notify coaches 24 hours in advance of use (passes cannot be used the day before a swim meet). In addition, swimmers cannot use more than one pass per six-weeks grading period.

Pass/Fail: Swimming is a non-weighted class. Swimmers who do not need a physical education credit can take swimming pass/fail. A grade of 100 in a non-weighted class might bring down a student's GPA if above a 4.0. The deadline to change a course from graded to pass/fail is the end of the 1st 6 weeks for the 1st Semester and the end of the 4th 6 weeks for the 2nd Semester. This is a hard deadline and no swimmer will be switched to pass/fail after the deadline has passed.

Pass/fail must be signed up for each semester (both Fall and Spring). Swimmers must receive a 70 or above to pass the course. Students without a Physical Education credit will not be allowed to take swimming pass/fail per graduation requirements.

UIL Eligibility:

Our athletes' ability to continue to participate in swimming will be determined by them passing their classes at the end of each six weeks. Students must pass academic classes with a 70 or above. For Pre-AP,

AP classes, and Pre-Calculus, students must make a 60 or above. Students become ineligible at 4:30pm 7 days after the end of the grading period.

An Incomplete causes a student to be ineligible until it is replaced with a 70 or higher in academic classes or 60 or higher in Pre-AP, AP, and Pre-Calculus.

Athletes can regain eligibility by passing all of their classes with a 70 or higher (exception: pre-AP, AP and Pre-Calculus courses only require a grade of 60). Eligibility is regained 7 days after progress reports or 7 days after a six-weeks grading period. A student can never lose eligibility at progress report time.

Equipment:

McCallum Provided

- Swim bag
- Swim Parka
- Swim Cap

Swimmer Provided

- Goggles*
- Practice Suit and Cap*
- Fins*
- Kick Board*
- Snorkel*

*These items are to be kept in your swim bag and brought to each practice.

Bags/Parkas: It is the swimmers' responsibility to care for all equipment issued to them for the season. Swimmers are responsible for the care and condition of their swim bag and parka. These items belong to McCallum and will be returned to the coaches at the end of the swim season. Failure to return equipment will result in a student being placed on the school obligation list. Obligations must be cleared before students can receive diplomas and transcripts. You will be charged to replace any lost/damaged equipment that was issued to you.

DO NOT WRITE YOUR NAME ON PARKAS/BAGS. Each swimmer has been assigned a number and is responsible for returning the same number at the end of the year. The numbers are written on the tags of the parkas and either the top of the swim bag or tag of the swim bag. Additionally, a number-tag has been attached to each parka. Swimmers may NOT remove these, as they are an easy way to identify which parka belongs to them.

Team Suits: Team captains select team suits annually, and each student must purchase this suit to be worn at all meets. Swimmers may purchase optional tech suits, but they must be FINA approved for use at meets. You may practice in any suit and cap you choose, but team suits/caps are to be worn at *all meets*.

Physicals:

A yearly physical exam is required for your student to participate in AISD Athletics. **The Physical Exam must be dated after April 15, 2017 to be valid for this school year (2018-2019).** McCallum has all additional forms regarding concussion, cardiac arrest, safety, etc. training online at:
<https://austinisd.rankonesport.com/New/Home.aspx>

All forms must be completed and submitted to the athletic trainer, Matt Johnson, prior to participating in any athletic activity. The physical must be turned into Mr. Johnson in person; he will not accept it via email, or via coaches. Mr. Johnson will notify coaches of athlete clearance.

NO STUDENT MAY BEGIN PRACTICING WITH THE TEAM WITHOUT BEING CLEARED BY THE ATHLETIC TRAINER – NO EXCEPTIONS!

Letterman Jackets:

To Letter in Swimming, students must meet one of the following:

- 1) Qualify and swim at the UIL State Swim Meet
- 2) Earn 1st-6th place at the UIL District Swim Meet two years (does not need to be consecutive years)
- 3) Be a fourth-year team member that has not qualified under #1 or #2

Letter jackets will be distributed at the annual end-of-season banquet.

Team Captains:

Team captains may be any junior or senior swimmer who has shown dedication and leadership skills on the swim team in years prior. To be considered for a captain position, swimmers must:

- Attend 80% of all practices
- Have a positive attitude at practices and swim meets
- Motivate and encourage younger swimmers

- Lead stretches and cheers at practices and meets respectively
- Maintain eligibility standards
- Be positive role models in their classroom and community

Fundraising:

Each swimmer will pay \$75 fair-share fees at the beginning of the season. Checks should be made out to “MAC Swim Team” and will be collected through the 1st two weeks of practice. Cash can be used (receipts provided), but checks are the preferred method of payment. We cannot accept Pay Pal or credit cards at this time.

The fee is used to help offset the costs associated with swimming (meet entry fees, TISCA fees, transportation, meals and equipment) that is not provided by the district, as well as our annual banquet. This money also contributes to the housing and food costs of our Corpus Christi meet in January. The budget fluctuates for this meet depending on the number of qualifying swimmers on the team each year. This money also allows the team to pay for team/district/region shirts as necessary.

Booster Club/Parent Help

The McCallum Swim Booster Club is a newly formed parent group that supports our student athletes and works along with the coaches to ensure a successful swim team season. The booster club meets monthly and new officers are elected in April of each year. Please consider joining the booster club!

Officers for 2018-2019 season:

President: Juliee Beyt

Vice President: Melissa Zaplatar

Treasurer: Ashley Fox

Secretary: Rachel Marroquin

Director at Large: Joey Trimyer

Director at Large: Alan Greenberg

Other annual team needs: **Team photographer** (takes photos throughout the season at practices and meets – assists with the creation of the annual end-of-season slide show presentation) and **meet timers**.

The team website can be found at <http://macswimatx.com/>.

Behavior Contract: (please tear off this page, fill it out, front and back, and return to a Coach)

Athlete's Name: _____

As student athletes, you are bound by a stricter moral and behavioral code than non-student-athletes. As such, you will be responsible for conducting yourself in a manner above and beyond non-student athletes. If you choose to accept this responsibility, you and your guardian must sign this contract, and in doing so, you agree to abide by the consequences set forth below:

Every member of the McCallum Swim Team has a duty to represent himself/herself, the team and the school in the best manner possible. This applies to your behavior both in school and out of school. You are expected to avoid situations where you might be accused of wrong-doing. Being in the "wrong place at the wrong time" is not an excuse if you chose to be there in the first place.

Violations of the AISD student code of conduct may result in dismissal from the athletic program. The following violations may result in suspension or dismissal from the McCallum Swim Team:

1. Using illegal drugs, alcohol, or tobacco at any time.
2. Allowing yourself to be in a situation, in school or away from school, where you are accused of/arrested for an illegal activity.
3. Missing practice (unless excused by the Coach).
4. Skipping class or school.
5. Poor sportsmanship
6. Harassment (verbal/physical/sexual/etc.) of another student or team member.
7. Any act (either in school or away from school) which in the opinion of the coaches and/or school administration, reflects in a negative manner on the McCallum Swim Team.
8. Disrespect for your coaches, the opposition's coaches, swimmers from other teams and/or the officials.
9. Negative electronic communication (text, Instagram, Snapchat, Twitter, Facebook, etc.) directed towards other teammates, students or coaching staff. Inappropriate electronic communication is also not allowed. If it is not positive or appropriate don't post it.

By signing below, you affirm that you have read this handbook and fully understand the rules set forth by this contract. You are also stating that you understand that violations of the McCallum Swim Team behavior policies may result in your being dismissed from the program.

Swimmer's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

**AUSTIN INDEPENDENT SCHOOL DISTRICT
PRIVATE TRANSPORTATION PERMIT**

We (I) are the parents (legal guardians) of _____, a child enrolled in the Austin Independent School District.

We (I) hereby grant permission for the student named above to travel with the McCallum High School Swim Team for the 2018-2019 school year.

We (I) hereby grant permission for the student named above to travel by a vehicle driven or operated by an employee of the Austin Independent School District acting within the scope of his or her duties, or gratuitously by an individual, _____
(name of volunteer and telephone number)

or an independent contractor _____
(name of chartered bus company)

We (I) accept responsibility to determine that the transportation provided is safe and reasonable for the purposes intended. We (I) agree that the Austin Independent School District, its officers, Trustees, and employees are not negligent in their choice of the transportation and that we (I) have freely chosen the transportation provided herein. We (I) understand that we (I) have the option to provide our (my) own transportation method.

We (I) hereby waive, release, and discharge the Austin Independent School District, its Trustees, officers, and employees from any claim, demand, or cause of action arising out of the transportation herein provided and agree to indemnify and save harmless the Austin Independent School District and its employees from all claims for loss, damage, or injury sustained by us (me) or by our (my) child whether the same be caused by the negligence of the Austin Independent School District or its officers, agents, employees, or otherwise.

Parent _____ Date _____

Student _____ Date _____ (if 18 years of age or over)

(To be used for field trips, extracurricular activities and other events during which students travel in privately owned vehicles driven or operated by Austin Independent School District employees, other individuals, or independent contractors.)