

PARTICIPATION

Expectations of TEAM members

**“COMING TOGETHER IS A BEGINNING, STAYING TOGETHER IS PROGRESS
AND WORKING TOGETHER IS SUCCESS”**

Swimming is a varsity sport at L'Anse Creuse North. There are no tryouts or cuts; every person who wishes to join the TEAM is a member of the TEAM. This means that the expectations of every athlete are very high. Swimming at the varsity level is unlike any other High School sport. Practicing two times per day is the norm. Usually this means a practice before school and a practice after school. Double practices begin the Tuesday after Labor Day for the GIRLS' SWIM TEAM, and the Monday before Thanksgiving for the BOYS' SWIM TEAM.

Both girls and boys swim seasons last approximately four months. During this time, practices are designed to improve stroke technique, strength and endurance. It is essential that every participant make every practice possible. Morning practices will focus mainly on technique with minor emphasis on endurance while after-school practices will focus mainly on endurance (both aerobic and anaerobic conditioning) as well as technique. In order for an athlete to be a part of the team a minimum of 90% attendance must be maintained throughout the entire swim season. This includes ALL practices and ALL team functions. All absences must be communicated to and approved by the coach (Mike).

For any athlete that wishes to participate in diving instead of swimming, all rules still apply. The focus of the practices however will differ. The beginning of the season through the middle of the season will focus on basic training while the end of the season will focus heavily on improving and perfecting the participants' competitive diving skills. Some athletes may swim and dive concurrently, for these participants, the morning practices will focus on diving and a portion of the afternoon practices will involve diving.

The athlete's commitment to the team does not begin and end with the swim and dive season. During the off-season each athlete is responsible to participate in team functions. This includes workouts, meetings, fundraisers, and gatherings. Each of these functions have their own significant outcomes. The workouts help improve the overall teams condition, the meetings keep every person involved and informed, the fundraisers provide funds for purchasing equipment/supplies for all members of the teams and the gatherings will be designed to improve team camaraderie and sportsmanship.

Swimming in the off-season is strongly encouraged as is additional physical conditioning such as running and weight training. Many swimmers are members of other high school teams while others may swim or dive as an affiliate of other programs in the area.

There may be team led workouts in the 2-3 week period before the start of season to help the team prepare for the season. Due to MHSAA regulations, the coach cannot train athletes before the official start date of the season and will not be in attendance at these workouts.