

L'Anse Creuse North – Girls' and Boys' Swimming Team

General Information

WHO: The team is open to any person who wishes to join the team. It is OK if someone joins the team that does not know how to swim because it is the coaches' job to teach the participants. It should be understood however; swimming practices are very tiring and difficult. Practices are designed to help each swimmer excel at their ability. Please realize that at the same token we want every swimmer to excel individually, the team must surpass any and all expectations others may have of the LCN swim program. Whether a swimmer is a beginner or highly advanced does not matter to us coaches, our goal is to help every swimmer achieve any goals he/she may set for himself/herself.

EQUIPMENT: Each swimmer will need a one-piece swimsuit for practice. Many stores sell these suits at prices ranging from \$5.00 to \$50.00. The coaches' recommend that parents be frugal shoppers and purchase swimsuits that are on sale. It does not matter what practice suits look like as long as they are appropriate. Generally speaking, girls will need 2 or 3 practice suits and boys will need 1 or 2, this is due to the amount of time the athletes are in the water and the effects the chemicals have on the suits. If a suit is well maintained, it can last an entire season (meaning the suit is rinsed thoroughly after use). A couple pair of swimming goggles is also HIGHLY recommended. The most expensive goggles are not necessarily the best. Find a pair that is comfortable on the athletes face.

Every member of the team will be required to purchase a team suit (\$35 - \$50 girls, \$20 - \$30 boys) and a team swim cap (members of the team with extremely short hair do not have to purchase caps). These are personal items for which the school cannot pay for due to the law. The school does provide for each swimmer a swim bag, warm-up suit, and a parka. These items must be returned in the same condition in which they are passed out otherwise appropriate fees will be assessed (usually at replacement cost). Every swimmer will receive a disclaimer that will list the prices.

PRACTICES: Depending on which part of the training season each team is in will determine the practice times. Usually, the beginning of the season will have practices that meet once a day for 2-3 hours, the middle of the season, the swimmers can expect to have practices before school and after school (yes, 2 times per day), and during taper the practices will return to single practices after school. During the heart of the season, the swimmers should also expect to have Saturday morning practices as well. A detailed schedule will be provided for every member of the team. Please remember, ALL afternoon, Monday morning and Saturday morning are mandatory and missing a practice WILL result in not being allowed to participate in a swim meet and could result in the participant being asked to leave the team.

SWIM MEETS: Swim meets are generally on either Tuesday or Thursday nights. There are four meets during the season in which this does not occur: (a) County Meet (Friday, Saturday – only those swimmers who qualify will participate in this meet, every member of the team WILL attend the meet, (b) MISCA (Friday – Diving, Saturday – swimming – only those swimmers who qualify will attend, the rest of the team may come if they want), (c) Division Meet (Thursday – Diving, Friday – swimming prelims, Saturday finals – entire team attends both days, however not all swimmers may swim on Saturday), (d) State Meet (Friday prelims, Saturday finals – only those swimmers who qualify will attend, the rest of the team may come if they want)

MHSAA PHYSICAL FORMS: A physical must be given after April 15th and is valid from that day forward through the end of the following school year. Boys, if you participated in a fall sport, please inform the coach that your paperwork is on file. All swimmers need to have a physical on file with the athletic department to be eligible to participate in high school swimming.

“SUCCESS DEPENDS ON WHAT IS DONE, NOT WHAT IS SAID”

Michael Owensby

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I started my swimming career with the Macomb YMCA Marlins in 1973 and swam for them for 13 years. In 1987 I began coaching the Marlins swim team. During the time frame of coaching with the Marlins, I have coached over 13 National Teams, which involved more than 40 different athletes. Many of these athletes received athletic scholarships at the colleges in which they choose to attend. During the 2007-2008 season for the Marlins, I coached seven different swimmers at the YMCA National meet in Ft. Lauderdale, Florida.

As far as coaching high school swimming, I had my first opportunity to coach the Mt. Clemens High School boy's team in 1989. Due to pursuing my college degree, I quit coaching high school until Chippewa Valley opened Dakota High School. In 1995, I coached both of the girls and boys swim programs for both high schools. After the first year, Dakota hired a girl's swim coach and the programs were divided. The Chippewa Valley girls swim team had several successes while I was their coach. The girls finished 2nd place twice at the Macomb County meet and had 2 Division Championships. The boys' team had 2 top five finishes at the County meet as well as a Division Meet Championship.

I know that the swim teams at LCN will have a very bright future. I envision LCN being the type of program that all participants, be it athletes, parents or spectators will be proud of. With a great deal of help from everyone this program can exceed every person's expectations and could produce swimmers that have the capabilities of competing at the international level.

Successes of the LCN Swim Teams

Girls' Swim Team:

State Results: 2010 – Finished 34 place, 2011 – Finished 25 place

Division & Dual Meet Champions: 2002 – 2003, 2011 – 2012

Sportsmanship: 2002 – 2003, 2003 – 2004, 2004 – 2005, 2005 – 2006,
2007 – 2008, 2008 – 2009, 2011 – 2012

NISCA All-Academic: Silver Award – 2006 – 2007,

Bronze Award - 2002 – 2003, 2005 – 2006, 2007 – 2008, 2008 – 2009,
2009 – 2010, 2010 – 2011, 2011 – 2012

Boys' Swim Team:

State Results: 2003 – Finished 40 place, 2004 – Finished 40 place,
2005 – Finished 19 place, 2011 – Finished 35 place

County Meet: 2nd place – 2010 – 2011

Division & Dual Meet Champions: 2002 – 2003, 2006 – 2007, 2007 – 2008,
2008 – 2009, 2010 – 2011

Division Meet Champions: 2003 – 2004, 2011 – 2012

Sportsmanship: 2003 – 2004, 2004 – 2005, 2005 – 2006, 2006 – 2007,
2007 – 2008, 2008 – 2009, 2009 – 2010, 2010 – 2011

NISCA All-Academic: Bronze Award - 2006 – 2007, 2007 – 2008, 2008 – 2009,
2010 – 2011, 2011 – 2012

“SHUT UP AND SWIM”

Richard Howell

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I started swimming with the Boy Scouts earning my merit badges in lifesaving and the one-mile swim when I was about 14 years old (in the late 60's). I have taken and taught life guarding classes ever since. In 1987 I started coaching the Macomb YMCA Marlins until 1997. During that time I taught swimming at Fraser High School and the YMCA. In 1998 I co-coached the girls' swim team at Lincoln High School with my son Keith until 2001 when I was offered a coaching position at Chippewa Valley High School. In 2002, I returned to coach Lincoln High School because my son could no longer coach due to his promotion and they needed a coach. Since then I have successfully found a home at L'Anse Creuse North with Mike.

Over the years I have successfully completed the American Red Cross Lifeguard Training, Water Safety Instructor (WSI), First Aid, CPR, and the American Heart courses as well. I am also a certified PADI diver with dives in Hawaii, Mexico, Lake Huron and soon to be diving in St. Kitts in the Caribbean. My wife Carol and I have taken safe boating lessons with the Macomb County Sheriff Division and have traveled by boat to the North Channel and Georgian Bay two summers ago and to Traverse City this past summer. I love the water and the people involved with it, whether being swimmers, parents, staff, yacht club members or friends.

My philosophy for swimming is the same for life: work hard, give 100% in everything, (attendance, spirit, and practices), show heart and don't give up or quit and all will prevail. Not everyone plans to fail they just fail to plan. So we all need to plan to win the Division and everyone will do their best.

“The body achieves what the mind believes”

“Hear in champions has to do with the depth of your motivation, and how well your mind and body respond to pressure”

“If you want to come in second...follow ME!”

“The first person to the wall WINS!”

“The person who finishes second is the first person to lose!”

PARTICIPATION

Expectations of TEAM members

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 team's 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.

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

PARTICIPATION

Expectations of PARENT members

As parents of Varsity athletes, we play an important role in the success of our kids and the team as a whole. The past several seasons have shown what an important part parents have in making the LCN swim teams a success. Several of the teams we compete against would rather swim our competitions at our pool as opposed to their own or other schools. To continue this success, it is essential that ALL parents participate in whatever aspect they can. A thriving swim program is made up of great kids, good coaches and great parents.

Our primary role as parents is to support the coach's vision for the team. This involves encouraging each athlete to set goals and work hard to reach their goals. Developing a good work ethic in and out of the pool will help our athletes be successful both at meets and in school. Both the school and the coaches have academic requirements for participation on the team. The coaches are willing to work with you if there are concerns in this area. Parents also need to stay informed and supportive of both practice and meet schedules. We have an effective communication process via e-mail that will help but it is imperative for parents to keep open communication with our sons or daughters.

All communication with the coaches must take place outside of meets and practices – e-mail and voice mail are the best way to get your issues addressed. The coaches have requested that all communication occur during the workday and early evening before 7:00 p.m. Upperclassmen and their parents are a good resource for information. You will receive a team roster at the beginning of the season with e-mail addresses and evening phone numbers for the boys/girls and their parents.

Your children will be working VERY hard during the swim season. As parents, you will need to encourage your son or daughter to eat properly, get plenty of rest and manage their time wisely. This includes possible completing homework assignments early. During the peak of the season, the swimmers will be burning far more calories than they normally consume and could get ill from being so exhausted. The peak of the girls swim season is during the time when weather changes constantly and the peak of the boys' season are during the peak of the flu season. It is important for parents to constantly monitor what their children wear and eat to try and maintain the team member's health. If a contestant does become sick, it usually does not last long. Some parents may consider getting their children a flu shot. Remember, you do not want your child to become sick the week of/before the County meet, Division meet, State meet or final exams. Please see the section on nutrition in the handbook, or refer to articles on the Internet.

Get involved. It is also encouraged that EVERY parent participates with the LCN Athletic Boosters. Be sure to take your turn to coordinate or participate in the fundraisers, swim meets or any of the social events. There is something for everyone and no previous experience is needed. If any parents have suggestions or ideas, please feel free to communicate them with other parents and the coaches. All ideas are encouraged. Any fundraising ideas must be approved from the administration or the school before they can be initiated. Team party hosts, timers on the pool deck, equipment coordinators are always in high demand. It is a great way for parents to get to know each other as well as the swimmers.

**“TEAMWORK IS THE FUEL THAT ALLOWS COMMON PEOPLE TO PRODUCE
UNCOMMON RESULTS”**

The Basics on Nutrition

Research from Australia finds that swimmers work harder than most other athletes easily burning up to 5,000 calories a day. With busy schedules and two-a-day practices, some swimmers find it difficult to consume enough calories and nutrients to meet their requirements for the season. The result may be fatigue and slower times.

DIET: DAILY AND BEFORE THE RACE

Daily Diet: A swimmer or any person who wants to have good health should eat a well-balanced daily diet, containing all the food essentials. He/she should not rely on vitamin or protein supplements. There is no dietary supplement that will improve an athlete's performance level. He/she conditions himself/herself by training hard and intelligently, by observing good training rules and by eating a well-balanced diet. It should be adequate in both nutritive and caloric values that the required vitamins, minerals, proteins and sufficient calories to maintain normal weight are available in his/her daily diet.

Daily Food Guide: Below is a table of foods swimmers need from each food group everyday during the season. Choose the maximum servings from the fruit and grains groups and the minimum servings from the fat and oils group. This will allow you to store carbohydrates in your muscles to be available for energy during your events.

Food Group	Recommended Examples	Serving Size	Minimum	Maximum
Milk	Low-fat dairy products including: Milk, Cheese frozen yogurt, ice cream, cottage cheese, yogurt	8 oz	3	6
High Protein Foods	Lean meat, fish, poultry, eggs, nuts, peanut butter, dried beans and peas (kidney beans, baked beans, split peas, chick peas), tofu	4 oz or 2 eggs	2	3
Vegetables	Green, yellow and starchy vegetables (some should be raw)	1/2 cup	3	Unlimited
Fruit	Oranges, apples, berries, juices, bananas, raisins	1 orange or 5 oz juice	2	8
Grains	Breads (preferable whole wheat), cereals, granola bars, rice, pasta	1 slice or 1 oz	8	Unlimited
Fats and Oils	Vegetable oils (canola, olive, walnut), soft margarine, butter, cream cheese, mayonnaise, sour cream, whipped cream	1 teaspoon for oils, butter and margarine; Others - 1 tablespoon	3	6

Everyone needs the nutrients from each of these groups. A person should eat enough of these foods to maintain proper weight. If he/she must eat more to maintain a normal weight, then a similar portion from each of the groups should be consumed in order to assure that the nutrient recommendations would be filled. When training hard, an athlete will burn more calories than normal and should do so by observing the proportionality suggested above rather than by adding calories that have no nutritional value.

The Meal before the Competition: A lot of people believe the pre-competition meal should be high in protein (meat). This is false. The pre-competition meal should actually be normal or lower in protein and fat and high in carbohydrate. Carbohydrates come primarily from the grains group, but also included foods from the fruit and vegetables groups, particularly potatoes. Certain foods require a long time to digest and thus slow the emptying of the stomach. They should be avoided. Other foods may dehydrate the stomach and cause discomfort.

“Losing is not coming in second, but is getting out of the water knowing you could have done better”

Foods to Avoid in the Pre-Competition Meal: These foods fall into all groups.

1. Greasy Foods: any fried foods such as French fries, pies and doughnuts; meat fried in grease, such as chicken, fish, breaded tenderloins, sausage; large amounts of cheese, whole milk, peanut butter, nuts of any kind.
2. Highly Seasoned Foods: pizza, spaghetti (if these are highly seasoned), highly seasoned meats, chili and so on.
3. Salads – cucumbers, radishes, raw carrots, corn on the cob. These foods are relatively hard to digest and may cause distress when the athlete is nervous.
4. Any food that causes flatulence – beans, junk food such as candy, pop, popcorn, peanuts.
5. Foods that are too sweet – foods containing large amounts of sugar, candy-dextrose or fructose, honey and so on. These foods draw fluid in the intestinal tract and may cause dehydration of the tissues.

The Timing of the Pre-Event Meal: The final pre-event meal should be eaten at least 3 hours before the athlete is to compete. The following menus can serve as a guide for the swimmer planning his/her own pre-competition meal. He/she should study them carefully and substitute only when the substitution conforms to the principles stated earlier in the text.

BREAKFAST	LUNCH	DINNER
Plan 1 Glass of Orange Juice Dry Cereal, sugar, skim milk Scrambled eggs Toast with margarine and jelly or jam Glass of skim milk	Plan 1 Hamburger patty (with grease absorbed on napkin as much as possible) Bread roll or bun Tomato soup made with skim milk Fruit juice (orange, pear or apple) Plain cookie or cake Skim milk	Plan 1 Small steak (absorb grease with napkin and trim fat) Spaghetti or rice (small serving) Roll or bread Vegetable Plain cake Chocolate milk
Plan 2 Glass of tomato or apple juice 3 or 4 pancakes, margarine, syrup, or sweet role (don't take pancakes if they are greasy) Lean ham slice Canned peaches Skim milk	Plan 2 Roast beef Baked or mashed potato with margarine Bread and jelly Green beans fruited gelatin Skim milk	Plan 2 Fruit juice or bowl of soup (broth or tomato soup made with skim milk) Lean meat (no gravy), fish or chicken (baked) Vegetable Baked potato, margarine Corn bread, margarine Sherbert with plain cookie Skim milk
Plan 3 Serving of prunes or figs Bowl of oatmeal with sugar and skim milk Waffle, margarine, honey or jelly Hot tea with sugar and lemon	Plan 3 Mashed potatoes with margarine Toasted cheese or chicken sandwich made with 2 slices of bread or bun Vegetable or vegetable soup (with fat skimmed) Pudding, gelatin or fruit Skim milk	Plan 3 Fruit salad Baked fish Vegetable Boiled potato margarine Whole-wheat bread, margarine Banana Skim milk

“Be usual to survive, be unique to WIN”

PRACTICE

Every swim team member will have a locker at the pool to keep and store his/her equipment. Plan to provide your son/daughter with breakfast food each day as they will not eat before morning practice and will need to eat before lunch. If needed, a place will be provided for the athletes to store food or eat. The students will need to be mindful of the schedule in order to get to class on time. The coach and the school will be monitoring tardiness.

Morning practices begin in the water at 5:30 a.m. A detailed practice schedule will be given to each member of the swim team so he/she will know what time he/she will have to be at practice. Sufficient time will be given to each athlete to shower, eat and get to class on time.

Afternoon practices will begin in the water at 2:30 p.m. It is expected that every athlete be responsible enough to be at practice on time. The coach will need to be informed if a student needs to meet with a teacher before or after school. It is a good idea to send a nutritious snack with your son or daughter so they can eat before the afternoon practice. Your son or daughter should also have a water bottle for practices because believe it or not they will become dehydrated while swimming.

Please keep in mind that practice and meet times are for the athletes and coaches to improve competitive skills. If you need to speak to a coach, contact them during non-practice times. Also, please try and schedule appointments during non-practice times, again a detailed practice/meet schedule will be provided for every team member. Believe it or not, the coaches and the kids find a way to make all of this FUN. The harder they work, the better they taper at the end of the season.

It is essential that all swim team members be at every practice. Although there is a great deal of repetition at practices, every practice focuses on different aspects of competitive swimming. If an athlete is absent for whatever reason, he/she will miss vital information to improve his/her competitive skills. Missing practices also affects the physical conditioning. This will affect the swimmers performance at the end of the season during taper.

HELL WEEK is a period of over-training for the athletes. This week is always three weeks prior to the Division Meet. For the boys' swimmers, this week may occur during the winter break. Although there are family obligations, sacrifices must be made in order to effectively participate and be successful in this program. During this time, practices will be longer, more strenuous; the athletes will push themselves beyond what their bodies can handle, literally. Your swimmers will come home from practice and they may not feel like doing anything except sleep. We, as coaches, believe that in order to effectively create a training base, an athlete must push their bodies past the physical and mental points of exhaustion. It is not as bad as it sounds. If you have any doubts or concerns about this over-training period, just look at the results of our swimmers at any of the Division meets. In short, HELL WEEK practices are just like all other practices, they are MANDATORY! This will be a time for team bonding along with the intense training requirements.

Taper is another term for resting. After an athlete commits to the months of strenuous training their body will need time to recover. It is at this recovery time where the body recharges for a once in a lifetime explosion of talent and energy. Your athletes will have more energy than they have had in months, but that energy must be conserved and focused on their performance. It is at this time they must rest as much as they can outside of practice. Please give them room to relax and rest at home. Taper only lasts a couple of weeks, so please be patient.

“ABILITY is what you are capable of doing, MOTIVATION determines what you can do, and ATTITUDE determines how well you do it”

CARPOOLING

It is the responsibility of each athlete and his/her parents to arrange transportation to and from practices. It has been tradition in the past for upper classman to transport the younger team members. This is at the discretion of the parents. If you are not comfortable with your child riding with a teenage driver, parents should make other transportation arrangements. As most of the drivers are responsible for their transportation expenses, car pool participants usually help to defray the costs of their drivers.

Although weather is usually not an issue during the girls' swim season, it is during the boys' season. Winter often plays havoc with practice and meet schedules. This means sometimes road conditions are a hazard and practice may be delayed or cancelled. Practice or meets may still occur even if school is cancelled. Sometimes our practices occur before the school district makes the decision or it appears on one of the TV or radio stations. If you have a question about the weather and if there is going to be a practice or meet, have your swimmer call a captain.

The policy has been that if school is cancelled, then so is practice. If the roads are clean and it is safe to travel, a team captain will notify team members as to whether or not we will have an afternoon practice. This may not apply to meets however. The coaches and the athletic directors of both schools will determine whether or not the meet will occur. This also involves the availability of school transportation, as the members of the team cannot drive themselves to or from an away meet.

The coaches will try and contact the captains, who will in turn contact the swimmers. If you feel that the road conditions are excessively dangerous, that is your decision as a parent. Keep your swimmer home and leave a message for Coach Mike at (586) 855-3119 or e-mail him at owensmi@lc-ps.org or lenswim@yahoo.com.

TRANSPORTATION TO AWAY MEETS

Athletic policy states that all athletes are required to travel to away athletic events by transportation provided by the school district. The return trip home will be provided by an alternative method to be determined by the parents and/or guardian of the swimmer. A form will be given to each swimmer prior to the away meet and it must be completed and returned to the coach prior to leaving for the meet. Except the State and MISCA meets, there is usually a bus for away meets. Please realize ONLY THE PARENT(S) of a swimmer can take an athlete home and these cases should only be for extenuating circumstances. Our goal as coaches is to develop a TEAM that involves the participants being with the TEAM from the beginning of the trip until the end.

WATER SCHEDULE

PLEASE BE AWARE THAT IT IS IMPORTANT FOR EACH SWIMMER TO PROVIDE HIS/HER OWN WATER. SHARING DRINKS IS HIGHLY DISCOURAGED AMONG TEAMMATES!

Water is the most important, but overlooked, nutrient. Even mild dehydration may result in slower times in the pool. Use this guide to stay well hydrated.

<u>When</u>	<u>How Much</u>
2 hours before (if possible)	At least 2 cups of water
0-15 minutes before	2 cups of water
Every 15 minutes during swim practice	2/3 to 1 cup of water
After practice	2 cups or more of water

“GIRLS play soccer; BOYS play football, REAL ATHLETES SWIM”

MEETS – GAMES – COMPETITIONS

At all meets, swim team functions and whenever a LCN swimmer is in public, our team members are ambassadors for L'Anse Creuse High School – North. An exemplary code of conduct is expected at all times. **“CONDUCT YOURSELF IN A MANNER THAT WILL BRING HONOR TO YOUR SELF, YOUR FAMILY, YOUR COMMUNITY, YOUR COACHES AND YOUR TEAM.”** All athletes should read and follow the LCN School Code and LCN Athletic Code of conduct.

DRESS ON MEET DAYS: If the team has a home swim meet, all team members are required to dress-up for school. This means that girls WILL wear a skirt or dress pants and a blouse or a dress, the boys WILL wear dress pants and a shirt and tie. If the team has an away meet, all team members are required to wear the team warm-ups (please make sure all athletes wear shorts under the team warm-up pants). Non-compliance WILL result in non-participation in the meet.

LCN provides each team member with a warm-up suit, team bag, and parka; it is the responsibility for each team member to take care of the equipment provided by the school and return it in the same condition with which it was issued. It will be the parent's responsibility to replace any missing equipment or repair any damaged equipment.

During the National Anthem, the swimmers and divers will form a single line along the edge of the pool. Every member of the team will be wearing his or her parkas during the National Anthem.

During the meet, ALL swimmers and divers will remain on the POOL DECK as a group when not swimming and support their teammates.

Varsity Swimming and Diving is different than all other sports at LCN. Every athlete that is at practices will participate in every meet at what is considered a Varsity level. There is no JV teams or freshman teams at LCN at this point in time. Just because your son/daughter participates in the meets however, does not mean your son/daughter will earn their varsity letter, they must complete the requirements for earning their letter.

QUALIFYING FOR THE STATE MEET

Swimming: The qualifying times for the state meet change yearly; as a result they will not be printed in this manual, but rather printed yearly as an addition to the manual.

Diving: While swimmers race against the clock to qualify for the State Meet, divers must outscore their opponents. To qualify for the State Dive Meet, a diver must place in the top 12 at one of three Regional Meets. To qualify for the Regional Meet, a diver must EITHER: place in the top six at the League Meet (assuming all six MAC schools enter a diver) OR take 5 “wins” during the season's dual meet competitions. To get a “win” a diver must place higher than all opponents. For example, if the opposing team places 1st in the diving event, none of our divers would get a “win”. However, if an opposing diver takes 3rd and our diver's place 1st and 2nd, then both of our divers would each get a “win”.

At each of the following meets, County, Division, MISCA, Regional and State, divers compete with an 11-dive list. There will be 36 divers at the State Meet—the top 12 from 3 Regional Meets. There will be “cuts” after 5 dives are performed, then again after 3 more dives are performed. Divers with the lowest earned scores will be cut and will not perform the rest of the dives. Number of divers of places to be scored will determine how many divers are cut at each of these points. The top eight divers at the State Meet achieve All State recognition.

ATTENDANCE REQUIREMENTS

GIRLS: The best time for the girls to train and learn the proper techniques will be during the beginning of the season (from the first eligible practice date through Labor Day). We coaches realize that many athletes have jobs or family vacations to attend, but it is important to realize the training and skill development at this time of the year will serve as a foundation for the remainder of the season. School has not begun yet and therefore all energy (both mental and physical) can be focused on the upcoming season.

BOYS: One of the best times to train for a sport is when there are fewer obligations to attend to. Since there are holidays during the men's swim season, there will no be school during those holidays. However, this point of the swim season is the most important in terms of preparation for a successful performance at the end of the season. In short, we have practices over the holidays and all athletes are expected to be at each practice. To keep the athletes occupied during this time of high intensity training, there are several team events scheduled, such as dinners, games, movies, etc.

Swimming is a very demanding sport for several reasons. It requires high intensity training, while still maintaining everyday responsibilities for family and school. Even though the athletes are tired and are loaded with schoolwork and other obligations, past athletes have proven that all can be accomplished successfully; therefore, members of this team are expected to be successful regarding all their responsibilities. In order to be successful, some priorities and responsibilities may have to be shifted, but we know it can be done. In short, all team practices are mandatory for all team members. Attendance will not only affect an athlete's performance and varsity letter status, it will also affect the team moral. This is a team focused on team effort.

During the season, there are other school related events and there may be conflicts, but each member of the team is expected to follow the traditions of putting the team first (family aside). A big part of growing is learning the long-term effects of the "now" decisions, and how they will affect you in the future. The practice schedule is created for the athlete who is willing to sacrifice his/her time to better him/herself; it is not created to those who display the characteristics of selective effort. Since the vast majority of team members knows and accepts this understanding, the program has successful outcomes. But let it be understood that a lack of attendance will not be tolerated, not by the coaches and not by the team and may resolve in dismissal from the program.

If an athlete must miss a practice, a note from the parent/guardian or teacher must be presented in order for the attendance to be approved. If an athlete misses more than 2 unexcused practices, the coach reserves the right to remove the athlete from the team. Each incident will be reviewed on an individual basis.

SUSPENSION AND EXPULSIONS FROM TEAM ACTIVITIES

TEAM POLICIES

Poor grades and poor behavior will not be tolerated. This program will follow the L'Anse Creuse North Athletic Handbook, LCN school code of conduct, the rules and regulations set by the MHSAA.

1. If an athlete receives a grade lower than a (C-) on a report card, the coach reserves the right to place the athlete of notice with all their teachers requiring a weekly progress report. It will be the responsibility of the athlete to turn in their progress report; the coach reserves the right at the end of each week. If the athlete fails to turn in their progress report, the coach reserves the right to suspend the student for that day's practice, which will result in an unexcused absence.
2. If an athlete receives a failing grade, the coach reserves the right to suspend the athlete from competition and place the student on a weekly progress report (See above).
3. If an athlete receives a detention during the swim season, the coach reserves the right to keep the athlete out of the next meet(s) based on the infraction.
4. If an athlete is suspended from school, the athlete will be suspended from the team, including meets, for the entire duration of the athlete's academic suspension. Team participation (meets, practices, etc...) following the suspension will be determined on an individual basis, with the team's best interest as the highest priority.
5. Any poorly displayed behavior will be dealt with on an individual basis, through consultations with the parents and the Athletic Director. Poor behavior identification will be the responsibility of the coach, all team members, and parents.
6. The Athletic Director is the immediate supervisor of the coach; as a result, he reserves the right to override any and all team rules, regulations and functions surrounding this team.

Substance Abuse

1. Any athlete suspected of having a substance abuse problem will be asked to meet with our athletic director and liaison officer, with his/her parents in attendance. A refusal to participate, either by the parents or the athlete will result in dismissal from the team.
2. Any athlete caught with a substance in their possession, or intoxicated will be suspended for a minimum of 2 weeks, **and will follow the consequences outlined in the Student/Athlete Handbook.**

Substance Abuse problems include but are not limited to...

Alcohol	Cigarettes	Marijuana	Cocaine
Ecstasy	Inhalants	Steroids	Acid

L'ANSE CREUSE HIGH SCHOOL – NORTH
ATHLETIC ACADEMIC AND CITIZENSHIP CHECK POLICIES

Athletics is an integral part of the educational process at L'Anse Creuse High School – North. However, it is a privilege to participate in the athletic program. This is a privilege that must be earned by students meeting the standards and expectations of the athletic program. It is imperative that students demonstrate acceptable effort in academics and citizens to participate in athletic contests and scrimmages. Failure to meet these standards can result in becoming ineligible or possibly being removed from the program. To assist in monitoring these standards and expectations, an **Athletic Academic and Citizen Check Policy** has been established.

The program is set up as follows:

Athletic Academic Policy

Athletics is a privilege for students who demonstrate the character, discipline and responsibility expected of all LCN students both in and out of the classroom. Academics are a priority for all students. As a result, Student-Athlete's grades will be reviewed every two weeks, beginning each semester.

- Athletes who are receiving failing grades in one or more classes, will be ineligible to compete in all scrimmages and/or competitions until all failing grades are improved to passing status.
- Athletes who are receiving grades of "D" or below, may be required to attend one hour of study tables after school until their grades are improved from "D" grade status. This will be at the coach's discretion.
- If academic ineligibility, attendance or citizenship concerns become repetitive or major, a meeting with the coach or athletic director will be set up to determine the eligibility status of the student athlete.

Citizenship Policy

There will be daily monitoring and feedback by staff with regard to student behavior and attendance. Student athletes must be in class all six periods to participate in any practice or athletic contest. Documented doctor appointments, school activities and funerals will not be held against the student.

Three tardies or an unexcused absence in a specific class during the season of participation will result in the student not participating in the next scheduled contest, at minimum.

Disrespect, cheating, insubordination, disruptive behavior, profanity or any violation of the Student Code of Conduct will result in the student not participating in the next scheduled contest, at minimum.

TEAM FINANCES

Team expenses are covered through various means: school allocation, fund raising and fees assessed to individual families. As a high school sport, we must follow MHSAA guidelines that define how school sports are funded.

The athletic department provides funds for:

- Coaches' salaries
- Pool time
- Transportation
- Tournament fees
- State meet expenses (depending on location)

MHSAA State restrictions: The state mandates that no athlete will be given a gift holding a value of greater than \$15.00.

Based on the guidelines, the balance of team expenses are covered by fund raising and family fees:

- Social events
- State meet weekend expenses
- Breakfast food
- Team suits
- Goggles
- Fins
- Drag suits
- Racing suits
- Banquet expenses
- Coach's gifts
- Memory book
- Photography
- Girls' or Boys' state meet gifts

The coaches and their advisory committee establish a budget at the start of the season. It is the responsibility of the treasurer to provide regular financial statements. Parents are asked not to incur any unapproved expenses. In order to be reimbursed, receipts for approved expenses must be submitted to the treasurer in a timely matter. Holding receipts until the end of the season may affect your reimbursement and the team financial status.

**“I’m a great believer in luck, I find the harder I work, the more I have of it.”
-Thomas Jefferson**

PARENT INVOLVEMENT

All parents are encouraged to get involved with the team. There is something for everyone—fundraisers, social events, and meet volunteers, to name a few. We are happy to provide orientation/training to underclassman parents. Over the course of your four years with the team, you will have ample opportunity to be involved at different levels. If an area is already covered, you may wish to “shadow” the more senior parent to prepare yourself for the coordinator’s role at a later time. It is important to train “younger” parents, as each year, the “senior” parents graduate out of the program with their sons/daughters.

PARENT VOLUNTEERS

HOME MEETS:

A person to run the computer
A person to run the timing system
Meet Announcer
Head Timer
Head Scorer
Timers 24 parents needed per meet

TEAM GET-TOGETHERS: (all meet get-togethers should take place on the day prior to a meet)

Season Kickoff –
Dual Meet get-togethers –
County Meet –
Division Meet –
LCN Invitational –
State Meet –

TEAM SUPPORT:

Treasurer
Newsletter/Communications
Journalist
Meet Results
Photographer
Meet Program
Memory Books
Home Meet Refreshment Coordinators Team Equipment Coordinators
Web Site Designer
Fund Raiser Coordinators
Holiday Activities Coordinators

ROLES AND RESPONSIBILITIES OF THE CAPTAINS AND OTHER SENIOR TEAM LEADERS

The role of the captain is to be an extension of the coach, meaning they will assist the coach in organizing team functions, rules and regulations, information and support. They are the leaders, who are responsible for their team. However, it is the responsibility for all seniors to ensure that the above expectations are met.

Since the captains are the extension for the coach and in order for this system to work effectively, all the seniors must be the backbone for this support system, by supporting their captains. However, leadership cannot be dependant upon titles, class or age. Leadership is a quality that we expect to be learned and displayed by all team members over the course of their participation on this team. Captains and seniors are noted as team leaders due to their experience gained throughout their years on the team. They are expected to know more and display the types of personal characteristics that we strive for in our program. Nevertheless, anyone can be a leader...it is an individual choice to lead or to follow!

Philosophy of Swimming

It is the philosophy of this program to provide an environment that will promote the individual characteristics deemed necessary to become a successful young adult, through athletics, focusing on homework, sportsmanship, leadership and friendship.

Swimming is a unique sport, due to the goals established by the tradition of the sport itself. In swimming, our main goal is to go as fast as possible at a specific, predetermined meet. All other events leading up to that one meet are viewed as learning experiences or extensions of what we focus on in practice. However, there are smaller goals, established to track progress, throughout the season. Some of those goals may include individual times, wins, or even physical feeling of one's self.

Aside from the competition aspects of the sport, swimming will help its athletes to learn life-long health and fitness. Swimmers are the most healthy and physically fit athletes, who maintain their fitness for extensive periods of time. For some, it becomes a habit to be healthy.

L'Anse Creuse high school – North
Boys/Girls Swimming Team
Swimmer Information Sheet

Name: _____ Birth Date: _____ Grade: _____

Address: _____

City: _____ Zip Code: _____

Home Phone #: _____ Cell Phone #: _____

Athlete's e-mail: _____

Locker #: _____ Locker Combination: _____

PERSONAL GOALS FOR SWIM SEASON: _____

Parent(s) Information Sheet

Parent(s) Names: _____

Home Phone #: _____ Cell Phone #: _____

Parent's e-mail: _____

Jobs I (we) would be willing to volunteer for: _____
