

# PROGRAM RULES AND GUIDELINES

I understand it is a privilege not a right to be a member of the Harlingen South Swimming and Diving Team. I am no longer an individual; I am a part of a family. Being a part of this family has its costs and responsibilities. I make my commitment to uphold and protect the legacy left by those before me and, leave my mark for those that will follow.

## **Our Priorities**

- 1) Faith, Morals, Values
- 2) Family
- 3) Future
- 4) Swimming/Diving
- 5) Everything else

## **Our Goal**

We are a 6A high school in The State of Texas. We participate in the most competitive interscholastic sports league in the country. Our goal is to compete and win all athletic contests.

## **Our Purpose**

Our purpose is much bigger than any time or placement. We are using swimming/diving to develop young men and women for success in the game of life. Concentration of purpose is in 3 areas:

- 1) Personal development of the young man or woman
- 2) Develop life skills
- 3) Educational development of the young man or woman

## **Our Rules for Attendance**

- Be present and on time or early for **ALL** class, meeting, practice, treatment, and meets. If I am going to be late or absent I will notify my coach immediately.
- Make up tests and appointments need to be on my time. This means during lunch before or after school. If I will be late and or miss practice for school tutoring I must clear this with my coach and understand I will be given a makeup session time. Failure to clear with my coach will result in make up and reminder.
- If I am injured I understand all of the above attendance policies are in effect.

## **Our Classroom Behavior**

- Learner's attitude: I am responsible for my education. I will take advantage of every opportunity to learn.
- Conduct myself as a gentleman or lady and show respect for all my teachers and fellow students.
- Complete all assignments to the best of my ability.
- Be on time for class. Never a discipline problem.

## **Keys to Successful Program**

Players trust coaches. Coaches trust players. Players trust players. Coaches trust coaches. Parents trust coaches. Community, student body, and faculty/administrative support.

## **Our Rules of Conduct**

- I will treat others the way I want to be treated.
- I will take care of facilities and equipment
- I will not embarrass myself, my family, my school, my community, or my team by making poor choices.
- I will lead or follow to the best of my ability.
- I will compete to the best of my ability in every area of my life.
- I will welcome discipline and take coaching.

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## Our Travel Policy

Players will travel to and from contests on school transportation. The only exceptions will be prior written notice from parent or medical transport. Additional Travel Policy is attached.

## Lettering Policy

1) Make regional Finals or Semi Finals 2) Have participated on the team for 4 full years 3) Participate on a relay going to Regionals or participate on a relay at Regionals.

## Our Standard

- I understand excellence is the standard and nothing else will be tolerated.
- I understand tough love: We will not accept any player as they are. We will only accept them for what they can become. Through that process, we will guide them, love them, and encourage them to be the best they can be.
- I understand the Core Values of South Hawks Swimming/Diving: Purpose, Attitude, Effort, and Self -Discipline

## Our Locker Room Policy

Players will be issued a locker. It is your responsibility to keep up with your equipment and secure your locker. Theft is an intolerable offense, do your part to prevent it by locking your items up and not bringing valuables into the locker room. **No photography/video will be tolerated in the locker room. No phones in use in locker rooms.**

## Parent Meeting Policy

In the event a parent would like to meet an appointment must be made. The coach, parent, and **student athlete must be present**. Contact us via email or phone. **hector.castaneda@hcisd.org**

## Quitting Policy

Player & parent meeting required if you are wanting to quit the program. Approval from both coaches before you transition to another sport.

## Our Student Athlete Personal Conduct Policy

Swimming/Diving athletes need to conduct themselves in a manner that will bring pride and honor to Harlingen High School South, The Harlingen Community, and The Athletic Program. I understand if I conduct myself in an inappropriate or disrespectful manner on or off the “field”, in or out of season, it will result in discipline and / or suspension and / or expulsion from the swim/dive program. I understand this includes The HCISD Student Conduct & Extra Curricular handbooks as well.

## Mandatory Tutoring

Grades will be checked weekly. If you are assigned tutoring it is because you have at least one grade that has fallen below 70%. You will be required to attend tutoring sessions after school until we can verify you are performing above 70%. Failure to attend tutoring will result in reminder and phone call to parents each day you fail to comply.

## Parent / Coach Relationships

Both parenting and coaching can be very difficult. By establishing an understanding between coaches and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone. Parents have the right to know, and understand, the expectations placed on them and their children. Coaches have the right to know that if parents have a concern, they will discuss it with the coach at the appropriate time and place.

## Training Room Policies

Any injuries or communication relating to injuries will go through our athletic trainers. If you feel you need to see a Doctor please communicate with trainers before making appointment. Treatment is mandatory if you are scheduled and if you fail to attend you will be given a reminder. All training staff is to be treated with the utmost respect.

## Our Discipline

“Discipline” scares people. They misinterpret it as punishment or being rigid. Punishment is something you do too someone. Discipline is something you do for someone. In our program we discipline with **Our Purpose** at the forefront.

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## Communication parents should expect from their child's coach:

Coaches will communicate with student athletes via email and or a district approved mass communication system such as REMIND 101.

- 1) Coach's philosophy.
- 2) Expectations the coach has for your son or daughter, as well as other players on the team.
- 3) Locations and times of practices and contests.
- 4) Team requirements, i.e., fees, special equipment needed, school & team rules, off-season expectations.
- 5) Procedures that will be followed if your child becomes injured during participation.

## Communication coaches expect from parents:

- 1) Concerns regarding their son or daughter expressed directly to the coach at the appropriate time and place.
- 2) Specific concerns in regard to the coach's philosophy and/or expectations.
- 3) Notification of any schedule conflicts well in advance.

As your child becomes involved in interscholastic athletics, they will experience some of the most rewarding moments of their lives. It's important to understand there may be times when things do not go the way you or your child wishes. These are the times discussion with the coach is encouraged.

## Appropriate concerns to discuss with a coach:

- 1) The mental and physical treatment of your child.
- 2) What your child needs to do to improve.
- 3) Concerns about your child's behavior.

It is very difficult to accept your child is not part of a relay. Coaches make decisions based on time and what they believe is in the best interests of all students participating. As you can see from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed next, must be left to the discretion of the coach.

## Issues NOT appropriate for discussion with your child's coach:

- 1) Team strategy.
- 2) Practice focus.
- 3) Any situation that deals with other student-athletes.

There are situations that may require a conference between the coach, parent and student athlete. These are not discouraged, as it is important for each party to have a clear understanding of the others' position. When these conferences are necessary, the following procedure is suggested to help promote resolution to the issue.

## If a parent has a concern to discuss with the coach, the following procedure should be followed:

- 1) Call the coach to set up an appointment. (Parent and athlete must be present)
- 2) If the coach cannot be reached, call the athletic director and ask him or her to set up a meeting with the coach for you.
- 3) Think about what you expect to accomplish as a result of the meeting.
- 4) Stick to discussing the facts, as you understand them.
- 5) Do not confront the coach before, during or after a practice or contest. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution of the situation, but often escalate it.

## What should a parent do if the meeting with the coach didn't provide satisfactory resolution?

- 1) Call the athletic coordinator & or principal to set up a meeting with all parties present.
- 2) At this meeting, an appropriate next step can be determined, if necessary.

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We have read the swimming and diving **PROGRAM RULES & GUIDELINES** and commit to following the policies and procedures outlined. We understand failure to comply may result in discipline and / or suspension and / or expulsion from the swimming and diving team. Print legibly athlete's name \_\_\_\_\_

\_\_\_\_\_  
Athlete Signature / Date

\_\_\_\_\_  
Parent Signature / Date