



HARTFORD-SLINGER BOYS SWIMMING



MACGYVER ZEPEZAUER
Head Coach
macgyver.zepezauer@huhs.org

TROY HAGEN
Assistant Coach
troy.hagen@huhs.org

ATTENDANCE REQUIREMENTS

ATTENDANCE

Consistent practice is the foundation of swimming. It gives each swimmer the strength, aerobic conditioning, technique, and mental toughness to race well, build a strong athlete, & strong team. With that in mind:

It is expected that you will make it to every practice, on time (stretched & ready to swim by 3:05) and swim throughout the entire practice.

When determining each meet's line up we first consider best times, but also look at attendance *and* effort in practice. Missing practice repeatedly *will* affect what you swim at a meet.

Attendance at all meets is expected. Between the points you score individually and the relays you are part of, the team counts on you. If you know you cannot make it to a meet, let the coaching staff know ASAP.

EXCUSED ABSENCES

It is essential that you **communicate** with Coach MacGyver if you miss practice (e-mail is best). Without some form of communication directly from the swimmer or parent to a coach, an absence will be unexcused.

Missing 3 practices without a valid excuse will end your season.

Obviously, life happens & situations arise which take precedence over swim practice; however, *only the following will be excused*:

- **ACADEMICS** (school work that absolutely must occur between 5:30-6:45 and 3:05-5:05pm, teachers will respect this. This does *not* include excuses for keeping up with daily homework.)
- **FAMILY FUNCTIONS** (functions that absolutely must occur from 5:30-6:45 and 3:00-5:05 pm. That means truly important functions like a wedding, medical emergency, etc.)
- **CHURCH**
- **ILLNESS OR INJURY** (CURRENTLY DEPENDS ON THE SITUATION)

UNEXCUSED ABSENCES

A short, but not exhaustive, list of absences that will NOT be excused:

- **JOBS** (Yes, there are many reasons to earn money. However, you have the rest of your life to work, and only a few years to enjoy the camaraderie, learning, competition, fun, and crazy fans of high school swimming.)
- **OTHER EXTRACURRICULAR ACTIVITIES** (This can be complicated, and we'll handle such conflicts individually.)
- **"I'M NOT FEELIN' IT TODAY", I FORGOT MY SWIM SUIT, GOGGLES, SHOES, ETC.**

WIAA PE Credits

If you would like PE credit through WIAA for your athletic team participation, you can miss no more than 10 practices. If you are injured and cannot participate fully with the team, that is considered a missed practice.

Our attendance policy is simple:

Missed practice? No valid reason? **You will not compete in the next meet.**

WHO MAKES IT ONTO THE VARSITY SQUAD ?

VARSIY EXPECTATIONS

Being named a varsity athlete is an honor and a privilege, and it is more than being one of the fastest swimmers on the team. While less experienced swimmers may move up to the varsity squad in the course of the season, top swimmers are expected to meet these expectations *consistently throughout* the season.

- Full attendance and participation in morning and afternoon practices.
- Full attendance and participation in Saturday practices. (see calendar/schedule)
- Hold or reach the top times on the team roster.
- Be a positive role model, team leader, and representative of the team and high school on the pool deck, in the locker room, during meets, and in the community by displaying good sportsmanship at all times.

The dedicated will make it to practice.

The rest will make excuses.

EARNING A VARSITY LETTER

4 ROADS LEAD TO A VARSITY LETTER

Complete the season in good standing, as well as one of the following:

- Score varsity points in four meets
- Score in the North Shore Varsity Conference Meet
- Participate in the Sectionals Meet
- Survive this demanding, intense sport for four years

OTHER END OF SEASON AWARDS

Most Valuable Swimmer : leadership in the pool, on the deck, as well as in competition. A varsity swimmer who has contributed most to a good season for the whole team.

Coaches' Choice : varsity swimmer who exhibits the characteristics coaches most look for: coachable, hard working, tenacious, improvement focused, supportive to coaches & teammates, sportsmanlike, respect for the sport

Most Improved : varsity swimmer who has shown the most improvement over the season

Attendance Award : perfect attendance for the entire season (could be JV swimmer as well)