

Welcome to the 2023 Varsity and Modified Girls Swim Teams! My name is Coach Saddle Whitaker and I am excited for the upcoming season. Please find below some basic information including the schedule for the beginning of the season, supplies needed, as well as some basic rules and expectations.



Varsity Schedule:

Varsity practices start Monday August 21st, 2023. I will reach out to families once I know practice times, which are dependent on lifeguard availability.

Modified Schedule:

Modified practices start Monday August 28th, 2023. I will reach out to families once I know practice times, which are dependent on lifeguard availability.

Middle School Athletes:

- You will be able to ride the sports bus from the middle school over to the high school for practice. Your parent/guardian will be picking you up from the high school lobby.

Supplies needed:

1. Racing type bathing suit (ONE-PIECE)
2. Towel
3. Swim cap (plus an extra)
4. Goggles, racing type (plus an extra)
5. Water bottle with your name on it
6. **WATER ONLY!** (no sports drinks, juice or other additives)
7. Ear plugs- if desired
8. Shampoo and conditioner- if desired
9. Paddles/flippers- if you can afford. We do have access to the school's equipment, but cannot always guarantee correct sizing.
 - a. www.swimoutlet.com check out the sale page for paddles, flippers and cheaper bathing suits
10. Bag for swim gear- swimming is a wet sport! You do not want to put your swim stuff in your school bag!
11. **YELLOW DECK SHOES**- flip flops/sandals/Crocs- preferably Crocs- we will wear these during meets

There are lockers and locks at the pool! The school supplies locks for us! Do NOT bring your own lock!

Athlete Expectations:

1. Arrive to practices and meets on time AND prepared
2. Challenge yourself daily and put forth 100% effort- no complaining!
3. Zero judgment! Swimming is a tough sport and everyone will have difficulty at some point. Be positive and help one another grow and be successful.
4. Listen and follow directions from coach, lifeguards, athletic director and officials
5. Prior to practice or boarding the bus: be dressed/prepared, have water bottles full and use the restroom
6. Do NOT share drinks!!!!
7. At practice: Effort, grit, perseverance, positive attitude, ask questions, improve and have fun!
8. All practices are **MANDATORY!**

- a. If you miss practice during the week without a legal excuse, you will not be able to participate in the next meet (or travel with us if we have an away meet).
 - b. If you are ill the day before a meet or do not attend practice without a legal excuse, you will not be able to participate in the meet the next day.
9. Modified girls are expected to help with Varsity meets and Varsity girls are expected to help with modified meets. Meets are back to back. Please plan to have your child be present at ALL HOME MEETS!
10. On the bus to and from away meets:
 - a. Keep voice levels to a minimum
 - b. No talking at railroad tracks
 - c. Cleanup any messes
 - d. Listen to directions from all adults, including the bus driver
 - e. No rude gestures to other cars or sticking hands out of windows
11. Practice or meet changes: Middle School swimmers are expected to call home from the Middle School main office. It is a Middle School expectation that students are NOT to be on their personal phones from 7:20 - 2:10 during the school day.
12. We will stop to eat in restaurants after away meets. It is the expectation that athletes have manners, are well-behaved and clean up after themselves in restaurants.

Pool Rules:

1. Do NOT get into the pool until the coach AND lifeguard are present
2. NO horseplay
 - a. The pool area is wet, slippery and dangerous
 - b. No pushing or shoving
 - c. No getting on the blocks unless we are using them
3. No diving or jumping:
 - a. Shallow end
 - b. Off the sides of the pool
4. Respect pool equipment and pool area

Parent Expectations:

1. It is expected that athletes are picked up ON TIME from practices and when returning from an away meet.
2. Parents are not allowed at practices.
3. Coaches will not discuss playing time, or other matters about a specific athlete during a meet or practice or in front of other athletes/parents.
4. Parents are able to take their athlete home with them after away meets, but parents must see a coach to sign their athlete out prior to leaving.
5. If a student is riding home with another student and their legal guardian from an away meet, the student must have a permission slip filled out and given to the office prior to leaving for the meet.

Prior to the season:

1. To be successful in swimming, you should begin using muscles that are required to help you swim. Find opportunities to work out.
2. Aim for 30-45 minutes of aerobic activity 3-4 days per week. This would include running, walking, biking, swimming, elliptical, etc.
3. Aim for 2-3 days of strength training and include exercises that work your shoulders (superman, planks, pushups, etc.)

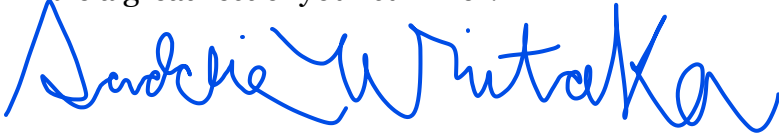
Communication:

1. Coaches and parents/athletes will be able to communicate via Parent Square.

If you have any questions in the meantime, please feel free to email me:

Saddie Whitaker whitaker.saddie@gcsk12.org

Have a great rest of your summer!

A handwritten signature in blue ink that reads "Saddie Whitaker". The signature is written in a cursive, flowing style.

Coache