

# HUSKY SWIMMING & DIVING



Honor. Integrity.  
Discipline. Excellence.

# Responsibilities

## COACH

- Responsible for all levels of swimming in the program.
- Plans and directs staff meetings twice a month.
- Educates and supervises all coaches
- Directs a parent education program
- Provides monthly report for Athletic Director.
- Sets workout schedule
- Sets workout groups
- Has prompt attendance at all practices and meets.
- Works with Athletic Director to determine meet schedule.
- Selects individual meet entries.
- Enters meet lineups
- Designs & oversees season training plans
- Designs & oversees daily workout plans
- Structures individual and team warm-ups
- Attends all pertinent meetings at meets
- Handles/oversees:
  - Disbursement of meet information.
  - Positing meet results
  - Organizational groups
  - Team travel
  - Best times
  - Team records
  - Team files
  - Team newsletter
  - Team roster

## ASSISTANT & DIVING COACHES

- Support the implementation of program.
- Has prompt attendance at all practices and meets.
- Attends all pertinent meetings
- Support the implementation of season training plans
- Support the implementation of daily workout plans
- Reports to head coach any concerns.

## MEDIA RELATIONS

- Works with the coach to provide press releases to the local media regarding but not limited to:
  - Meets
  - Season Preview
  - Season Review
  - Community Service Projects
- Submits articles, photographs, and emails to local media.
- Maintains a media scrapbook.

## SOCIAL EVENTS

- Works with coach to provide and organize team social events at least twice a month.
- Maintains a scrapbook of team social events
- Takes photographs or videos of social events (this may be done by another volunteer)
- Ideas:
  - Put-Put Tournament
  - Movie Night
  - Team Breakfasts
  - Team Dinners

## COMMUNITY SERVICES

- Works with coach to develop and organize team community service projects.
- Provides summation of projects to Media Relations.
- Maintains a scrapbook of events.
- Takes photographs or videos of community service events (this may be done by another volunteer)
- Ideas:
  - Clean Smith Stadium after football game.
  - Sing Christmas hymns for shut-ins
  - Conduct food drive for families in need
  - Fall yard clean up
  - Spring yard clean up

## MEET PREPARATIONS

- Works with coach to provide food for team travel.
- Organizes parent volunteers for food
- Organizes parent volunteers for meets:
  - Timing
  - Food
  - Scoring table\*
  - Announcing\*
  - Computer system\*
  - Meet set up\*
  - Meet clean up

\* These are for future planning when Holmes hosts a swim meet.

## BOOSTER CLUB REPRESENTATIVE

- Works with coach to maintain positive relationship with Booster Club.
- Works with coach to submit requests for the swim team

# **“THE HUSKY WAY”**

**Honor. Integrity. Discipline. Excellence**

## ***Introduction***

“The Husky Way” is a rewarding and proven path to excellence in athletics. The Husky Way is not easy- there are easier roads to take. *Those who embark on The Husky Way realize that anything worthwhile costs something.* As you read about The Husky Way, I hope you will be challenged and encouraged to make this year in swimming and water polo your best one yet.

## ***Focus***

The Husky Way has a simple and clear focus: Honor. Integrity. Discipline. Excellence. We want to conduct ourselves honorably and with integrity while being disciplined in our thoughts in our words, our actions, our thoughts, and our motives, particularly as we participate as a member of the Husky Swim & Dive Team which will produce excellence in all we do.

## ***Winning and Losing***

The Husky Way says that if you have done your best, you are a winner regardless of the scoreboard. By all means we strive to win, but winning is secondary to our ultimate goal of giving 100% of ourselves to the team effort. The theme of our swim and water polo program is 99% correct is 100% wrong.

## ***Competition***

One of our main goals is to practice hard in order to beat our opponents, and during meets/games we do everything within the bounds of fair competition to achieve victory. Yet it is competition coupled with the right attitude that represents The Husky Way.

## ***Attitude and Hard Work***

The Husky Way is all about attitude. A good attitude is the overriding feature of success in the Husky Swimming and Water Polo programs. First, our teams should never be out-hustled! Hustle is a never-give-up, never-say-die approach. Secondly, our teammates should have the attitude of being coachable, willing to listen, and eager to improve. The Husky Way finds no substitute for hard work. There is a saying reminding us that “the only place you will find success before work is in the dictionary.” The three D’s apply here: desire, dedication, and determination. Mental and physical toughness come from hours and hours of hard work. Our athletes should work harder than any team around.

### ***Unity***

Unity within our athletic teams is an essential ingredient for success according to The Husky Way. Though you may not be close friends with everyone on your team out of the pool, teammates must be “best friends” in the pool. Encouragement is vital to team strength, while criticism stemming from petty jealousy will always weaken the team effort. Every member of the team is important. A team will only be as strong as its weakest link. *Include teammates, don't exclude them.* Be happy when someone else on the team is honored, knowing that their *praise brings honor to all!*

### ***Academics***

The Husky Way stresses the importance of schoolwork in each student-athlete's life. In fact, doing well in school is what allows you to participate on the team. ***You will not participate if you do not stay on top of your academic responsibilities. Keeping priorities straight is The Husky Way.***

### ***Sportsmanship***

The Husky Way is characterized by sportsmanship. Good sportsmanship is a positive reflection on your school, your team, and yourself. We always shake hands with opponents after each meet/game, being gracious in victory or defeat. We hold our heads up and look the other team in the eye as we congratulate them on their effort. We avoid making excuses, blaming officials, or criticizing playing conditions. We acknowledge the other team's strengths, and we do not “bad mouth” anyone. We never feel ashamed when we lose if we played our best.

### ***Travel***

The Husky Way is the way of responsibility. *We always leave a place “nicer than we found it.”* Whether at restaurants or at opponents' fields, gyms, or locker rooms, we do not leave trash for others to pick up. If we are unsure about whose trash it is, we take responsibility and throw it away! Behaving properly on the athletic bus and at the facilities of our opponents is another aspect of The Husky Way. We do not yell from the bus or make inappropriate remarks. We always use “sir,” “ma'am,” “please,” and “thank you” when speaking with an opposing coach, teacher, or referee.

### ***Conclusion***

The Husky Way demands your very best, both in the pool and in the classroom. It demands your best in your relationships with your teachers, coaches, parents, and teammates. Indeed, it demands your best in all areas, but when you do your best, you will have no regrets. This is The Husky Way.

I, \_\_\_\_\_, have read and understand the Husky Way. By signing my name I agree to uphold what it means to be a member of the Husky Swimming and Diving Team.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## Leadership

Scanning sports history, you will find a wide range of championship teams; from Cinderella teams who had the right chemistry at the right time to the dynastic teams who have a tradition of excellence: the New York Yankees, Pittsburg Steelers, Dallas Cowboys, and the UCLA Bruins Men's Basketball team are some of the examples of teams who have proven their excellence. Surveying these teams you will find a group of individuals committed to a common goal, who put aside their individual wants and differences to support the team goal, who had leaders who understood the steps to be a championship team, who cooperated and supported their leaders and coaches, who walked the talk, and who taught others to be leaders.

One of the charges I have as a coach, and one that I take very seriously, is developing leadership skills among the athletes I have the privilege to work with. These skills will benefit the team, and more importantly equip you with the skills to be a leader in society.

One of the first questions you may have is "When and how will we elect team captains?" First, time will determine when we will hold elections for team captains. Time is the most important ingredient because over time you, the athlete, will learn what I expect from each member of this team. Since time determines *when* captains will be elected, the last question is *how* captains are elected. Each member of the Husky Swim Team will receive one vote per season (one vote per swim season and one vote per water polo season) you complete with me. For example, if you swim two seasons you will receive two votes, but if you swim two seasons and play water polo two seasons you will receive four votes.

The leadership courses will comprise of three levels. Level I: Pups (freshmen and new members), Level II: Togo (Sophomores and Juniors), and Level III: Balto (Seniors)





## **Level I: Pups**

**Objective:** Understand and demonstrate the basic operations of The Husky Swim Team.

**Basic Operations:** Walk, talk, dress, eat, sleep, etc.

- History of the TEAM
- How does the TEAM work?
- Practice schedule
- Equipment needed
- Attendance
- Traditions
- Policies
  - Dress code for swim meets
  - Nutrition
  - Conduct in school
  - Conduct on the bus
  - Conduct at swim meets

## **Level II: Togo**

**Objective:** Understand and demonstrate what it means to be a teammate.

**Basic Operations:** The importance of TEAM

- Importance of teamwork
- Importance of your role on the team
- Importance of protecting the team
- How to speak for the team

## **Level III: Balto**

**Objective:** Understand and demonstrate what it means to be a team leader.

**Basic Operations:**

- Importance of being a servant-leader
- Importance of representing the team

## 700 Club

### Paths to Success

- Personal Best Individual Times 10 points per swim
- Personal Best Relay Split 10 points per swim
- Split improvement 5 points per split
- Team record 100 points per
- Invitational Top 16 10 points per swim
- Invitational Top 8 15 points per swim
- Invitational Champion 20 points per swim
- Conference Top 16 10 points per swim
- Conference Top 8 15 points per swim
- Conference Champion 20 points per swim
- State Qualifier 50 points per swim
- State Top 16 25 points per swim
- State Top 8 30 points per swim
- State Champion 200 points
- All-Conference 75 points
- All-State 100 points
- All-American 250 points
- Practice Attendance Based on % attended
- Grades on interims/report card
  - As 10 points per
  - Bs 8 points per

### Bonuses

- Participate in 100% of Christmas Training 100 points
- Being on time to 100% of practices 100 points
- Honor Roll 150 points
- Faculty Recognition 25 points per
- Grade improvements 10 points per grade

### Road Blocks

- Late to Practice 50 points per
- Late to Team Meeting/meet 50 points per
- Demerit/Disciplinary action 50 points per
- Detention 50 points per
- Grades
  - Cs 0 points per
  - Ds -20 points per
- Unexcused Absence -50 points per
  - 3 unexcused absences 1 meet suspension
  - 6 unexcused absences suspended from team

## Husky Swimming & Diving Expectations

Members of the Husky Swimming & Diving Team are expected to:

1. Demonstrate respect, honor, and encouragement for:
  - Family members
  - Teammates
  - Coaching Staff
  - Opponents
2. Think how their actions will impact the TEAM both positively and negatively.
3. Be on time to practices, meetings, and swim meets.
4. Be prepared for practices and swim meets:
  - Swim suit(s)
  - Towel(s)
  - Water bottle
  - Goggles
5. Effectively communicate with the coaching staff in advance (at least 1 day) if she/he will miss a practice or competition.
6. Dress up on scheduled meet days:
  - Young ladies: Skirt/dress, blouse/sweater, dress shoes.
  - Young men: Dress pants, belt, dress shirt, tie, socks, and dress shoes.

**In the event that an athlete does not dress up for a swim meet she/he will be removed from the meet.**
7. While at meets, swimmers are expected to stay with, and encourage, the team. There will be time to talk with loved ones after the meet.



# HUSKY SWIMMING & DIVING



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Discipline. Excellence.

## Table of Contents

Athletic Code of Conduct.....	1-4
Athletic Eligibility Dates.....	5-8
Husky Swimming & Diving Expectations.....	9
“The Husky Way”.....	10-11
700 Club.....	12
Leadership.....	13-14

