

Lake Forest Swimming & Diving
Team Rules 2011

**A Team Above All
And...
Above All A TEAM**

In order to have a successful season WE must be committed to each other and to ourselves. As athletes, you have the opportunity, the honor, and the responsibility of representing Lake Forest High School and all that it stands for. The coaching staff is looking forward to a fun and triumphant swimming and diving season. The following rules have been established with your help and we are confident that compliance will enable us to have a successful and enjoyable season.

1. Swimmers and Divers are required to attend every practice and every meet. Athletes should be on time and should come with the appropriate equipment. Repeated or blatant tardiness and/or absence will result in suspension as outlined in the code of conduct bulletin. If an absence is necessary the coach's approval must be granted in order for it to be considered excused. (a note with a signature and phone number must accompany)
Each unexcused absence = 1 meet suspension. Suspension from 50% of the season's meets is a team suspension. Var: 50% = 7, JV: 50% = 5
2. Unsportsmanlike conduct will not be tolerated and will be considered a violation of the code of conduct. Athletes are expected to practice, compete and travel with integrity; any behavior that is inappropriate will result in penalties as outlined in the code bulletin.
3. School work is the responsibility of the Student-Athlete. School comes first, but to make a commitment to a sport means that a commitment to uphold academic standing is the responsibility of the Student Athlete. No homework will be done during practice time.
4. If there are any concerns that your student athlete has during the season then this is what should be done. At the conclusion of the practice or the meet the athlete should wait for a timely moment and ask the coach for a minute. After the athlete articulates her concern then it will be the coach's responsibility to try to find a time in the next 2-3 days to meet with the athlete.
5. Timing for the Lake Forest High School Boys Swimming and Diving meets is a responsibility that comes with being part of the Girls Swimming and Diving Team. Please be aware and please honor this responsibility.

Eligibility Procedures

All athletes must be passing 2.0 credit hours every week. The athletic office pulls grades every Thursday from Power School. On Friday at 3:10, letters are mailed home that will affect the following week (Monday – Saturday).

1st offense> (week one)

Letter sent home: Notification sent to Parents, Coach, Counselor, Athletic Director

Student will attend mandatory study tables Mon-Thurs 3:10-4:00. May attend practice/games after 4:00. Check with coach on expectations.

Athlete will not be able to participate in contests that week (M-Sat.)

2nd consecutive offense> (week two)

Same as above

3rd consecutive offense> (week three)

Same as above

Including a Team Suspension. At this time, **NO games** and **NO practice** will be allowed.

Athlete has one more week to pull their credits up to a 2.0.

4th consecutive offense> (week four)

After four consecutive weeks, if the athlete is still not passing, the athlete will be removed from the team. All PE requirements will need to be addressed and will be the athlete's responsibility to make up any classes. Also, the athlete will be unable to attend the end of season team banquet and will not finish the season on the final roster.

If an athlete is ineligible one week , but gets their grades above the 2.0 weekly credits, the following week without reaching 4 consecutive weeks, they are reset to 1st offense status. (ie; ineligible weeks 1 & 2, grades ok week 3, returned to eligible status, ineligible week 4- this would be treated as a new 1st offense.)