

2011 Hartland High School Girl's Varsity Swim and Dive

Information & Rules

We are excited to begin our High Varsity Swim and Dive season, and we welcome our swimmers, divers and parents to the 2011 season

Head Coach - Maria Puranen 810-223-2665 Cell - Pool 810-626-2279

mariapuranen@hartlandschools.us

Assistant Swim Coach - Carolyn Brach

Dive Coach - Leigh Bolitho 810-333-2101 or labolitho@att.net

Coach Maria's Philosophy

I am a coach because of my passion for my work. I am able to foster the growth of my athletes through the opportunity that Hartland High School provides. I will work to mold a group of individuals to communicate, to be responsible and to hold themselves accountable both personally and as a team. I believe in nurturing their dreams to be the best both in out and of the pool.

A. Pay to Play

The Pay to Play (P2P) fee for the 2011 Season is \$175.00

B. Physicals/Illness/Injuries

A **physical** must be on file before the first day of practice.

Injuries sometimes occur in practice or at meets. If a swimmer/diver feels they are injured to the point that they cannot complete a practice or a meet. That swimmer/diver will be assessed by a coach and a trainer.

After being **cleared** by the trainer if the swimmer/diver still is unable to fully practice or compete, the parent or guardian will be asked to seek professional medical advice.

If the swimmer is **not cleared** by the trainer the swimmer's parent or guardian will be asked to seek professional medical advice.

If a swimmer/diver is ill for more than 2 days the parent or guardian will be asked to seek professional medical advice.

A written medical explanation, signed by a medical professional, must be provided to the coach and the trainer before the swimmer can return to practice.

C. Swim/Dive Meets

- 1) All athletes will be expected to attend all Meets.
- 2) You must complete a full day of school on Meet day in order to participate in the Meet.
- 3) Bus transportation to away meet will be provided. Check calendar or Meet schedule for departure times. Swimmers and Divers must ride the bus to and from the Meet. A form

from the **Athletic Department** must be filled out and given to the Coach 24 hours in advance to ride home with a parent **due to special circumstances only**. No siblings or friends of team members will be permitted to drive a Swimmer/Diver home.

- 4) During Meets, **athletes sit with their team**. Swimmers/Divers are not allowed in the stands.
- 5) Wear your Team suit and Team apparel on deck. Other clothing is not permitted.
- 6) **No jewelry, hair bands or unapproved swimwear is to be worn.**

D. Athletic Code of Conduct

We will follow the Eligibility for Participation in High School Interscholastic Athletics and Extra-Curricular Activities and the Revised Substance Abuse Policy for Students involved in extra-curricular Activities in the Hartland Consolidated Schools. We will follow the Code of Conduct specifically outlined in the student's handbook. **SUBSTANCE ABUSE WILL NOT BE TOLERATED.** Do not compromise our program, your teammates and most of all yourself by getting involved with substance abuse. So called "social drinking and smoking" with your friends only shows your personal weakness and really accomplishes nothing positive when you think about it. You work too hard and there is too much at stake for this team and you personally to not be at 100% capability. If the situation arises -- stop, think and make the decision in the best interest of the team and yourself.

E. Academics

Each student must stay academically eligible as determined by the school rules. Every effort will be made by the Coach to help students who need extra academic help etc., provided that the Coach is aware of the difficulty. **Don't wait until you are failing to tell the Coach.**

F. Swim Suits - Uniforms

If an athlete loses their team suit, one can be purchased from **Teamwork's**. Please be advised that the **cost will be higher** since it will not be ordered in quantity.

G. Swim & Dive Lockers

High School Swimmers/Divers will have assigned lockers in the Varsity Women's locker room at the High School. This will eliminate carrying equipment on a daily basis. We expect the locker room be kept clean at all times. We are not responsible for lost or stolen items.

H. Tardiness and Absence

Practice will begin at the scheduled time. If an athlete is going to be late or absent that must be pre-arranged in writing or by email with the coach. A pass from a teacher or a school administrator must be given to the coach on behalf of the student if tardiness or absence is due to a school activity. The same standard applies if an athlete must leave early. Being absent, late or leaving early is highly discouraged and is detrimental to team moral and compromises your training. Make every effort for doctor, dentist or other appointments and activities to not interfere with practice. If truancy becomes chronic you will be asked to leave the team.

Hartland Varsity Girl's Swim/Dive Team

Mrs. Maria Puranen

Head Coach

810-223-2665

2011 Swim/Dive Commitment Contract

Name: _____ **Grade:** _____

Parent's Phone: _____

Athlete's Phone: _____

Email's: _____

Attendance

By submitting this contract, I am obligated to attend all practices, meets and other team activities associated with Hartland High School Swim Varsity Girl's Swim/Dive Team. I understand that if I am late or absent to any practice or meet my actions negatively affect the strength of the team and I may be asked not to participate because of it.

Conduct

By submitting this contract, I hereby am obligated to conduct myself in a respectful manner at all time while I am associated with the swim/dive team. This includes in the locker room, during school, at school functions, during practice, at meets and in any other way I associate myself with the Hartland High Swim/Dive Team. I will not embarrass the school in any way. I will treat students, teammates, staff, coaches and parents with respect and will follow the directions given to me. I understand everything I do and say directly reflects on the team. I will conduct myself in a manner that will positively represent myself in accordance with the school's philosophy, Reason, Respect and Responsibility.

**Hartland High School
Girl's Varsity Swim/Dive Team
Handbook Sign Off**

I, undersigned parent, have read and understand the enclosed rules and expectations required of my child for satisfactory participation with the Hartland Girl's Varsity Swim/Dive Team. I further understand that my child must comply with the Hartland High School Handbook Rules as well as the Hartland Girl's Varsity Swim/Dive Team Rules.

Parent's Name

Date

I, undersigned parent, have read and understand the enclosed rules and expectations required of my child for satisfactory participation with the Hartland Girl's Varsity Swim/Dive Team. I further understand that my child must comply with the Hartland High School Handbook Rules as well as the Hartland Girl's Varsity Swim/Dive Team Rules.

Student's

Date

