

PACE HIGH SCHOOL SWIMMING

Greatness is not a single act – It is a lifestyle! It is a daily choice to work as hard as you can to reach your full potential- We are going ALL IN - Be on a Mission each and every day!

What are we looking for in a Pace High School Swimmer?

Good Swimming skills, Endurance, Good Academics and Good Behavior in and out of the pool.

Team Goals from your Coaches:

- Have **FUN** improving swim techniques, competing and being part of this team
- Maintain our high academic standards at the local, state and national level
- Stretch Goals - Win dual meets, compete at Districts and have team members qualify for the State Series meets
- Be known for Best Sportsmanship, Starts, Turns and Streamline!

Letter Criteria for Swimmers: (Coaches discretion)

- Attend all team functions (practices – games – team meetings etc)
- Remain in good standing with the coaches/ team the entire season – No Suspensions
- Demonstrate a positive attitude and work ethic each day at practice and at meets
- Set and Achieve Team and Individual Goals

The coaches will determine the entries for the meets at least one week in advance (some meets like Districts will require at least two weeks). Participation on a relay in one meet does not guarantee a spot on that relay in the future. Varsity events will include the fastest 4 swimmers, but a swimmer can be removed from a Varsity event due to poor attendance, poor behavior or a poor attitude. Swimming in a Varsity event does not guarantee a spot at Districts nor does it mean the swimmer automatically letters.

STAY INFORMED The primary method of communicating with parents is via email and Social media so make sure that both the Coaches and the Team Parent Reps have a current email address *that you check often*. Information about upcoming meets, changes in practice schedules and other important team information is provided in a weekly email from the coach. In the event of inclement weather, an announcement will be made at school and coach or captains will send group text swimmers in a timely manner. We will also post updates on Facebook, but email or text is still the main way to communicate.

Each year a couple of parents take on the task of serving as ‘team reps’. They help organize food, team events and socials and make sure that everything is running smoothly so that the coaches can focus on coaching!

Contact: Coach Amy Wolfenden- 850-698-3816 wolfendena@santarosa.k12.fl.us or
Coach Katherine Byers- 850-982-6315 Byersk@santarosa.k12.fl.us

Important High School Competition Rules

- No jewelry
- Swim Suits may have no more than 1 (2 ¼ inch) sponsored logo- ie TYR, Speedo, etc-
- Swim suits must be one piece, have appropriate coverage and no exposed ties.
- Swimmers may swim in up to 4 events but no more than 2 individual - 2 individual and 2 relays or 1 individual and 3 relays. If a swimmer chooses to dive that is considered 1 individual race.
- Fastest available 4 swimmers will be entered in each event as per FHSAA entry rules- some meets allow more or less entries depending on meet type and time allocations. For relays the top 4 available swimmers will be entered in each relay- generally fastest 4 will be on A relay, next B and so on- sometimes in effort to score more points etc we may mix them up a bit.

District to Regional Qualifying

Swimming Events. 24 contestants advance from district meets to the regional meets in individual events as follows:

- (a) the top 2 finishers in each swimming event from each district meet and
- (b) the next overall best times at large for a field of 24 from the remaining best times among top 16 finishers from the district meets in the region.

Note: In the event of a tie for the last at-large qualifying place to the regional meet, all of the competitors tied shall be allowed to advance to the regional meet.

Relay Events. 16 teams shall advance from district meets to the regional meets in each relay event as follows:

- (a) the top finisher in each relay event from each district meet and
- (b) the next overall best times at large for a field of 16 from the remaining best times among top eight finishers from the district meets in the region.

Note: Relay teams qualify as a team, not as individuals

From Regionals to State

Swimming Events. 24 contestants shall advance from regional meets to the FHSAA Finals in each individual events as follows:

- (a) the top 2 finishers in each swimming event from each regional meet and
- (b) the next overall best times at large for a field of 24 from the remaining best times among top sixteen 16 finishers in the four regional meets.

Note: In the event of a tie for the last at-large qualifying place to the FHSAA Finals, all of the competitors tied shall be allowed to advance to the FHSAA Finals.

Relay Events. 16 teams shall advance from regional meets to the FHSAA Finals in each relay event as follows:

- (a) the top finisher in each relay event from each regional meet and
- (b) the next overall best times at large for a field of 16 from the remaining best times among top eight finishers in the regional meets.

Note: Relay teams qualify as a team, not as individuals.

More travel information and details will be given to qualified swimmers. Swimmers will be notified by the coaching staff if they are qualified as soon as the rosters are announced by FHSAA. All information can be found on FHSAA.org

TEAM EXPECTATIONS/RULES

1. PRACTICE

- Be on time to bus and have ALL swim gear- suit, goggles, cap, training bag and water.
- Come to practice every day and be on time. If you have to miss practice you must notify a coach in advance. Schedule appointments etc. around pool times. Pool time is limited so missing is unacceptable.
- If you are not in the pool on time additional training will be assigned (may be in or out of pool).
- Attention is focused and practice to the best of your ability.
- If a coach is talking everyone is quiet and listening-even if coach is not talking to you or your group.

2. SCHOOL

- Your first responsibility is to your school work. You are responsible for any classroom assignments missed because of swim team involvement.
- Unexcused tardies or absences from school may result in temporary or permanent suspension from the team.
- **To be eligible to compete in a scheduled swim meet you are required to attend school and be at practice the day before a meet. If a meet is on a school day, you must be at school to participate in the meet.**

3. MEETS

- Everyone is expected to travel to and from meets on the bus. The only exception is if your parent would like to drive you home from a meet. **A coach must have a written note and be verbally notified by the parent in advance.**
- Swimmers are not allowed to carpool in personal vehicles unless there are extenuating circumstances and the decision to do so is approved at least 48 hours in advance.
- You must wear Pace High School team uniform and cap at every meet.
- You are expected swim and to give your best effort in every race.
- You must support your teammates in their races. No excessive lounging in the Team Area. Team Area must remain clean at all times and be left spotless before swimmers will be released.
- You must stay for the entire meet and support your team, even if you are not swimming in the last events.

4. BEHAVIOR

- Good sportsmanship will be expected at all times.
- You are expected to behave appropriately, honorably, and in a mature manner as a Pace High School student/athlete at all times, in and out of the swimming pool.
- Respect the rules, staff, and property of University of West Florida and Pace High School at all times.
- Be supportive and loyal to your teammates. No profane and/or abusive language.
- When traveling, you are expected to behave in an appropriate manner, respecting the rules set by the coaches. **Remember that you are representing your school and your team. Non-compliance of the rules will have consequences.**
- Any behavior unbecoming of a Pace High athlete may result in temporary or permanent suspension of the team.

5. TRAVEL

- You are expected to keep the buses and hotel rooms clean at all times.
- Before checking out of the motel, swimmers will stay in their rooms until the room has been checked by a coach. After the rooms have been checked, swimmers will then load the bus.
- You are expected to follow all curfews and rules set by the coaches during travel meets at all times.
- No team members of the opposite sex are allowed in each other's hotel rooms.
- The coaches reserve the right to search bags and hotel rooms at any time.

DRUG/ALCOHOL/ACADEMIC POLICIES:

We will strictly follow all FHSAA, Santa Rosa County School District and Pace High School drug, alcohol and academic policies and procedures.

I have read and agree to adhere to all of the above information.

_____ _____
Athlete Signature Date

Print Name_____

_____ _____
Parent Signature Date

Print Name_____