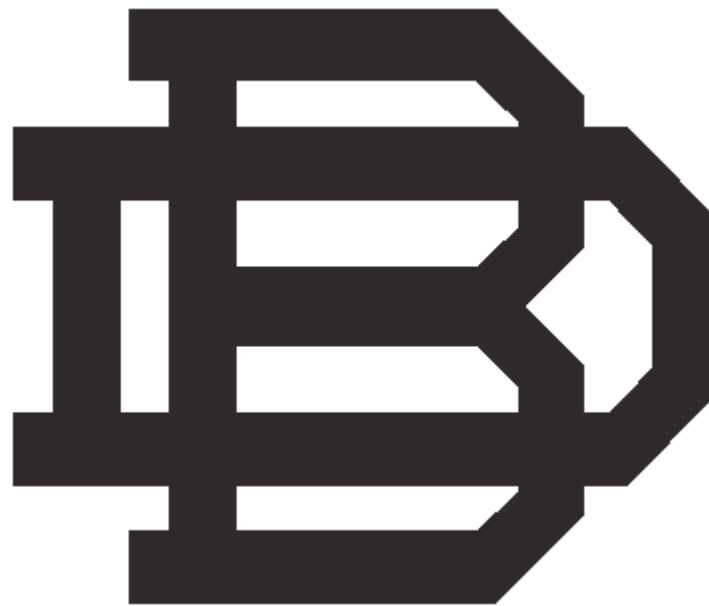


Ben Davis High School  
Girls & Boys  
Swimming & Diving



2011 – 2012  
Team Policies & Information



# Ben Davis High School

## 2011-2012 Swimming & Diving



Date/Time	Type	Opponent(s)	Facility(s)	H/A
11/17/11, Thursday 6:00pm	Girls	Southport High School	Southport H. S.	A
<b>11/29/11, Tuesday 6:00pm</b>	<b>Co-ED</b>	<b>Lawrence North High School</b>	<b>Ben Davis High School</b>	<b>H</b>
<b>12/01/11, Thursday 6:00pm</b>	<b>Co-ED</b>	<b>Bishop Chatard High School</b>	<b>Ben Davis High School</b>	<b>H</b>
12/03/11, Saturday 10:00am	Co-ED	Lawrence Central High School Cathedral	Lawrence Central	A
<b>12/06/11, Tuesday 6:00pm</b>	<b>Co-ED</b>	<b>Mooresville High School</b>	<b>Ben Davis High School</b>	<b>H</b>
<b>12/08/11, Thursday 6:00pm</b>	<b>Co-ED</b>	<b>Pike High School</b>	<b>Ben Davis High School</b>	<b>H</b>
<b>12/10/11, Saturday 10:00am</b>	<b>Co-ED</b>	<b>Broad Ripple/Ritter/International</b>	<b>Ben Davis High School</b>	<b>H</b>
<b>12/13/11, Monday 6:00pm</b>	<b>Co-ED</b>	<b>Perry Meridian High School</b>	<b>Ben Davis High School</b>	<b>H</b>
12/15/11, Thursday 5:00pm	Co-ED	Marion County Meet (Diving)	IUPUI Natatorium	A
12/16/11, Friday 5:00pm	Co-ED	Marion County Meet (Prelims)	IUPUI Natatorium	A
12/20/11, Tuesday 6:00pm	Co-ED	Warren Central High School	Warren Central	A
01/05/12, Thursday 6:00pm	Co-ED	MIC Diving Prelims	Carmel High School	A
01/07/12, Saturday 9:00am 1:00pm	Co-ED Co-ED	MIC Diving Championship MIC Swimming Championship	Carmel High School Carmel High School	A A
<b>01/13/12, Thursday 6:00pm</b>	<b>Co-ED</b>	<b>Speedway High School International School</b>	<b>Ben Davis High School</b>	<b>H</b>
<b>01/14/12, Saturday 11:00am</b>	<b>Co-ED</b>	<b>Terre Haute South High School Brebeuf Jesuit Prep School</b>	<b>Ben Davis High School</b>	<b>H</b>
<b>01/17/12, Tuesday 6:00 pm</b>	<b>Co-ED</b>	<b>Brownsburg High School</b>	<b>Ben Davis High School</b>	<b>H</b>
01/25/12, Tuesday 6:00pm	Co-Ed	Plainfield/Decatur Central	Plainfield High School	A
01/31/12, Tuesday 6:00pm	Boys	Carmel High School	Carmel High School	A
<b>02/02/12, Thursday 5:00pm</b>	<b>Girls</b>	<b>IHSAA Sectionals (Prelims)</b>	<b>Ben Davis High School</b>	<b>A</b>

<b>Date/Time</b>	<b>Type</b>	<b>Opponent(s)</b>	<b>Facility(s)</b>	<b>H/A</b>
<b>02/04/12, Saturday 9:00am</b>	<b>Girls</b>	<b>IHSAA Sectionals (Prelims) Diving Only</b>	<b>Ben Davis High School</b>	<b>A</b>
<b>1:00pm</b>	<b>Girls</b>	<b>IHSAA Sectional Finals</b>	<b>Ben Davis High School</b>	<b>A</b>
02/07/12, Tuesday 6:00pm	Boys	Southport High School	Southport High School	A
02/07/12, Tuesday 6:00pm	Girls	IHSAA Diving Regional	TBA	A
02/10/12, Friday 5:00pm	Girls	IHSAA State Prelims	IUPUI Natatorium	A
02/11/12, Saturday 9:00pm 1:00pm	Girls Girls	IHSAA State Diving Prelims IHSAA State Finals	IUPUI Natatorium IUPUI Natatorium	A A
02/16/12, Thursday 5:00 pm	Boys	IHSAA Sectionals Swimming Prelims	TBA	A
02/18/12, Saturday 9:00am 1:00pm	Boys Boys	IHSAA Sectionals Diving Prelims IHSAA Sectional Finals	TBA TBA	A A
02/21/12, Tuesday 6:00pm	Boys	IHSAA Diving Regional	TBA	A
02/24/12, Friday 5:00pm	Boys	IHSAA State Swimming Prelims	IUPUI Natatorium	A
02/25/12, Saturday 9:00am 1:00pm	Boys Boys	IHSAA State Diving Prelims IHSAA State Finals	IUPUI Natatorium IUPUI Natatorium	A A

## Swimming Training Schedule:

Monday – Thursday	Swim	3:30pm - 5:30pm
Friday	Swim	3:30pm - 5:30pm
Monday	Dry land/Swim	7:00am – 8:00am
Tuesday, Thursday, Friday	Dry land/Swim	5:45am – 6:45am
Saturday	Dry land/Swim	7:00am – 8:00am
Saturday	Swim	8:00am – 10:00am

*\*Swimmers are to be ready 15 minutes prior to start of practice.*

*\*Morning practices are optional. They may also be used to make up excused practices. Those making up practices will be swimming.*

***\*All Swimmers & Divers must maintain an 85% practice/meet attendance in order to participate in meets. All Swimmers & Divers must maintain a 75% practice/meet attendance in order to be a member of the Ben Davis High School Swimming & Diving Team. Any individual who drops below a 75% practice/meet attendance will be given a week to bring their attendance above 75%. If after that week and they do not have a 75% practice attendance they will be dismissed from the team.***

### Attendance Policies

All practices, team meetings/functions, and swim meets are required. Morning practices will be optional and may be used to make up any excused practices.

#### **Excused Absences:**

1. Sickness with school absence.
2. Sickness with visit to coach prior to start of practice.
  - a. Any swimmer/diver unable to attend a practice/meet due to illness needs to notify the coaches as soon as possible.
3. Required after school activity that will affect students' grade.
4. Death in family or close friend.
5. Only excused absences are allowed to be made up

#### **Non Excused Absences:**

1. Late to Practice or early departure from practice
2. Anything that does not fall under excused absences.
3. Unexcused absences are not allowed to be made up.

#### **75% and 85% Practice/Meet Attendance Rule:**

1. Any swimmer or diver who does not maintain an 85% practice/meet attendance will not be allowed to compete in meets until their attendance is above 85%.
2. Any swimmer or diver who falls below a 75% practice attendance will be given a week period to make up practices. At the end of the following week if their attendance is not above 75% they will be dismissed from the team.
3. Practice/Meet attendance will be figured out at the end of each week. If a swimmer does not meet any of the two above requirements then they will not be allowed to compete in meets for the following week. If they were below a 75% practice/meet attendance and it is not brought above a 75% then they will be dismissed from the team.

## **Injury Policies:**

1. If a swimmer complains of an injury they will be sent to the training room for evaluation by our athletic trainers.
2. After speaking with the trainer the athlete will be required to bring a form back from the trainer explaining what they evaluated.
3. If any treatment is required after school you will be expected to go to the training room immediately after school to finish any treatment or rehab prior to practice. If you miss any practice time due to being in the training room it will be excused, but you will need to make up the practice time.
4. We prefer that any athlete see our trainers prior to go to see a family doctor.

*\*If a swimmer/diver misses a practice, excused or unexcused, it is the responsibility of the swimmer/diver to find out any announcements that were made at practice.*

## **Academics**

We strive for excellence in the pool as well as in the classroom. Any swimmer/diver who receives any of the following scenarios **will be required** to attend **two, one hour study tables**. Study tables need to be arranged with the head coach and are not to be done during practices.

1. Any swimmer/diver receiving one or more F's in any subject.
2. Any swimmer/diver receiving two or more D's in any subject.

## **Meet Participation**

1. All swimmers/divers will attend all meets unless told otherwise. (PSAT & SAT, are excused)
2. **If any swimmer or diver has an un-excused practice they will not be allowed to swim in the next meet. If that meet is canceled it will carry over to the next meet.**
3. Must maintain an 85% practice attendance.
4. Swimmers/Divers must attend at least 3 full hours of school to compete.
5. At championship meets (County, MIC, Sectionals and State) all swimmers will be required to attend the finals. (There may be times that they will not be allowed on the pool deck and will be required to sit in the stands.)

## **Behavior Responsibilities**

It is felt that the behavior of athletes, either separately or as a team, reflects the philosophy and values of the coaching staff. High School swimmers represent their school, their coaches, as well as themselves. Behavior of athletes also affects other athletes, officials, opponents, administrators, spectators, and families. In turn, this behavior can affect the quality of our program. It is an honor representing such a fine school as Ben Davis High School and your responsibility should not be taken lightly. Your conduct in and out of the pool will be evaluated and scrutinized. It is of the utmost importance that your conduct does not cause embarrassment to the school or swimming program. There is no question that behavior patterns of the present athletes in our program directly affect our ability to attract the quality of athletes in which we are interested in at Ben Davis High School. We are working hard to create a positive "class" image. You have the responsibility of establishing a caliber of excellence at Ben Davis High School.

## **Disciplinary Action Plan**

In order to maintain the pursuit of excellence we expect in our program: **Activities that are not consistent with these ideals will not be tolerated (use of alcohol, tobacco and drugs, theft, hazing, etc.).** If these activities do occur at any time, Ben Davis High School Student-Athlete Athletic Handbook will be in effect, and any other disciplinary action the coaching staff may imply.

- Any swimmer/diver who is assigned a detention will not be allowed to participate in meet that day. (Swimmer must come to practice/meet after detention)
- Any swimmer/diver that is assigned an in school suspension will not swim in a meet that day or will miss the next meet following the suspension.
- Any swimmer/diver who is assigned an out of school suspension will not be allowed to practice or swim in any meets during their suspension. When the suspension is over they will miss the next two meets.

## **Home Meets and Team Travel**

You are representing Ben Davis High School and you want to display yourself with pride in your school as well as the Ben Davis High School Swimming & Diving Team.

### **Home Meets:**

- School attire will be either blue jeans and team shirt or warm-ups & team shirt. Team Captains will decide.
- Team stretching will begin 15 minutes prior to warm-ups.
- Tardiness will result in an unexcused absence and removal from the meet lineup.
- On days of home meets the team will have practice as part of their warm-ups.
- Swimmers/divers are to remain with the team at all times.
- Swimmers/divers are not to be up in the observation deck/stands visiting family or friends at any time.

### **Away Meets:**

- Gentleman must wear Khakis and a collared shirt.
- Ladies must wear khakis, dress or skirt, and a dress shirt. (Dress respectable)
- The bus will leave, depending on meet time and travel time, right after school.
- We will arrive 20-30 minutes before warm-ups. This time is for changing and team stretching.
- In the event that we eat out, it is expected that you are polite and leave at least a 15% tip.

### **The Bus:**

- There will be no glass bottles brought onto the bus. The bus will be left spotless upon leaving.
- Shouting, turning around, or horseplay will not be tolerated. **No questions asked!!!**
- All bags must remain out of the aisles and below the backs of the seats.
- **The bus driver is in charge!!!!**
- **All Athletes MUST ride the bus TO and FROM away meets.**

### **General Guidelines:**

- Family and Friends are not to be in/on the pool area/deck, unless helping with the meet.
- There will be a team warm down at the conclusion of each meet lasting about 15-30 minutes.
- Athletes are to be involved in the swim meets. Homework is to be done afterwards (**Time Management**).

## **Important Practice Dates**

*Girls First Day of Practice: Monday, October 24, 2011*

*Boys First Day of Practice: Monday, November 7, 2011*

*Thanksgiving Break - - November 24 – 25, 2011*

*Holiday Break - - December 19 – January 2 31, 2012*

***\*\*\*Over Thanksgiving & the Holiday Break practices are mandatory and will count towards the 75% - 85% practice/meet attendance rule. All attendance policies will apply. If you will be going out of town you must notify the coaching staff well in advance. On days that there is no school practices will be held in the mornings. Some adjustments will be made. Always check your monthly calendar***

## **Letter Requirements**

## **Varsity Letter Award**

Must meet two of the five criteria listed:

1. Four Year Participant
2. 100% Practice Attendance
3. Sectional Qualifier
4. Team Points (Relay points count as a \_ point.
  - First Season: 25 Points (Divers 15)
  - Second Season: 50 Points (Divers 30)
  - Third Season: 75 Points (Divers 45)
  - Fourth Season 100 Points (Divers 60)
5. Power Points
  - Swimmers must obtain 200 power points in three individual events or 150 in two events.
  - Divers must obtain 66 power points in three meets.
    - Women: 127.75 in 6 dives or 214.14 in 11 dives
    - Men: 140.20 in 6 dives or 322.90 in 11 dives

*\*Any swimmer/diver whom does not have a 90% over all practice attendance at the end of the season, will not letter even if two of the five criteria above are met.*

## **Special Awards**

### **State Qualifiers**

**Academic All-Giant** (Highest overall GPA on the team) given to anyone with a **4.0 or Higher**

### **Captain Awards**

**Giant Pride** (Never late, never left early, and never missed practice all season)

**Mental Attitude** (Voted on by team and coaches as the person who has best attitude in and out of the pool)

**Coach's Award** (Given by the coaches to an athlete that demonstrates awesome determination and dedication)

**Jordan McNicholl Award** (determination, attitude, love for the sport, etc.)

**Most Improved** (Voted on by the team and coaches as the person who has dropped the most time and shown all around major improvement in the pool)

**Most Valuable** (Voted on by the team and coaches as the person who scores the most points and contributes to all aspects of the team)

**We want to win bad enough to enforce these policies for any athlete.**

**We do not want to win bad enough to disregard them for any athlete.  
We believe that... “There is a price for victory - - that price is worth paying”**

**WE ARE STRIVING FOR EXCELLENCE!!!!!!!!!!**

I have read and understand all of the above team policies and the conditions of not adhering to these policies. I also understand that all Ben Davis Athletic Handbook Policies and Rules are to be followed.

Name: \_\_\_\_\_  
(Printed Athlete Name)

Name: \_\_\_\_\_  
(Printed Parent/Guardian Name)

Name: \_\_\_\_\_  
(Signed Athlete Name)

Name: \_\_\_\_\_  
(Signed Parent/Guardian Name)