



Allatoona High School

# Swim & Dive Athlete Application

Winter 2022-2023

## **REMIND CODE: @AHScheetah**

The following forms must be fully filled out & turned into Coach Hicks by **October 3**

- o Swim + Dive Policies Agreement Form
- o Swim + Dive Information Form
- o Parent Volunteers Form
- o Permission to Photograph
- o Authorization to Give Medication
- o Swim + Dive Team Preference Form

## **Introduction**

Parents and Athletes,

We are so excited that you are interested in being a part of the Allatoona Swim and Dive Team. We are so excited for the season to start.

We hope this packet answers all the questions that you may have as we start to get into the preseason timeframe.

We are so excited about this season!

Coach Michaela Hicks

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Coach Tina McLaughlin

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Coach Rob Collier

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[www.allatoonabucs.com](http://www.allatoonabucs.com)

# Frequently Asked Questions

## **Q: When is the AHS Swim and Dive season?**

A: Swim and Dive is technically a “winter” sport, though it begins in the fall. The exact schedule is determined by GHSA. For the 2022-2023 school year, team practices begin October 5, and the season ends with State in February.

## **Q: Are there tryouts?**

A: Though there are no formal tryouts, the coach reserves the right to post a roster of swimmers should it be necessary. Students with no experience who cannot perform the basic skills will not be scheduled for meets.

## **Q: How often and where does the team practice?**

A: The team practices four times a week, one of those being at Allatoona High School. If you're a year-round swimmer, we ask that you attend at least one practice a week and that you provide the coaches with your schedule prior to our first practice. **MOST PRACTICES ARE AT THE WEST COBB AQUATIC CENTER, AND TRANSPORTATION IS NOT PROVIDED.**

Monday: 5:00-5:45 pm

Tuesday: 6:00-7:00 pm

Wednesday: **AT AHS 3:45 pm -5:00 pm**

Thursday: 6:00-7:00 pm

**Dive practices are Monday, Tuesday, and Thursday from either 7-8 OR 8-9 at the Cobb Aquatic Center. More information to come.**

## **Q: How does an Athlete letter?**

A: In order to letter, an athlete must complete one of the following:

- a. Place at County
- b. Qualify for State
- c. Notable improvement quantified by dropping time throughout the season
- d. Demonstrate excellent sportsmanship
- e. Be deemed earning a varsity letter by the coaching staff (including by not limited to coachability, serious participation in practice, investment, etc.)

## **Q: What equipment is required for athletes?**

A: All athletes are expected to have a swimsuit, goggles, a swim cap, and any/all additional items recommended by the booster club.

## **Q: What type of spirit wear do athletes get?**

A: Students MUST purchase a swimsuit, goggles, and cap. They will be given a team t-shirt and sweatshirt. Additional items will be available for purchase from our team store and the BSN online store. Links are available in our Stack Team app; I do recommend that students purchase the sweatshirt, long-sleeve, and possibly sweatpants.

# **Allatoona High School Athletics Policies**

## **1. GENERAL OBJECTIVES**

Athletes are student-athletes and must strive to achieve the highest standards both academically and physically. Competing for Allatoona High School is a privilege, not a right.

## **2. BEHAVIOR AND DISCIPLINE**

As a member of the Allatoona Swim and Dive Program, you are expected to maintain the behavior above reproach. Consequences for violating any regulation in this constitution will be at the discretion of the coach and will be handled according to the rules of Allatoona High School, the Georgia High School Association, and Cobb County policy. Please keep in mind the following:

- Any behavior that is deemed by the coach as reflecting poorly on the intended image of the program, no matter where the incident takes place, is subject to dismissal from the program at the coach's discretion. This includes, but is not limited to, pictures and/or videos on social media and inappropriate behavior in public (even if not in program apparel).
- Athletes who receive ISS will not be allowed to participate in any activities during the assigned ISS period.
- Athletes who receive OSS will not be allowed to participate in any activities during the assigned OSS period and will be subject to immediate dismissal at the coach's discretion.

## **3. TRANSPORTATION**

Athletes will be expected to travel to meets with their parents or individually if they have a driver's license. Athletes will be allowed to go home with parents/other modes of transportation with the correct documentation filled out. No athletes will be released from the meet without documentation from the parent/guardian.

#### **4. ELIGIBILITY**

Athletes must...

- Pass three out of four classes each semester and be on track academically towards graduation at the end of the year.

#### **5. VARSITY LETTERS**

To be eligible for a varsity letter, athletes must compete on the Varsity team and attend practices and compete for the entire season (those dismissed from the program for any reason will not receive a letter); additional lettering requirements are

- a. Place at County
- b. Qualify for State
- c. Notable improvement quantified by dropping time throughout the season
- d. Demonstrate excellent sportsmanship
- e. Be deemed earning a varsity letter by the coaching staff (including by not limited to coachability, serious participation in practice, investment, etc.)

#### **6. ATTENDANCE POLICIES**

As a member of the Allatoona Swim and Dive Program, you are required to contribute your part. Rosters are based entirely upon practice performance and missing a significant number of practices will impact your ability to be selected to compete.

As a result, the following attendance rules are necessary and will be enforced:

- Athletes must be present at school for at least  $\frac{1}{2}$  of the school day in order to participate in practices or meets that day.
- Athletes must schedule appointments and work schedules around all swim and dive activities.
- Athletes must be present at all practices, meets, fundraisers, picture days, and any other activities designated by the coach.
- Excused absences include death in the family, signed doctor's excuse that indicates the time and date of the sickness or injury, school-related trips, and any other excused absences are at the discretion of the coach and will be addressed on an individual basis (these absences must be approved by the coach at least 24 hours prior to the missed activity).
- As a high school athlete, it is the responsibility of the athlete to communicate directly with the coach regarding any attendance issues.
- Frequent, unexcused absences could result in not competing at meets or dismissal from the program at the coach's discretion.

## 7. FINANCIAL RESPONSIBILITIES

### Swim and Dive dues - \$400

**Team Suits are an additional cost and are available through the team store.**

<https://theswimteamstore.net/allatoona-high-school.html>

Every attempt will be made to cut down on the personal costs of the athlete. **Every athlete is required to participate in all fundraising activities. All fees are non-refundable.** If an athlete quits or is removed for any reason, a refund cannot be issued

I, as parent/guardian of the swimmer/diver, have read and fully understand the rules and regulations which will govern my child if chosen to represent Allatoona High School as a member of the swim and dive team including the financial responsibilities, payment deadlines, and mandatory dates listed above. I also understand that this is an extracurricular activity and that attendance at all practices, meets, and fundraisers are requirements of the athletes. I understand that if my child is chosen as a part of the AHS swim and dive team and is later dismissed from the program for any reason, I will receive no financial restitution. I hereby give my consent to the student mentioned below to participate in swim and dive team tryouts as the coach sees fit, and if chosen—participate as a member of an Allatoona High School swim and dive team for the upcoming year. My child will participate in all required fundraisers during the upcoming season.

Signature of Athlete: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_

# Athlete Information Form

Student Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Student ID Number: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Student Cell Number: \_\_\_\_\_ Text Messages: YES or NO

Student Email Address: \_\_\_\_\_

Allergies: \_\_\_\_\_

Sweatshirt Size: \_\_\_\_\_ Long Sleeve Shirt Size: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_ Shorts Size: \_\_\_\_\_

Sweatpants Size: \_\_\_\_\_

List other sports and/or extracurricular activities that you're involved in: \_\_\_\_\_

Are you currently being treated for an injury? YES or NO

If you are currently being treated for injuries, please include a detailed summary explaining the injury, treatment plan, and limitations.

Do you have work or other activities that will prevent you from attending mandatory team practice three times a week? YES or NO

Parent/Guardian #1 Name: \_\_\_\_\_

Address (if different from above) \_\_\_\_\_

Home Phone Number: \_\_\_\_\_ Cell Number: \_\_\_\_\_

Email Address: \_\_\_\_\_ Text Messages: YES or NO

Parent/Guardian #2 Name: \_\_\_\_\_

Address (if different from above) \_\_\_\_\_

Home Phone Number: \_\_\_\_\_ Cell Number: \_\_\_\_\_

Email Address: \_\_\_\_\_ Text Messages: YES or NO

Emergency Contact Name & Relationship: \_\_\_\_\_

Emergency Contact Phone Number: \_\_\_\_\_

# Athlete Information Form

I have submitted all necessary forms to ParentVue so that my account says "100% Ready". I understand that if my account is not complete, my student will not be able to participate in any AHS Swim + Dive events, including tryouts, practices, meets, etc. I also consent that I will be asked to volunteer and MUST BE AT the December 9 Buc Bash meet!

Parent/Guardian Initial: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_

My student is allowed to be photographed and I understand their picture could be used on the team website, team app and team social media accounts.

Signature of Parent/Guardian: \_\_\_\_\_

## Current Skills

Please indicate the skills/abilities that you currently have. You may be asked to demonstrate these skills at a tryout, prior to team selection.

### Basic Swim:

- Freestyle
- Backstroke
- Flip turns
- Correct diving form

### Event Interest:

- 50-yard Freestyle
- 100-yard Freestyle
- 200-yard Freestyle
- 500-yard Freestyle
- 100-yard Backstroke
- 100-yard Breaststroke
- 100-yard Butterfly
- 200-yard Individual Medley
- 200-yard Medley Relay
- 200-yard Freestyle Relay
- 400-yard Freestyle Relay

### Diving:

- 1 Meter Diving

## Allatoona Swim and Dive Schedule

<b>Date</b>	<b>Location</b>	<b>Time</b>	<b>Extra Info.</b>
Friday, November 4	Cobb Aquatic	6:30 pm	
Saturday, November 12	Cobb Aquatic	5:30 pm	Hicks—class
Saturday, December 3	Cobb Aquatic	2:30 pm	
Friday, December 9	Cobb Aquatic	6:30 pm	<b>Senior Night BUC BASH!!!</b> *all hands on deck*
Friday, December 16	Cobb Aquatic	3:00 pm	<b>DIVE ONLY</b> Wheeler Dive Challenge
Saturday, December 17	Cobb Aquatic	8:00 AM	<b>DIVE ONLY</b> Cobb Divisional
Saturday, December 17	Mountain View	***TBD	Cobb Divisional
Friday, December 30	Cobb Aquatic	TBD (expect 10a-12)	<b>DIVE ONLY</b> Noah Smith Dive Challenge
Saturday, January 7	Mountain View	1:30 PM	
Friday, January 13	Cobb Aquatic	6:30 PM	
Thursday, January 19	Cobb Aquatic	4:00	COUNTY DIVE CHAMPIONSHIPS
Friday, January 20	Mountain View	4:00 PM	COUNTY SWIM PRELIMS
Saturday, January 21	Mountain View	4:00 PM	COUNTY SWIM FINALS
Tuesday, January 24	Cobb Aquatic	TBD	<b>DIVE ONLY</b> Last Chance Dive
Thursday, January 26	Adairsville HS	5:00 PM	Last Chance Meet (& Bucces of course)
Wednesday, February 1	Westminster	TBD	<b>Dive State Finals</b>
February 2-4	Georgia Tech	TBD	Swim State Prelims and Finals

*\*meets subject to change in time, date, and location with minimal warning\**



# AHS Swim and Dive Expectations

The following items are a list of non-negotiable things that we value to make our program successful. It is with full expectation that athletes will follow these rules.

1. Be Passionate about your improvement in the sport. Always look to learn and perfect.
2. We expect our athletes to be engaged during meets. Celebrating achievement and encouraging teammates through cheering is wanted; however excessive or unsportsmanlike celebrations will not be tolerated.
3. Always be respectful to teammates, coaches, and officials.
4. Give 100% during all practices, meets, etc.
5. Communication is key. Athletes are of the age that if they have issues with event or relay entries or any other issues they need to discuss them with the coaching staff.
6. Practice starts at the given time. Athletes are expected to be ready to go at that time, this includes gear.
7. There are to be NO cellphones used at practice or meets while Allatoona is racing (unless filming for college recruitment). It is important to support our team while they're in the water! The only acceptable time is if there is an emergency or otherwise permission given by the coaching staff.
8. If you are to miss practice the following must occur or consequences will be faced.
  - a. At least 24 hours notice unless emergency
  - b. Written documentation for absence
9. Consequences of missing practice include:
  - a. 1 unexcused = 1 mile run
  - b. 2 unexcused = 1 mile run and sit out 1 practice
  - c. 3 unexcused = 1 mile run and sit out 1 meet
  - d. 4+ unexcused = chance of being dismissed from team

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



Empowering Dreams for the Future

Form JG(1)-1

## PERMISSION TO DISPLAY STUDENT PHOTOGRAPH/NAME

I hereby grant permission to Cobb County School District (District) and/or the AHS Swim and Dive Booster Club to use or publicly display my child's photograph, video image, or audio clip on the District and AHS Web site(s), individual school Web pages, or in other official District or AHS publications without further notice. I acknowledge the District and AHS right to crop, edit, or treat the photograph, video, or audio clip at its discretion.

I also understand that once my student's photograph, video image, or audio clip is published on a Web site, it can be downloaded by any computer user, on or off campus. I understand a student's name may be published along with the student's picture.

Therefore, I agree to indemnify, defend and hold harmless the members of the Cobb County Board of Education, the District, AHS Swim and Dive, its officers, employees, agents, successors, and assignees (the "Indemnified Parties") from and against all claims and liabilities resulting from this publishing.

**Subject/Nature of Event:** any and all AHS swim and dive events

\_\_\_\_ Permission is granted for the use requested above.

\_\_\_\_ Permission is NOT granted for the use requested above.

**NOTE:** This form must be signed by student if the student is 18 years of age or older.

Name of Student	Signature of Student      Date

Name of Parent/Guardian	Signature of Parent/Guardian

Date of Parent/Guardian Signature\_\_\_\_\_