



EVANSTON BOYS SWIMMING & DIVING

PREPARING CHAMPIONS FOR LIFE

THE RULES

- Code of Behavior as outlined in ETHS Activity Code
 - Nothing illegal i.e.(drinking, smoking or stealing)
 - Consequence of illegal behavior as stated above will be removal from the team.
 - Good sportsmanship the best and the nicest
 - Would your parents and I approve?
- IHSA rules:
 - No tattoos
 - One logo 1 ½ inch square on caps or suits
 - No on site shaving, cuts etc
- Attendance: I assume any miss is for a good reason, I don't need excuses.
 - If you miss consistently than your commitment will be questioned and your performance will reflect your attendance
 - If you miss, find out what you missed. If you know you are going to miss let us know as soon as you know.
 - We will post an attendance log.
 - First 2 weeks do not count against FRESHMEN
 - 80% required to earn award at end of season and may affect which level you swim at or swim at all.
 - 90% required to be eligible to be a Captain
 - If you were less than 80% last year and slide below 80% this year you will be asked to leave the team.
- Tardiness: I assume you are late or must leave early for a good reason, I don't need excuses.
 - How many times you are late and your vigor about getting in the water once you arrive will determine your commitment.
 - Warmup is essential. We cannot create a separate lane for you so you will be forced to join in. This will cause you to miss warmup.
 - Attendance log will reflect tardiness and leaving early. 4 lates, or earlies = 1 absence

THE GROUPS

Kevin Auger coaches the Varsity Group. Joe Springer JVB and Heidi Toft and Tim Silkaitis the JVO groups. Younger swimmers given priority. Aaron Melnick coaches diving. Chuck Fargo and Jim Blickenstaff generously volunteer.

THE MEETS

- Swimmers will be placed in events to benefit the team, the development of the swimmer and to provide variety.
- We have several meet formats but Conference meets are usually Frosh or JV2, JV and Varsity
- Teams will be selected based entirely upon time, attendance & what is best for the team.
- All swimmers are expected to attend all home meets or will be marked absent. Swimmers are encouraged to go to away meets so they may support their teammates regardless of whether they are participating or not. (Bonus attendance is given for those who go to these meets who are not competing)
- Conflicts should be discussed with Head Coach and group coach as soon as you know.

PARENTS

- Come on out and support your swimmers, It's fun!
- Bus pickup Be prompt when asked to pickup. No later than 9 pm Friday or 4:30 pm Saturday.
- The mental training of a swimmer can be a very difficult and delicate balance. Self-esteem is very fragile. Support and encouragement is the vital parent role. (the safety net)
- We supply maps to the pools on the website.
- T-shirts for parents is being organized by our captains' parents.

HOLIDAYS

We will have practice on holidays. If you have a conflict talk to the coaches. If you miss for a religious holiday then attendance will not count against you as long as you let us know in advance.

APPAREL

You must buy team t-shirts & suits = \$125 checks made payable to ""ETHS"

THE BOOSTERS

Join boosters for \$20 or \$50 for your family. Give a direct donation to the swim team by going to the ETHS website.

TRAINER

Trainer available until 6:30 pm See your coach before going to trainer. While at the trainer you are absent.

ACADEMIC ELIGIBILITY

If you have any two grades C- or lower you will be sent a letter from the school with instructions you must follow. You must complete all requirements or you will be ineligible to compete until you do. If you are on SOS ask for AM support.

CAPTAINS

Captains and their parents arrange all social events and play a vital role in our program. We are very grateful for all their help.