EVANSTON GIRLS SWIMMING & DIVING
PREPARING CHAMPIONS FOR LIFE

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

THE GROUPS
Younger swimmers given priority when determining groups. Kevin Auger is assisted by Heidi Toft, Chuck Fargo, Tim Silkaitis and Veronica Gibson. Aaron Melnick coaches diving.

THE MEETS
1. Swimmers will be placed in events to benefit the team, the development of the swimmer and to provide variety.
2. We have several meet formats but Conference meets are usually JV2, JV and Varsity
3. Teams will be selected based entirely upon time, attendance & what is best for the team. Seniority plays NO part in selection process.
4. All swimmers are expected to attend all home meets or will be marked absent and are encouraged to go to several 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)
5. Conflicts should be discussed with Head Coach and group coach as soon as you know.

PARENTS
1. Come on out and support your swimmers, It's fun!
2. Bus pickup. Be prompt when asked to pickup. No later than 9 pm Fridays or 5 pm Saturdays.
3. 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)
4. Maps to the pools are on the website.

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 and indicate you would like to support girls swimming. Direct donations will help buy new equipment.

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

ACADEMIC ELIGIBILITY
If you have any two grades C- or lower you will be given a study table form with instructions you must follow. You must complete all requirements or you will be ineligible to participate until you do.

CAPTAINS
Captains and their parents arrange all social events and play a vital role in our program.

REMEMBER TO CHECK WEBSITE REGULARLY FOR CHANGES

CONTACT: Phone: 847-424-7941 Emergency: 773-320-4784 email: augerk@eths202.org website: http://www.wildkitaquatics.com