

# SEMINOLE HIGH SWIMMING 2016

Tony Ackerson, Head Swimming Coach  
Cory Kephart, Assistant Swimming Coach  
Brittany Sanders, Diving Coach

Website: [www.seminoleaquatics.org](http://www.seminoleaquatics.org)

## Team Policies and Information for Prospective Athletes and Parents

**NOTE:** *Competitive swimming and diving can be a dangerous sport that can result in a variety of injuries. The SHS program is an elite level varsity swim and dive team that requires a vigorous commitment. Athletes will comply with coaches' instructions at all times. Athletes that do not adhere to this are subject to immediate termination from the team.*

**Eligibility:** All students with a minimum GPA of 2.0 and a completed physical may try out for the team. *All paperwork (physicals, insurance information, etc.) must be completely filled out and properly signed/notarized before any official practice with the team may occur.* Paperwork packets are to be turned in to the Athletic Secretary, in the Athletic Office (located inside the old gym).

For the entire packet, [CLICK HERE](#).

**Important Contacts:** Please keep this contact information in a safe place. Enter the phone numbers in your cell phones, and put the email addresses below in your list of contacts. If you lose any of them, it is YOUR RESPONSIBILITY to contact a teammate for the information.

Coach Ackerson's email: [swimseminole@hotmail.com](mailto:swimseminole@hotmail.com)

Coach Kephart's email: [swimcoachcory@gmail.com](mailto:swimcoachcory@gmail.com)

DIVING: Coach Sanders' email: [Brittany\\_Sanders@scps.k12.fl.us](mailto:Brittany_Sanders@scps.k12.fl.us)

Pool office phone: 407-302-1034

Coach Ackerson's cell/voicemail: 407-430-9266

Seminole High School Main Number: 407-320-5050

Seminole High School Athletic Department: 407-320-5057

Mike Kintz, SHS Athletic Director: 407-320-5058

**Schedule and Updates:** The team [practice schedule](#) is on the Seminole Aquatics web site [www.seminoleaquatics.org](http://www.seminoleaquatics.org), under the SHS SWIM tab .

**The REMIND app—Your Primary Source for Team News / Practice Changes / Etc.:** We use the Remind app to provide one-way communication to all team members and parents. It's primary use is to allow team members to know of last minute practice changes/ weather emergencies/ meet reminders /etc. Text messages are sent directly to your phone, the swimmers cannot respond, and a permanent record of the communication is kept. **ALL TEAM MEMBERS MUST SIGN UP FOR THIS IMMEDIATELY, AND SIGN UP IS FREE AND EASY:**

1. Using your cell phone, enter this number: 81010
2. Text this message: @noleswim

**How To Make the Team:** This is purely a coach's decision based on, but not limited to, swimming speed, skill, attitude, practice attendance, work ethic, and citizenship. Essentially, you are on the team until one of the coaches tells you that you either won't make it, or you are removed for some other reason.

Coach Ackerson will work primarily with the fastest swimmers, made up primarily of returning SHS swimmers and club swimmers. Coach Kephart will focus more on the developmental swimmers. There is no official "JV" group, per se. The lane assignments will be based on the swimmers' ability to handle various levels of work. In short, newer or slower swimmers that work hard and comply with all team policies will have a spot on the Seminole High team. If they miss practices, are difficult, or don't work to their fullest, they will be dismissed.

**HOW TO BECOME FAST:** If you really want to be great, you need to look at the system that we have in place:

- You have a USA Swimming coaching staff with a ton of experience.
- You have a 50 meter facility on your campus.
- You're part of a system that year-in and year-out produces State championship caliber swimmers, championship teams, and collegiate swimmers.

You're part of a proven system that generates results. Every year, we take kids that have no swimming experience and transform them into State-level swimmers within a few short years. We taper and shave better than just about any team in the state, every single year. Your workouts are crafted in a way that, should you ever swim in college, you'll look back and say that the work you did in high school was as hard, if not harder than, the work you did in college. Essentially, this is a college-level program being conducted in high school.

If you "buy-in" to the system, you'll become very, very good. All you need to do is to fully commit to the sport, be a team-first athlete (be prepared to sacrifice personal ambitions for team goals), become a student of the sport, and totally trust your coaching. Doing all of these things will yield results that other high school swimmers can only dream of.

## **The system we have works, as long as you do.**

**Divers:** Students interested in diving should contact Mrs. Brittany Sanders. Her email is [Brittany\\_Sanders@scps.k12.fl.us](mailto:Brittany_Sanders@scps.k12.fl.us). You can also ask your swim coaches about diving. Coach Sanders is a Lake Mary teacher and diving coach that has worked with several divers in the past, both from SHS and from other schools. She sets up practice times to work with interested athletes.

**Materials Needed for Swim Team:** Swimsuit, towel, and goggles. Total Team Wares in Longwood (407-644-1333) has a variety of swimsuits, goggles, etc. Over-the-counter ear drops are good for preventing ear infections, and we highly recommend using these after every practice. We are also requiring all swimmers to buy a pair of hand paddles and a pair of swim fins. Again, Total Team Wares can guide your selection on these items, or you can ask the coaches.

**Where Do Athletes Leave Equipment?** There is a rack system on the pool deck, complete with enough hooks for over 100 swimmers to leave mesh equipment bags overnight. Neither the pool nor SHS is responsible for any loss or theft that takes place at the pool. **DO NOT EVER LEAVE ANYTHING OF VALUE IN THE BATHROOMS.**

**Team Equipment Order:** We will do a team order for a team suit, team t-shirts, team swim caps, and other optional team apparel as soon as we have our final roster determined. All team members must purchase a team suit (approx. \$60 for girls, \$45 for boys) and team t-shirt (approx. \$12). If you have a team suit from last year, and there is no design change for this season, there is no need to purchase a new suit. Team warm-ups, hoodies, sweatshirts, and bags will also be available for purchase, but these are not required items. More info will come out regarding this via the Remind text system.

## **SHS Swimming Attendance Policies**

**REQUIRED AND OPTIONAL PRACTICES: PARENTS AND SWIMMERS, PLEASE READ CLOSELY AND CONTACT COACH ACKERSON WITH ANY QUESTIONS.**

**Before doing anything else, please download a copy of the [2016 Practice Schedule](http://www.seminoleaquatics.org) available at [www.seminoleaquatics.org](http://www.seminoleaquatics.org), under the "[SHS SWIM](#)" tab.**

1. **All afternoon SHS practices are mandatory**, barring illness (you must physically miss school with an excused absence) or tutoring (must have written proof from the teacher).
2. ***Coach Ackerson or Coach Kephart must be notified on that same day by leaving a voicemail on either their cell phone or the pool phone in order for the absence from practice to be excused. The missed time will still need to be made up (see Point System below). **MESSAGES NOT LEFT ON THE DAY OF ABSENCE WILL NOT BE ACCEPTED.*****
3. **Morning Swim Practice:** The Seminole Aquatics USA-club swim team will hold morning swim practices at the pool on Monday, Wednesday, and Fridays from 5:30 to 6:45 AM and on Saturdays from 9:00 to 10:30 AM. These practices are for Seminole Aquatics USA-registered swimmers only. Several of the high school swimmers swim for Seminole Aquatics and will be attending the mornings. It's club swimming, so there's no attendance or late policy. These morning practices are only intended to supplement the training that the high school team gets. Our strong opinion is that ANY morning practice is

better than none, but swimmers need to balance what they feel they're able to do in order to keep up their grades. If you are not a Seminole Aquatics swimmer and you wish to attend these practices, go to [www.seminoleaquatics.org](http://www.seminoleaquatics.org) [Membership Information](#) on how to join our Club Swim Team. If you are a swimmer on another USA team, you are welcome to do morning practices with your club team, or, with your club coach's permission, you can pay the Seminole Aquatics fees for August thru October and do the SA morning swim workouts with Coach Ackerson. Doing so will not involve your changing club affiliation.

4. **Penalties for Unexcused Afternoon Practice Absences:**

First Time = Swimmer must sit out next dual/tri/quad meet (serve as a lane timer instead).  
Second Time = **DISMISSAL FROM TEAM.**

5. **Point System:** For evaluating practice attendance, swimmers earn one point for every completed swim practice. At the end of every two weeks, *any swimmers with less than 10 points earned will be dropped from the team*, barring only some special circumstance approved by Coach Ackerson. *Missed time due to illness or tutoring must be made up in order to remain on the team.*

- a. **Half Points:** If a swimmer completes at least 50% of a practice, one-half point is recorded (For example, if a swimmer needs to leave early for dentist appointment or comes to practice 5 minutes late due to an excused tutoring session—in either instance, ½ point will be given).
- b. **Late to Practice:** If you come late to an afternoon practice, you must have a pass from a teacher. If not, it is recorded as an unexcused absence (see above). *Even with a pass, you will not be given the one full point for completing a full day's practice.*
- c. **Losing Points:** You only get one point if you complete the entire practice, from start to finish, with the entire team. Not completing sets or getting out of the water during practice may cost the swimmer that day's point.

**A Special Point about Injuries:** *If a swimmer has any injury, the swimmer must communicate this to the coaching staff immediately.* The swimmer then needs to either see the SHS athletic training staff, or consult a physician. If the injury prevents the athlete from practicing fully, he/she should not participate while hurt. A serious injury will, in all likelihood, prematurely end the season of the athlete—not as a punishment, but rather from the perspective that we only have an 11-week training period until we begin our taper for the District Meet. A two or three week period of lost training due to an injury makes it nearly impossible to be ready for a peak performance at the end of our season.

**Soreness or Injury?** Swimmers need to be able to determine between simple muscle soreness and everyday pain from muscle exertion, and that of a serious injury. The majority of time that we train, people on our team will be in various stages of discomfort. If done well, swim practice is a draining, often grueling ritual. Swimmers that train hard place their muscles in a state of acidosis, or oxygen deprivation, which causes intense, burning pain during a difficult workout. Swimmers need to be prepared for muscular fatigue and soreness, as this is simply part of the sport.

**How to Make Up Points:** Missed points and half-points can only be made up by:

1. Swimming for either one or two hours **AFTER** the regular high school practice.
2. Participating in any Seminole Aquatics club team practice (you must be attached and registered as a current member on the club team).
3. Swimming at morning practices (see below).

The workout **AFTER** the high school practice is very simple: A non-stop freestyle swim. The time required depends on how many points the swimmer wants to make up. **One-half point can be earned for each hour of continuous swimming.** For example, if a swimmer has two points to make up, the swimmer can swim continuously for two hours after practice on two different days. If the swimmer stops at any point during these make-up swims, he/she will be told to leave the pool and to come back another day and try again. The time already swam that day will not count, **unless the swimmer has exceeded at least one hour.** Again, all make-up swimming must take place within these two-week periods previously described. If a swimmer falls below ten points after a two week cycle, that swimmer is dismissed from the team.

If a non-SA club team, high school-only swimmer wants to attend the morning club practice to make up points, the swimmer needs to complete a non-stop freestyle swim from 5:30 to 6:50 AM, without stopping, and, flipping all turns. The swimmer does not need to be USA-registered to do this, nor does he/she need to be a part of Seminole Aquatics. The swimmer will be in a separate lane just to do the make-up swim, and will not take part in the club team workout. However, if the swimmer arrives late, and is not in the water at 5:30 AM, they cannot make up points that morning. These morning swims will be worth one full point.

**Exception:** What if an illness or injury overlaps the two week attendance cycle? If a swimmer has perfect attendance, but is ill on a Friday at the end of the two-week cycle, then technically the swimmer would come up short on points necessary to remain with the

team. In such a case, an arrangement can be made with Coach Ackerson to make up the point(s) at the beginning of the following week.

**School Holidays and Vacations:** Seminole High School Swimming is an elite-level high school team. We practice hard every day, all season long, except on Sundays. Our swimmers practice on most every weekday unless Seminole County Schools cancel in the event of severe weather. **Please begin now to schedule appointments and vacations around the swim schedule in order to avoid conflicts later.** **BEING A PART OF THIS TEAM INVOLVES A FULL COMMITMENT.**

## Miscellaneous Issues

**Fundraising and Team Support:** Like most sports, high school swimming has a number of costs associated with it (invitational meet entry fees, travel expenses, miscellaneous equipment, etc). As our sport is 100% responsible for covering our own expenses, we have instituted a Team Support donation request of \$50 per family. We do this in lieu of the conventional route of candy sales, car washes, and assorted other team fundraising projects. We would kindly ask that all families participate in this and support our team. This is a line item on the Team Apparel order and can be included with your check for team apparel. **IF YOU CAN'T DO THE DONATION, WE WILL ASSIGN A FUNDRAISING PROJECT TO THE SWIMMER TO COVER THE \$50.**

**Varsity Letter Requirements (NEW):** In the past, in order to earn a varsity letter, a swimmer must have either be entered in the Conference, District, Regional, or State Meet, or train in the varsity training group, finishing the season in good standing. Now, due to the size of our team, coupled with the possibility of getting nearly all of our swimmers into the Conference meet, we are coming out with different criteria for earning a varsity letter. The standard will be based on scoring points throughout the season in meets. The actual Varsity letter point total requirement will be released to the athletes once we know the final meet schedule. Swimmers and divers that can't achieve the point total standard, but finish the season in good standing, will be awarded a Junior Varsity letter.

**When Does The Season End?** High school swimming is a fall sport, running from August through November. If an athlete is not entered in the Conference or District Meet, his/her season will end at that point. For athletes not making Regionals, high school practice will end at that point. Likewise, only the top Regional swimmers will qualify for the State Meet. As soon as a swimmer's season ends, he or she can go right into the club swimming program (see below).

**Club Swimming:** Seminole Aquatics is a USA club swim team that trains at the SHS pool. We offer training 12 months a year. All of the successful swimmers at SHS train on USA club teams, nearly all of them with Seminole Aquatics. The coaches can provide you with more information about Seminole Aquatics or you can visit the web site at [www.seminoleaquatics.org](http://www.seminoleaquatics.org) and click on "Membership Info." For a list of other Central Florida teams, you can go to [www.floridaswimming.org](http://www.floridaswimming.org). If you are already a Seminole Aquatics USA-registered club member, we highly recommend and encourage you to continue active membership with the club during the high school season. Doing so will allow you to come to all morning swim practices, as well as afternoon club swim practices (useful on days when the high school practice gets cancelled due to weather issues). High School club swimmers receive a reduced monthly rate of \$55 for August, September and October.

**Saturday Morning Practices:** Seminole Aquatics club swim team practices on Saturday mornings from 9:00 to 10:30 AM. We encourage the high school swimmers to attend as the Saturday sessions focus on starts, turns, and finishes, and often includes underwater video and review. Again, if you are not a Seminole Aquatics club team member, you can go to [www.seminoleaquatics.org](http://www.seminoleaquatics.org) and click on "[Membership Info](#)" to find out exactly how to join.

**Parent Meeting:** There will be a very brief meeting to be held on deck after the first home swim meet (see practice schedule).

## Personal Behavior Expectations of Our Student-Athletes

**Tobacco, Alcohol, And Illegal Drugs:** For several years, we have held our student athletes to the very highest standard of personal conduct. Alcohol, tobacco, and illegal/recreational drugs all negatively impact a swimmer's performance. Period. Apart from just the damage that this can do to one's personal aspirations, engaging in the use of any of these substances is selfish when considering the impact it can have on our team. So, to put it simply, if tobacco, alcohol, or drugs are part of your lifestyle, stop. We value our student-athletes, and we want to work with individuals that want to maximize their abilities and help contribute to our team. If you choose not to stop, get away from our team. We have big plans. Most importantly, if you CAN'T stop, please get help. Coach Ackerson can provide you with contacts if you have a problem.

**“Deck Changing”:** This practice of changing clothes on the pool deck, with only a towel around the waist, is against most pool facility rules, including ours.

**Feet-First Entry into All Pools:** Athletes must enter the pool feet-first at all times, with the exception of when we are doing starts off the starting blocks. This applies to our visits to other pools as well.

**Profanity/Crude Behavior:** The way that you conduct yourself as a member of this team makes a huge statement about not only you, but about your team, your school, and your family. Any athlete using profanity or speaking inappropriately will be punished. This extends to the pool, the pool deck, the locker rooms, and even the pool parking lot.

**Parking Lot:** Caution is to be taken at all times while driving on campus, particularly near the pool parking lot, as children arrive each afternoon for their Seminole Aquatics practice. If the coaches or lifeguards observe fast or careless driving, you will be prohibited from parking near the pool, and your parents will be notified.

**After Practice: LEAVE.** Don't stick around the pool, don't hang out in the breezeway, and **do not attempt to talk to swim coaches or lifeguards while they are working**, unless it is a pool/ facility problem or emergency.

**Stay Out of the Pool Offices: NEVER** enter the pool office building unless accompanied by an SHS coach or pool staff member, or unless you have permission from a coach or lifeguard. Summer Coaches for Seminole Aquatics, Summer Volunteers, etc., cannot come in the office area to leave equipment, etc. See Coach Ackerson if you have any questions.

**Come Every Day Prepared to Swim: Do not leave your caps, goggles, suits, or water bottles at the pool.** Bring your things with you each day. Take them with you when you leave. If you leave it, it will be thrown out.

**Keep Our Facility Clean:** Throw away disposable water bottles each day, and take pride in our facility. This is your team's HOME. Act like it.

(PLEASE PRINT AND RETURN THIS PAGE TO COACH ACKERSON AS SOON AS POSSIBLE)

## 2016 SEMINOLE HIGH SWIMMING

**PARENT/STUDENT ACKNOWLEDGEMENT:** Please read and sign/date below.  
*This must be signed by the athlete and the parent, and returned to practice by the end of the first week.*

**STUDENT ATHLETE'S NAME:** \_\_\_\_\_

**BIRTHDATE:** \_\_\_\_/\_\_\_\_/\_\_\_\_      **AGE:** \_\_\_\_\_      **GRADE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

\_\_\_\_\_

(Please include City and Zip Code)

**Athlete's Email:** \_\_\_\_\_

**Home Phone Number:** \_\_\_\_\_

**Athlete Cell Number:** \_\_\_\_\_

**Parent's Names:** \_\_\_\_\_

\_\_\_\_\_

**Parent Cell Phone(s):** \_\_\_\_\_

\_\_\_\_\_

**Parent Email:** \_\_\_\_\_

**I acknowledge that I have read and thoroughly understand  
all of the policies regarding participation on the  
2016 Seminole High School Swimming and Diving Team.**

**Student-Athlete: (SIGN)** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**Parent/Guardian:(SIGN)** \_\_\_\_\_ **DATE:** \_\_\_\_\_