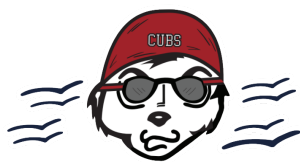


# MADISON



## SWIMMING

### MJHS Swim Team Expectations

Swimmer & Parent Information Meeting – January 25, 2021 - 6:15 p.m.

#### REQUIRED prior to practice:

- FinalForms account set up - EVERYTHING you need is there
    - Medical History, Physical Forms, Athletic Handbook, Drug Consent
- \*\*The FinalForms account will follow your athlete through high school. The medical history portion will be completed one time and updated as necessary.

#### Requirements:

- Passing 5 full credit subjects with no discipline referrals.
- Academically eligible - I will be checking grades and discipline records.
- Conduct/Character/Integrity – anything less than what your grandparents would be proud of will be an issue.
- Less than your best effort at all times, in and out of the pool.

#### Academics vs. Sports

- Classes are required, as are assignments, practices, and performances. If you are in a class (theatre, choir, band) requiring time away from swim practice or meets, I will be more than reasonable in circumstances regarding your education. I will also expect you to make an effort to split the practice time. I will trust your decisions and until or if it becomes an issue, or I feel this is being abused - we will discuss.
- We will not dismiss early from practice for study time unless there is a group study session **REQUIRED** by your class. I would ask that your teacher email me ahead of time and let me know. We appreciate your commitment to your studies, however, you also have made a commitment to this team to be at practice. This gives you an opportunity to begin to manage your time and prioritize your activities.

#### Zero tolerance: REFER TO THE MCHS STUDENT HANDBOOK

- Drug, alcohol, or tobacco use **of ANY KIND, including Vaping** by student/athlete.
- Theft, vandalism, or defamation of any property by student/athlete.
- Inappropriate photographs, social media, or interaction reported. This includes the locker room.

Let me be very clear, anything on this list reported to me and determined legitimate will result in an immediate suspension and possible dismissal from the team.

#### Inclement Weather:

- If school is dismissed early or canceled due to weather, we will **NOT** practice.

#### Attendance/Suspension:

- You are EXPECTED to be at practice each day, ACTIVELY participating unless excused by a physician's note. *If you are out on a medical/injury - you will be expected to have active involvement in your rehabilitation efforts. I will be in contact with our training department to monitor progress.*
- You have to be present by the end of 3rd period in order to participate in sports.
- Any type of suspension renders you inactive until resolved.
- If you repeatedly miss or do not fully participate in practices, you will not be eligible to compete with your team. This is at my discretion and will be discussed with the athlete and communicated with the parent if issues arise.

#### Parents:

- You're our #1 Cheerleader! Positive, supportive environments are most productive.
- Feel free to contact me at any time with a concern or a question.
- Please help us to keep your swimmer healthy - **food, hydration, and sleep are VERY IMPORTANT!**
- We will need your help! Each meet we will need 6 timers. Arrive by 5:45 p.m. and check-in at score table.

## Practice Schedule & Expectations:

- Practices will be developed and prepared for all sessions. A practice schedule will be posted in the pool and is available on EventLink.
- For a few weeks we will run two separate practices due to pool space.
- Coaches will actively be involved in practices looking at technique, offering suggestions and input.
- This may include team or individual dryland expectations.
  - Be sure you bring dryland clothes and shoes each day in the event we switch up or combine workouts. **Unprepared = no credit for practice.**
- Swimmers will participate in drills, sprints, distance; and we ask you to trust the process as we develop workouts to enhance your overall performance and team success.
- You will be working to earn your competitive spot in each meet – your goal being to improve on your times with each splash.
- Schedule: *See EventLink Calendar*
  - Monday – Friday 3:15 to 5:45 pm – in water no later than 3:30 pm
  - Pool set-up is everyone’s responsibility - **ARRIVE ON TIME AND HELP OUT**
  - Each meet will include a cool down and deck clean up - **EVERYONE is required to stay for both**

## Contact Information:

Ashley Schutte, Head Coach  
[aschutte@madison.k12.in.us](mailto:aschutte@madison.k12.in.us)  
812.599.5600 (phone, text & email)

John Ray, Assistant Coach  
[johnrayhandyman@gmail.com](mailto:johnrayhandyman@gmail.com)  
812.599.2991 (phone, text & email)

John Schutte, Volunteer Assistant Coach  
[john.schutte@batesville.com](mailto:john.schutte@batesville.com)  
812.528.7963 (phone, text & email)

## Team Communication:

**FinalForms** - This is where we do all team communication. Information will be sent via email, please be tuned in on meet days.

You will receive a weekly email (usually on Sunday) outlining the week ahead. Please refer to the schedule on EventLink for all practice, meet, and departure times. If anything changes, it will change here and send an alert through EventLink.

**EventLink App** - if you haven’t downloaded this app, I highly recommend it to stay in the loop!

## Equipment Needs:

- Suits are not required at the jr high level.
- If you would like to order, you can visit [SwimOutlet.com](http://SwimOutlet.com) and order the [Sporti Light Wave](#) in RED for girls and the [Sporti Light Wave Jammer](#) in RED for guys. IF you need smaller jammer sizes, be sure to [click this link for YOUTH SIZES](#). *The youth sizes are itty-bitty, order with care.*
- Practice suit, goggles (several pairs -they WILL break), practice cap, and towel. HATS & COATS, please.
- Team suits and caps are not for practice.

Facebook - *Madison Cubs Swim Team*

@Cubs\_Swim - Instagram

@cubathletics - Instagram