**Cascade Bruins Swimming**

Team Rules and Procedures

**Attendance:**

You are required to attend all practices and meets unless you inform Coach Smith or Coach Sund.

Acceptable notification includes meeting with a coach, leaving a phone message for a coach at (425) 385-6111, by e-mail (esmith@everettsd.org), or by prior arrangement. Any unexcused absence (i.e.- missing practice, a meet, or a team meeting without informing a coach will result in sitting out the next meet.)

**Practice:**

1. Practice bus departs for the pool at 2:10 p.m.

2. Athletes should be ready to get in the water by 2:30 each day.

3. If you are able to go to school but are physically unable to swim, you are still expected to come

 to practice and to meets.

4. Always represent Cascade High School and your team well, in and out of the water.

5. Respect the pool, its staff and equipment at all times

6. Report all injuries to the coaches or a lifeguard immediately

7. Ask to get out of the water during practice.

8. Opting to sit out during part of a set is unacceptable. If you are having a problem, you need to

 talk to the coach.

**Meets:**

1. You must be passing all six classes to participate in meets.
2. You must attend 10 full practices before you are eligible to compete.
3. We travel as a team to and from away meets. If you miss the bus, you will not compete (per district policy). Students need to have an approval form signed by the AD to drive to meets.
4. Everyone warms up together. We will strive to do a team warm down, time permitting. Check with a coach at the end of each meet.
5. At home meets, you are responsible for setting up and taking down pool equipment before showering or going home with parents.
6. Parents are encouraged to attend meets. We can’t run a meet without help.
7. Come prepared to swim at every meet, even if you are not on the line up.
8. Remember you are representing Cascade High School and your team: Be respectful to all coaches, teammates, parents, officials, competitors and the swimming facility, at all times