

**Jackson High School
Swimming and Diving
Team Meeting
October 22, 2020**

- Organized swim practice begins Friday October 30, 2020!!
- Open to Jackson High School students/athletes only!
- Due to safety precautions space will be limited to only **24 Participants** during each practice session! We will run 4 swimmers per lane with 2 starting at each end! Spacing protocols will be enforced.
- You must have your own equipment and equipment bag (I will supply an equipment bag if you need one).
- Please follow all protocols that are in place at the David YMCA as they relate to locker rooms and showers. We will have designated benches for each practice session that swimmer's will use each day.
- There will be no congregating of athletes before, during and after practice. **SOCIAL DISTANCING MUST BE ENFORCED PER HEALTH DEPARTMENT RULES**

Forms and Fees

Jackson Local Schools

<https://www.jackson.stark.k12.oh.us/>

All forms that need to be completed and turned in are found on the school website.

From the Main Page look for the following link:

[**Athletic Registration Open**](#)

Click the headline above for more information.

From this point you will be able to finish and submit your forms. **You must submit these forms prior to participation on the team.**

Your student must also have an updated physical on file! Physicals are good for 1 (one) calendar year! I will let you know if you are in need of or your 1 year date is near. **Physical Form MUST be turned in to the Athletic Office in person!**

Team Fees

\$100 – Must be turned in to the Main Office by November 20, 2020

Doug Nist
Head Coach
Jackson High School
Swimming and Diving
den2jc@bearworks.jackson.sparcc.org

Jackson High School



SWIMMING & DIVING

Welcome

Welcome to the JHS Swimming and Diving Team and the great sports of competitive swimming and diving! We are excited about the upcoming season! In addition, we are glad that you have chosen to participate on our team!

This season will be one that keeps us on our toes for sure! There will be changes that come along due to the current COVID-19 pandemic specifically related to swimming and diving. As new requirements and recommendations are announced they will be passed along to both athletes and parents. I ask that you be patient as this season progresses. There are many things that relate to our sport that do not have definitive answers at this point. Information changes rapidly and often, but we will do our part to keep all of our student athletes safe.

I am very proud to be the coach of this program. I have been involved with the sport of swimming for most of my life! Through competitive swimming and diving many qualities will be learned and developed such as the following: self-confidence, goal setting, responsibility, sportsmanship, character building and self-discipline. Our goal is to build each swimmer and divers character values through hard work and dedication.

This handbook's purpose is to set forth the expectations and give athletes, parents and caregivers a guide for the upcoming season. If any questions arise, please contact me.

Thank you,

Doug Nist
Head Coach
Jackson High School
Swimming and Diving
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Team Philosophy

The coaches of the JHS Swim and Dive teams will focus on an individual's improvement. An athlete's achievement is not measured by their finishing place or score at meets, but by an overall improvement of times, scores, attitude, behavior, goal achievement, and sportsmanship. Each student athlete will be embarking on a journey of self-improvement that will translate into future goals in life.

Expected Personal and Team Values

- **ACCOUNTABILITY** in all their actions by being honest, reliable, and loyal.
- **RESPECT** for themselves, their teammates, their coaches, and their opponents by treating others the way you would like to be treated.
- Taking **RESPONSIBILITY** for their own actions, and learning the responsibilities they have to the team.
- Showing **FAIRNESS** to themselves and to others, especially their teammates by playing by the rules, sharing, and being open-minded.
- A **CARING** attitude for others around them by being kind and compassionate.

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Coach Responsibilities

Head Coach

The Head Coach oversees the day-to-day practices and meet-day specific responsibilities. The Head Coach is responsible for determining dual meet line-ups, championship meet line-ups, and submitting invitational entries.

Assistant Coaches

Assistant coaches will work with the student athletes to ensure proper stroke/dive development and assistance to help them reach their potential. Assistant coaches help prepare meet line-ups and practices. Assistant coaches report to the head coach.

Team Goals

Have fun! This is probably the most important goal that all student athletes, parents, volunteers, and coaches should have. Swimmers will be challenged at each practice. The words "I can't" will not be a part of their vocabulary but the words "I will try and do my best" will be. Each swimmer will learn to challenge themselves. Goal setting is as much a part of swimming as it is a part of life. Everyone's hard work will pay off with personal and team improvements, and that is the fun part of swimming!

Swimmers Responsibilities

- Attend practice regularly
- Communicate effectively with the coaches
- Show support for your teammates – show good sportsmanship always!
- Show appreciation to your parents
- Behave in a manner to positively represent Jackson Schools
- Attend and participate in all meets and events in which you have been entered
- Attend the championship meets for which you qualify
- Participate in fundraisers
- Take home information to your parents
- Always show respect for coaches, teammates, opponents, school staff, officials, etc.

Practice Guidelines

Before Entering the Pool

- Shower before entering the pool!
- Follow all David YMCA building/pool rules.
- No cell phones are allowed on the pool deck or to be used in the locker rooms.

- No jewelry (watches, rings, earrings, etc.) during practice or meets. Leave them at home.
- Use lavatory, prior to entering the pool.
- Good behavior at all times, especially in the locker rooms (the locker rooms are a privilege, not a right). Always remember – Caring, Honesty, Respect and Responsibility and Accountability.

Pool Etiquette

- Practices will start and end on time. Swimmers who are over 10 minutes late will be required to wait and/or perform a modified warm-up.
- No hanging on the lane markers.
- Do not throw kickboards, pull buoys, or other equipment.
- The deck should be clear of kickboards, pull buoys, fins, etc. Use it, yours to put away!
- Starting blocks are to be used only when directed by a coach.
- Every start, turn, and finish should be used as an opportunity to improve your skill.

Etiquette for Coaching Staff

- If a swimmer requires an early dismissal, has an injury, etc. you are required to let a coach know before practice starts!
- When a coach asks for your attention, give it.
- If there is a problem with another swimmer, please alert a coach immediately.
- Swimmers misbehaving may be excused from practice. If a swimmer is excused from practice, parent's will be notified.
- Swimmers should listen for announcements during practice, and report those announcements to their parents.
- When using the starting blocks, get onto the block only when a coach gives the "OK" .

Etiquette for Fellow Swimmers and Other Facilities

- No degrading, abusive, or profane language will be tolerated
- Support your teammates, do not belittle or degrade them.

- Allow other swimmers to practice without distraction.
- Student athletes are expected to remember that we are guests at all facilities we travel to. Treat the David YMCA and any other facilities that we may travel to with respect.

Meet Entries

- The coaches are responsible for each swimmer's individual assignments at all meets.
- Swimmers are expected to swim all events in which they have been entered. **No changes will be made after meet entries are posted.**
- Swimmers will not be assigned to events which they are not physically ready to do. (Each swimmer will be challenged!!)
- Coaches are also responsible for assigning swimmers to relays. Relays will be determined based on past times. As the saying goes, times do not lie!

Other Swim Meet Information

- Swimmers should remain in the designated areas.
- Swimmers must warm up with the team.
- If you must leave before the meet is over, written notification must be given to Coach Doug. If you ride to the meet on the bus, you are expected to return with the team on the bus!
- Swimmers should always be aware of the event which is "in the water".
- Questions regarding an official's call or conduct of the meet should be referred to a coach. Coaches will then pursue the matter through proper channels.
- Transportation to and from meets is provided by the school. You are required to be on the bus unless there is a pre-approved reason.
- Swimmers must see their coach immediately after they swim for critique and advice for the next race.
- Swimmer should rest and stay warm between events.

Jackson High School Swimming and Diving Meet Schedule 2020 - 2021

<u>Date</u>	<u>Meet</u>	<u>Meet Time</u>	<u>Location</u>
Fri. 11/27/2020	Purple / Gold Meet	5:00 PM	David Y
<u>December</u>			
Wed. 12/2/2020	McKinley Relays	6:00 PM	C.T. Branin
Fri. 12/4/2020	Perry	6:00 PM	David Y
Fri. 12/11/2020	Glenoak / Lake	6:00 PM	David Y
Sat. 12/12/2020	CCS Invite (A Flight Times Only)	Prelims 8:00 AM	C.T. Branin
Fri. 12/18/2020	McKinley	4:30 PM	C.T. Branin
Tue 12/22/2020	Boardman	TBA	YSU
Wed. 12/30/2020	Federal League Championships	Prelims 9:00 AM	C.T. Branin
<u>January</u>			
Fri. 1/8/2021	Dover	6:00 PM	David Y
Sat. 1/16/2021	NE Classic	Prelims 9:00 AM	C.T. Branin
Fri. 1/22/2021	Green **	6:00 PM	David Y
Tue. 1/26/2021	Wooster	5:00 PM	Wooster HS
Sat. 1/30/2021	Hoover	TBA	C.T. Branin ?
<u>February</u>			
Sat. 2/6/2021	JV Championships	9:00 AM	C.T. Branin
2/10 - 2/11/2021	OHSAA Sectional Diving	TBA	Akron U.
Sat. 2/13/2021	OHSAA Sectional Meet	9:00 AM	C.T. Branin
Thur. 2/18/2021	OHSAA District Diving	TBA	CSU
Sat. 2/20/2021	OHSAA District Meet	TBA	CSU
Friday & Saturday 2/26 2/27	OHSAA State Championships	TBA	C.T. Branin

** = Senior Night



Sign up for important updates from Coach Doug.

Get information for Jackson High School right on your phone—not on handouts.

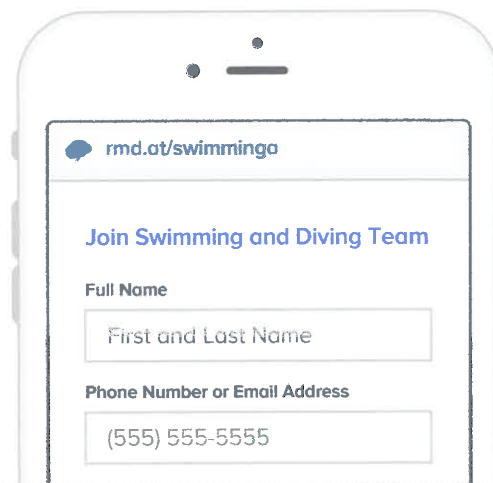
Pick a way to receive messages for **Swimming and Diving Team**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/swimminga

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message [@swimminga](https://www.remind.com/@swimminga) to the number **81010**.

If you're having trouble with **81010**, try texting [@swimminga](https://www.remind.com/@swimminga) to **(858) 997-1093**.

** Standard text message rates apply.*



Don't have a mobile phone? Go to rmd.at/swimminga on a desktop computer to sign up for email notifications.