

Highland Girls' & Boys' Swim Team Rules

Participation on the Highland High School Girls' & Boys' swim team is a privilege not a right. This privilege can be taken away by the violation of any of the Highland High School Athletic Hand Book rules, Highland High School rules or the policies listed below.

1. Attendance at all scheduled practices is expected and required in order to be a member of this team. There are exceptions when the athlete, in advance, makes their respective coach, Coach Harrington or Coach Castillo, aware of a reason why they must miss. If this reason is acceptable the coach may excuse the athlete from a practice or practices. Practice attendance is important is that is how you improve as swimmer and how we will improve as a team.
2. Being on time to practice is important as well. This allows you to stretch, get equipment out that you need and hear any directions or announcements that your coach may have.
3. With the above 2 points being made we will have a 90% attendance rule in effect. In order to participate in meets you must be in attendance at 90% of all workouts. Being tardy will count as a loss of 5% to 50% of the practice attendance for that day, depending upon how late you are.
4. If you reach a point where you have missed 80 % or more practices during a week time period The coaching staff will institute the following 3 Strikes policy. The 1st time you will be warned. The 2nd time your parents will be called and made aware of the situation. The 3rd time you WILL be dismissed from the team.
5. We do realize, at times, additional time after school is needed. Academic help will not count as tardy if the athlete comes to a workout with a signed pass by the teacher with the time listed.
6. Each swimmer will receive 7 forgiven absences to be used at his/her discretion. These can be used for whatever the swimmer may want. You cannot use 2 in a row.
7. Participation at all meets that you are listed to swim in is required. There are few exceptions to this and they must be discussed well in advance. Failure to attend a meet without prior notification can result in severe penalties.
8. Dress codes for away meets are as follows: **Boys** must wear a collared shirts and kakis or dress pants. No jeans. Those individuals with jeans on will not be allowed on the bus. **Girls** also wear nice clothes. No jeans or short skirts will be allowed. Also, girls will not be allowed to wear any type of open toed shoes to away meets.
9. While the above few rules may not cover all situations that may arise during the season, those will be handled on a case-to-case basis.