

Carlisle Swimming and Diving Expectations

1. All athletes will promote the success of our team through practices, meets, academics, attitude, and personal health maintenance.
 - All swim and dive practices, including 2 mornings are mandatory. Swimmers are expected to be on-time and prepared for practice, train to their best effort and support their teammates.
 - Swim practices will be held at Dickinson College or Carlisle YMCA, according to the monthly training schedule.
 - Weight training sessions are held at CHS Swartz Gym Monday, Wednesday and Friday from 6-7am. Athletes are required to attend 2 of the 3 sessions each week.
 - Divers will attend all practices set by the diving coach, as well as the morning dryland practices at the High School. They will inform the coach of an absence in advance and follow the same absence plan outlined.
2. Athletes will fully support the team with on-time attendance to practices. Athletes with excused absence from school for medical or religious reasons are also excused from practice. Appointments should be scheduled at times other than practice times, whenever possible. Participation in school clubs or homework load is not reason to miss practice. Athletes need to plan ahead in regards to school work and inform clubs that they will not be attendance due to athletics.
 - Each athlete may miss 3 practices for any reason, with a written note from a parent.
 - Athletes who miss 4 practices will not be allowed to participate in the next meet.
 - After 5 missed practices Coaches and the athlete will evaluate your commitment to the team and if necessary removal from the team.
3. Out of town travel during the Thanksgiving and Winter Break should be kept to a minimum, as training suffers greatly during these periods. Holiday practices are mandatory unless the athlete is traveling out of town. Athletes traveling out of town must notify the Head Coach in advance with a written note from their parent.
4. Swimmers are required to be at all swim meets and perform with maximum effort in any event they are asked to swim or dive. Meet entries are based upon the needs of the team and the strengths of the swimmer, combined.
 - Athletes must be in school by 10:30am the day of the meet.
 - Arrive one hour prior to home meets in team suit and issued warm-ups.
 - After warm-up, all athletes should be dressed in warm-ups for the National Anthem.
 - All athletes are expected to be on deck at all times during the meet and available to their coaches during the meet, as well as supporting their teammates.
 - Athletes will travel to and from meets on the bus with the team. If absolutely necessary to travel separately, written permission must be signed 24 hours in advance from the Athletic Director.
5. All swimmers and divers contribute to the team as a whole and have an opportunity to earn a Varsity letter. The Varsity letter represents hard work, personal dedication and contribution to the overall success of the team. Athletes are awarded letter points based upon placing in events in competitions, as well as achieving a PR in an event. Athletes must earn a total of 60 points to letter.
 - All swimmers will swim at Home Meets in either individual events, relays or both.
 - A minimum of 16 swimmers from each team (Boys and Girls) will travel to away meets. Swimmers will be informed one to two days prior to the meet if they will be traveling.
6. Athletes are expected to maintain academic eligibility. Athletes are expected to plan ahead in regards to test prep and projects. School projects and homework are NOT excused absences. Student concerns will be handled on an individual basis. Talk to the coach early if you are concerned that your eligibility may be jeopardized. Academic plans will be developed in the event of ineligibility. Repeated ineligibility will result in removal from the team.
7. Excellence in behavior of our athletes is expected. You represent the team both in the water and out, at practice, at meets, on the bus, at school and in the community. Disruptive or disrespectful behaviors will not be tolerated and may result in loss of lettering points, suspension from competition or removal from the team.

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8. All athletes will receive a team suit, goggles and cap. These are to only be worn in competition.
 - All swimmers will be issued a gear bag which will include a kick board, pull buoy, hand paddles and fins. These items must be brought to every practice and will be returned at the end of the season.
 - All athletes will be issued a Carlisle Warm-up suit. These must be returned in good condition at the end to the season. No alterations may be made.
 - Athletes will provide for themselves: Practice suits, caps, goggles, and a water bottle at every practice.

9. All communications with the coaching staff should happen primarily through the athlete directly to the Head Coach. All parents and athletes should be receiving email communication weekly from the coach. Athletes are expected to read these and stay informed.
 - Regular communication is critical and athletes must keep coaches informed of any physical, training, or academic concerns.
 - Concerns of parents regarding training, meets, relay or individual entries or athletic performance should be first addressed with Coach by the athlete. If a parent would like to discuss further, please contact to schedule a meeting. Discussions will not be held during meets or on the pool deck during practices.