

# WILDCAT SWIMMING

Saint Ignatius College Preparatory 2001 – 37<sup>th</sup> Avenue San Francisco CA 94116

## PRAYER OF SAINT IGNATIUS

A prayer that is stated as a team before every meet, know it well.

LORD TEACH ME TO BE GENEROUS  
TEACH ME TO GIVE AS YOU DESERVE  
TO GIVE AND NOT TO COUNT THE COSTS  
TO FIGHT AND NOT TO HEAD THE WOUNDS  
TO TOIL AND NOT TO SEEK FOR REST  
TO LABOR AND NOT TO SEEK REWARD  
SAVE THAT OF KNOWING  
THAT I AM DOING YOUR WILL  
SAINT IGNATIUS PRAY FOR US

## SWIMMING FOR ST. IGNATIUS

The Saint Ignatius Athletic Department seeks to provide an environment for the Saint Ignatius Swimming Program in which the athlete is assisted in understanding herself physically, emotionally, socially, and spiritually. The Swimming Program endeavors to develop the athlete to be a Christian leader and understand how to use this learned behavior as an example for others. The program aspires to install a commitment of team excellence through hard work, discipline and accountability to the team. To swim for St. Ignatius is more than simply swimming laps.

## SWIMMER ACCOUNTABILITY

Accountability is that quality living inside the athlete who is not only proud to have made the team but who also knows that just making the team is not enough. The accountable swimmer wants to contribute, wants to excel, wants to win, and most importantly wants to be as good as they possible can be. By their very act of being accountable, the swimmer contributes to the team and their individual overall growth. And it is that level of devotion and commitment that will guide the swimmer into a season of memorable accomplishments both in and out of the pool.

In an effort to hold all team members accountable to the team, a new written practice policy will be adopted and signed by all. Although benign in nature to many, the unwritten rule of being a dependable, committed teammate and attending practice on time and ready to participate will now become a written rule. Unexcused absences and arriving late will no longer be accepted. Excused absences will be held to a minimum and must be cleared with the respective coach prior to the date of practice. Team members should override everyday decisions on when to schedule appointments, hangout with friends, vacations and the like. Failure to follow these basic rules of team sport will carry swift disciplinary action that may require dismissal from the team. Please remember that being a part of this team or any team is a privilege not a right. You must be prepared to sacrifice personal fame and glory for the team. This goes much further beyond just making every practice on time and completing the swim sets. The hope is that those who earned the privilege to represent the school will do the little things along the way that will make this year memorable and provide the base for future endeavors down the road.

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## GOALS

- To work together as a team and support each other throughout the season.
- To understand that discipline and dedication in practice and ones competitiveness is important towards developing the overall swimmer.
- To win the WCAL Championship at both levels.
- To represent St. Ignatius at the Central Coast Section Championship with a Top 4 finish.
- To gain All-American honors in as many events as possible.
- To never ever give up.

## RULES AND REGULATIONS

All school, league and CIF rules apply to all swimmers. This includes academic and athletic eligibility (minimum 2.0 GPA) and school attendance policies.

**All teams in the Saint Ignatius Athletic Department including all levels of the Swimming Program are drug and alcohol free.** It is the Athletic Department policy that a student/athlete found to have been drinking or using drugs on or off campus while in season will be suspended from all team activities, including practices and meets, for a period of four weeks. Starting with the date of school suspension or confirmation of violation of the policy if suspension from the school does not take place. They will be allowed back into athletics after the athletic Department is satisfied that she has sought and acquired professional help in dealing with the problem. If a student/athlete is found to have abused a substance a second time, then they are liable for dismissal from participation in any Saint Ignatius Athletic Department program.

## REQUIREMENTS AND EXPECTATIONS

Practice is mandatory. You are allowed three (3) excused absences during the season. An excused absence means that you a) you have a compelling reason to not be at practice such as a serious injury or illness b) have communicated with your coach prior to missing practice as to why you can't attend or c) have a family or medical emergency. You do not need to make up the first three excused absences. Any excused absence above and beyond these must be made up or they will count as an unexcused absence. An unexcused absence means that a) you did not notify a coach that you would not be at practice b) do not have a compelling reason for missing practice—friend drama, sunny weather, etc...After two unexcused absences you will be required to meet with your respective coach to determine the best course of action for the swimmer and the team. At that time you may be suspended from the next meet, team activities, and/or dismissal from the team.

You must be on time for practice. This means you are in the water, with your cap and goggles on, ready to swim within 10 minutes from the time practice starts. If you are not in the water 10 minutes after practice has started it will count as an unexcused absence. Late arrivals will be handled on a case by case basis.

You must attend all meets. At the meet we expect you to show up for all of your events at the appropriate time. If you miss an event you may be scratched from the rest of the meet or suspended from the next meet.

You need to participate in team activities such as BBQ's, Swim-A-Thon, Team Meetings etc...Team cohesiveness is dependent on outside activities.

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**Club Policy:** Club swimmers must speak to their respective coach to determine how their commitment to Club swimming and SI swimming will be managed. Those who have put in the training commitment in the off-season and have attained the reported time standard (most at a high school meet, namely CCS) may attend the USA Swimming California-Nevada Spring Championships in Long Beach. As in past years, workouts will be tailored for these swimmers but this does not preclude one from attending SI practices.

**Sick Policy:** If you are well enough to attend school you are well enough to be at practice. If you have a doctor's note stating that you are not to be in the water you still need to come to practice and do dry land, read swim related material or watch videos.

**Make-Up Policy:** You may make up practice by attending the boy's practice or by coming to practice during Spring Break. We will count up to three days of Spring Break as a "double."

## PRACTICE REQUIREMENTS

As stated above, the obvious is now written....**all team practices and meets are mandatory.** A missed practice the day before the meet will exclude you from that meet. You will be required to attend but will not be able to compete. Our team is not deep enough like other schools for any member to miss a league meet and/or championship without adverse affects to the overall team performance. Swimmers who consistently miss practices (pool or dryland), meetings, and/or meets will jeopardize their status on the team and are subject to disciplinary action including dismissal from the team. One can not expect to maintain their position in a individual event, relay or roster spot on the team if they are not practicing and working to improve at the practice times listed below. In any situation, clear communication with the coaches is a necessity. See "Requirements and Expectations" for a more information.

The normal practice schedule (excluding special school events and Easter Break) will be:

### Pool Training

Monday	4:30 - 6:30 pm
Tuesday	2:30 - 4:15 pm
Wednesday	2:30 – 4:30 pm
Thursday	4:15 - 6:00 pm
Friday	3:15 – 5:00 pm
Saturday	7:00 - 9:00 am <b>**Varsity Only**</b>

### Varsity Dryland Training

Tuesday	6:15-7:30 am
Thursday	6:15-7:30 am

### JV Dryland Training

Monday	3:30-4:30 pm
Friday	2:00-3:15 pm

Special school events will require varying practice times that will be communicated to the swimmer. Prior to school letting out for Easter Break, a schedule will be distributed outlining the times practice will be held. Although families do use this time for vacation, the break is critical in focusing solely on swimming for the week and a half where no homework, tests or the like take precedence. The time is devoted to slowing down the pace of practice just enough to focus on improving stroke development and speed development for the final push in League competition. Those swimmers who do make the sacrifice will notice that the time spent in the pool was worth whatever short term pain was felt. There is no substitute to time in the pool and devotion to the team can not be substituted.

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Like last year each swimmer will be tasked with procuring and maintaining their own training equipment. In past years, the teams made due with the basics – kickboard and buoy. Last year's performance alone showed we have out grown the basics and are ready for new challenges. The added ownership and accountability for ones training gear will further emphasize devotion to the ones goals. As a one-time purchase, the equipment will last the whole season and future swimming years to come. The drag suit, fins, paddles, sports drink and water bottle will all be used during the course of each training session. Order forms have been developed and will be passed out according to final team rosters.

## CCS TEAM SELECTION

The Central Coast Section (CCS) Champs team will be made of those who have contributed over the year to the teams goals. Although a noble achievement, solely attaining the CCS time standard does not guarantee your placement into the CCS meet. Understand that the team is comprised of many talented swimmers and there will be instances when we have more swimmers qualified in one event than what CCS will allow. Current CCS rules allow four (4) swimmers from any one school to compete in an individual event. If the situation arises, the tough decision will fall to the coach to determine who are the four that will help the team out the most with deference placed to those swimmers with seniority and may be swimming in their last meet. Similarly CCS relays are picked based upon several factors, most notably that which benefits the team the most.

## TRANSPORTATION

Swimmers must use school transportation (buses and/or vans) for all meets. Swimmers are expected to return to the Saint Ignatius campus with the team after any away meet. Traveling together and sharing wins and losses is an important part of the swimming experience. Only under special circumstances and with written permission from their parent/guardian, should a swimmer ask to be excused from returning with her teammates. **A swimmer may never leave in a vehicle driven by another student.**

Greg McCarthy – Head Coach  
Amy Jones – Junior Varsity Coach

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## 2007 WOMEN'S SWIMMING TEAM

### PLAYER AND PARENTS RECEIPT OF INFORMATION

We have received and read the information outlining the St. Ignatius Women's Swimming Program – its goals, rules and regulations, practice attendance requirements, CCS team selection, transportation information and participation guidelines – as well as the schedules for the season.

As a player on a St. Ignatius Swimming team and as parents of a member of the program, we understand and support the St. Ignatius Swimming Program in its policies, including the Athletic Departments Drug and Alcohol Policy.

Swimmer's Name: \_\_\_\_\_  
Please Print

\_\_\_\_\_  
Player Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date