WILDCAT



ATHLETICS

2017 GIRL’S SWIMMING & DIVING SYLLABUS

ST. IGNATIUS COLLEGE PREPARATORY

2001 37th Avenue

San Francisco, CA 94116

415-731-7500 ext. 267

www.siprep.org

A.M.D.G.

ST. IGNATIUS ATHLETIC MISSION STATEMENT

An interscholastic athletic program as a co-curricular activity is an integral part of the total educational and growth experience at St. Ignatius.  Athletics is designed to affirm and promote the Ignatian values as stated in the Graduate-at-Graduation document and engage student-athletes fully in mind, body, and spirit.  Student-athletes, coaches, and parents are called upon to work together in a true spirit of sportsmanship to assist in creating an environment in which those Ignatian values can be revealed, tested, and proven relevant both to participants and the entire school community.  Through participation in athletics at St. Ignatius, students will mature physically, emotionally, socially, and spiritually.  They will learn to take responsibility for personal growth by developing loyalty, pride, integrity, and commitment.  Athletics provides the opportunity for the student-athlete to exhibit a progression of physical skills and knowledge of a particular sport, enabling him/her to apply these skills and knowledge to new situations and a variety of learning formats.  Through participation in athletics the student-athlete learns that God is active in all things and that individual and liturgical prayer will bring him/her closer to God.  The student-athlete comes to trust that he/she is known and loved by God, and that this invites a personal response, which is an expression of movement within the individual beyond self-interest or self-centeredness.  The student-athlete is called to be conscious of the call to be a leader in service and to acknowledge his/her active commitment toward fostering fairness and justice in society.  Every member of the St. Ignatius school community must seek to encourage, instill, and foster such growth and development in all student-athletes.

THE SAINT IGNATIUS STUDENT-ATHLETE

WITHIN THE SAINT IGNATIUS ATHLETIC PHILOSOPHY

The philosophy that guides the St. Ignatius Athletic Department has been shaped by the school’s Graduate-at-Graduation document.  As the Athletic Department exists because of and for the students, the purpose of the department must be defined through its effects upon the students; its goals and objectives must focus on the product of athletic participation — the St. Ignatius student-athlete.

**I.** OPEN TO GROWTH**.** Through participation in athletics, the St. Ignatius student-athlete matures as a person — physically, emotionally, socially, and spiritually — to a degree that reflects a conscious responsibility for his/her growth.  Athletic participation begins as a personal choice and continues as an opportunity for the student-athlete to develop his/her body, mind, feelings, and spiritual consciousness — always realizing that the ability to compete stems from a gift of God.

**II.** ATHLETIC COMPETENCY**.** Through participation in athletics, the St. Ignatius student-athlete exhibits a progression of physical skills and a knowledge of his/her particular sport itself.  While the physical skills required of a specific sport are as varied as the sports themselves, the need for integration of mind and body in competition remains common to all St. Ignatius student-athletes.

**III.** RELIGIOUS. Athletics at St. Ignatius includes a religious dimension that should permeate the student-athlete’s life; thus, through participation in athletics, the  student-athlete finds a value in sports as an instrument that can lead him/her closer to God.  The student-athlete at St. Ignatius manifests a fundamental orientation toward God in his/her relationship with his/her team and the larger community.

**IV.** LOVING**.** As children of God, the St. Ignatius student-athlete is known and loved by God; that love invites a personal response which is an expression of movement within the human heart beyond self-interest or self-centeredness to relationships that insist upon individual care and concern for each person associated with his/her team.

**V.** COMMITTED TO DOING JUSTICE. Participation in St. Ignatius athletics must not be for selfish reasons or for merely personal satisfaction; rather, such participation and commitment should prepare the student-athlete for further participation and an active life commitment in the church and community in the service of others.

**VI.** PURSUIT OF LEADERSHIP GROWTH. Traditionally, athletics has been looked upon as a training ground for leadership, for having a positive influence on others.  The athlete takes individual skills and applies them toward achieving team goals.  Sometimes this achievement of success can promote a sense of self-importance, a sense that the individual becomes greater than the team; on the contrary, the proper role of athletics at St. Ignatius is to promote leaders in service, to work with and positively influence others for the good of all.  Athletics, then, must provide an environment in which the student-athlete can develop his/her abilities for the betterment of the community and not for personal gain.

MEDICAL CLEARANCE & PARENTAL PERMISSION FORMS

All student-athletes must have a complete Medical Clearance Form and Parental Permission To Play Sports Form on file with the athletic office on a yearly basis. Students may not tryout or participate in any team function until those forms are on file

ACADEMIC POLICY

The provisions of AB2613, "C" average law, have been incorporated in the CIF Bylaws and are applicable to all CCS schools.  The basics of this academic requirement are as follows: 1.  The student must have passed 20 semester periods of work in the previous grading period.2. The student must be currently enrolled in 20 semester periods of work.3. The student must be meeting school "progress toward graduation" requirements.4. The student must have attained a 2.0 GPA on a 4-point scale the previous grading period.  Grading periods do include quarter grades.

DRUG & ALCOHOL POLICY

All St. Ignatius athletic teams are expected to be alcohol and drug free. Participation is athletics at St. Ignatius is a privilege. As a member of the athletic program a student’s actions affect others in addition to himself/herself. Therefore, the athlete is held to the highest standards of behavior.

St. Ignatius athletes are bound by the school alcohol and drug policy, which appears on pages 11 and 12 in the Student/Parent Handbook.

HAZING POLICY

St. Ignatius College Preparatory affirms the dignity of every student - hazing is not permitted at St. Ignatius College Preparatory. No individual, student organization, club, team, or any other St. Ignatius-affiliated student group is permitted to plan, engage in, or condone hazing, on or off the St. Ignatius campus.

St. Ignatius College Preparatory expects its students to conduct themselves in socially responsible and respectful ways. Thus, participation in hazing, either as an individual or as part of any student group, may result in serious individual and organizational consequences including, but not limited to: disciplinary action up to and including expulsion and loss of eligibility to remain a member of any club, team, or other St. Ignatius-affiliated student group. Consent, implied or expressed, is not a defense to any complaint or charge alleging a hazing violation.

A number of St. Ignatius offices may take institutional action, including the Offices of the President, the Principal, the Deans, the Academics, the Student Affairs and the Director of Athletics.

COST OF PARTICIPATION

Playing sports can be expensive. Based on previous years, student-athlete expenses have been several hundred dollars depending on the sport.

**Travel Cost –** Some varsity teams travel to compete and families are responsible for airfare, hotel, transportation, and other travel expenses.

**Uniform and Apparel Cost –** Payment is made at the time of the purchase. Most purchases will be made through our online e-store, which is facilitated by Olympic Productions. More information about this process will be e-mailed at the time your son/daughter makes a team.

PLAYING ON OUTSIDE TEAMS

A player is allowed to play on an outside sport club team ***only*** ***with the varsity head coach’s approval***, and ***any club activity will not conflict with any function of the SI sport team***. As mandated by the California Interscholastic Federation, when a student-athlete is in season playing a sport for St. Ignatius, that student-athlete may not play the same sport for a club or other outside team.

If the athlete participates is a sport where this is individual sports such as cross country, swimming & diving, or track & field, and athlete ***must never compete as an attached athlete*** with their club unless the event has been sanctioned by the CIF. If you have any questions about this please contact the head coach and the athletic director.

Clause: After **March 8**, all club swimmers **Must Swim Unattached** at all USA Swimming sanctioned meets, which are not listed as a **USA Swimming Olympic Development Program/Meet**.

Note: **The NCSA Jr. National Meet held on March 14 - 18, is not an Olympic Development Program/Meet recognized by the CCS, therefore you must swim unattached. Please contact the head coach for approval and review of this important rule.**

 Captains & Awards

**An athlete is not eligible for a Captainship or end of the season awards unless the swimmer attends at least 50% of practices.**

INJURIES

If a doctor, or the SI trainers have diagnosed an SI student-athlete with an injury, the student-athlete will need to do the following:

1. Take the rehab program seriously throughout the course of the recovery, whether short or long term.
2. Communicate to the head coach the full extent of the injury.
3. Work in conjunction with the coaching staff and the SI trainers to design and implement a rehabilitation program.
4. Receive medical clearance from the SI trainers and/or doctor prior to being allowed to participate in any practice or game.

CONCUSSION PROTOCOL FOR ATHLETES

Please review the concussion protocol for athletes found on the Parental Permission to Play Sports Form, which addresses AB 25, recently passed by the California Legislature on January 1, 2012, and states the following: A student-athlete who is suspected of sustaining a concussion or head injury in a practice or a game shall be removed from competition at that time for the remainder of the day and will not be allowed to return to play unless cleared by a licensed health care provider.

MEDIA

When addressing the media, always put the team first. Speak humbly. Speak positively about our team, program and its members, as well as our opponents. Keep all team information to the team. If you do not feel comfortable answering a question, say that you “respectfully decline to comment”. Do not feel pressure to answer all questions. Finally, “Think BEFORE you speak”.

**Social Media**: All members of our program will handle themselves in a mature manner and use social media in a mature manner. It’s important now more than ever that all involved in our program understand the ramifications of our social networking habits. We need to remember we represent our families, the St. Ignatius community and the program. We also need to understand the wide scope of social networking, and that once something is posted it is out there **forever**. Not only is it out there forever, it is out there worldwide. It is not just limited to the circle of friends for which it was intended. We must “think before we post”. Ask if this something we want ANYBODY else to read or see? Things can spiral out of control and take on a life of their own very quickly.

COMMUNICATION WITH THE ATHLETIC DEPARTMENT

**CONFLICT RESOLUTION PROCEDURE**

In order to support our mission, the coaches and athletic staff need the support of the parents. We ask that parents remember the following:

 • Good sportsmanship is expected of everyone at St. Ignatius. The coaches and players are expected to and are held responsible for representing St. Ignatius with dignity and class. We expect the same high standards of behavior from our parents.

 • Not all players get the same playing time. The nature of high school athletics and competition means that we try to field the most competitive team. It is the coach’s job to decide who the most qualified players are to give the team its best chance at success. It is also the coach’s job to determine team strategy and play calling. Part of any student-athlete’s maturation process includes putting one’s personal desires aside for the good of the team.

 • Coaches are to be treated with the same respect accorded any other professional. Coaches work many hours for very little financial compensation. They do it because they enjoy the students and the sport. It is important that any conversations at home regarding the coaches or their decisions are done in a positive tone. We need parents to model the respect for coaches that is expected from the student-athletes.

 • If a parent has a concern, it should be expressed at the appropriate time and place. Below is the procedure for addressing any concerns a parent may have regarding their child’s athletic experience.

From time to time, a parent may have a concern that he/she would like to bring to the attention of the coach - appropriate concerns to discuss with coaches include the treatment of a son or daughter, psychologically and physically and concerns about a son’s or daughter’s behavior.

The following matters should be left to the discretion of the coach:

 • Decisions regarding which athletes make or do not make a team.

 • Playing time.

 • Team strategy and play calling.

If a parent does have a concern, the parent’s son or daughter should first talk with the coach about his/her concerns.  If the matter is not settled, the parent should call the coach to discuss the matter by phone or, if necessary, in person.  Parents should avoid approaching a coach before or after a contest or practice.  These can be emotional times for both the parents and the coach.  Meetings at this time usually do not work well for the coach, the parent, or the player.  If the discussion with the coach or coaches does not provide a satisfactory resolution, the parent should contact the Athletic Director.

Parents should follow this route in bringing their concerns to the school:

 1. Coach.

 2. Head Coach.

 3. Athletic Director.

 4. Assistant Principal For Student Affairs

 5. Principal.

 6. President.

Parent feedback is important to us and we welcome comments parents may have.

We also encourage parents to support all of our student-athletes by attending games, cheering our teams, celebrating our successes, and providing assistance in facing challenges.

Eligibilty

**All Swimmers must complete a TICKET TO PLAY medical form prior to the first workout. A swimmer is not even allowed to try-out without this on file.**

Coaches

John Dahlz jfdahlz@gmail.com

Jennifer Roy jroy@siprep.org

Mario Gini mgg2880@yahoo.com
Jill Murray jmurray@siprep.org

PRACTICE & GAME DAY ATTIRE

Club Swimmers: Club swimmers will commit to **1 practice** per week + Weekly Meet Attendance, beginning **January 30**. The one workout must be a pool workout. Dryland workouts will not count.

All swimmers will follow the Mandatory Meet Attendance requirement. We grant exemptions on a case-by-case basis. All exceptions must be approved by the coaching staff and made 1 week prior to the meet.

Note: **CCS requires a 50% meet attendance record to participate in the CCS Championship Meet**

**The Wearing HS Team Swim Gear is a WCAL Rule and must be worn at all meets.**

VACATION SCHEDULE

There will be double practices during Spring Break. College Visits or Family Vacations need to be discussed with coaching staff.

**2017 GIRLS SWIMMING SCHEDULE:**

2/24 @ SI vs Carondelet

3/09 @ VC

3/23 @ Presentation

4/06 @ SI vs Mitty

4/13 @ SI vs SF

4/27 @ SI vs SHC

5/04 @ Bellarmine WCAL Trials

5/06 @ Bellarmine WCAL Finals

Week of May 8 CCS